

Sport Organizations	Name	Phone	E-mail	Website
Archery	Georgia Newsome	604.726.4827	gacnew@shaw.ca	www.georgiasstraitrecreation.com
BC Summer Games				www.bcgames.org/Sport
Brass Knuckles Roller Derby Dames				www.brassknucklederbydames.com
Brentwood College Athletics		250.743.5521	reception@brentwood.bc.ca	www.brentwood.bc.ca/athletics
Candy Crushers Roller Derby				www.facebook.com/candycrushers
Ceevacs Roadrunners	Bill Adair		president@ceevacs.com	www.ceevacs.com
Chemainus & District Baseball Association	Larry Hopwo	250.246.3919	clubhouse@chemainusbaseballassociation.ca	www.chemainusbaseballassociation.ca
Chesterfield Sports Society	Macon McGinley	250.746.5666	ed@cowichansportsplex.com	www.cowichansportsplex.com
Cobble Hill Badminton Club	Diana Aldcroft	250.743.3487		www.badmintonvictoria.com/old/clubs.html
Cowichan Bay Sailing Association			cowbayregatta@gmail.com	www.cowbay-regatta.ca
Cowichan Bay Spirit Dragons				www.facebook.com
Cowichan Bowmen Archery Club	Roger Walker		cowichanbowmen@gmail.com	www.cowichanbowmen.com
Cowichan Capitals Junior A Hockey Club	Bob Beatty	250.748.9930	bob.beatty@cowichancapitals.com	www.cowichancapitals.com
Cowichan Classics Soccer	Mike Walter	250.715.5823	mikewalter@shaw.ca	www.svicsa.com
Cowichan Cougars - Lower Island Women's Soccer Association	Jen Bayley		the4bayleys@gmail.com	www.liwsa.com/contact
Cowichan Cricket & Sports Club	Howard Martin	250.746.5895 250.732.1709	vdca.ca@gmail.com howardmartin@shaw.ca	www.facebook.com/Cowichan-Cricket-Sports-Club-21519240020
Cowichan District Riding Club	Joy Mathews		trees-plus@shaw.ca	www.cowichanhorses.ca
Cowichan Field Hockey Association			cowichanfh@gmail.com	www.cowichanfieldhockey.ca
Cowichan Fish and Game Association				cowichanfishandgame.com
Cowichan Fly Fishers Association	Brian McLeod	250.743.2739	ms_mustela@shaw.ca	www.cowichanflyfishers.com
Cowichan Hikers		250.746.4619	drife@telus.net	www.buckys-
Cowichan Jolly Dragons	Debbie Craig	250.743.0600	adventurian.debbie@icloud.com	
Cowichan Kayak & Canoe Club	Dennis Wyatt	250.710.6361	denniswyatt@shaw.ca	cowichankayakandcanoe.wordpress.com
Cowichan Lake District Skating Club	Kristine Sandhu	250.749.3124	jksandhu@shaw.ca	cldsinfo.wix.com/home
Cowichan Lawn Bowling Club		250.748.2415		www.cowichanlawnbowling.com
Cowichan Masters Soccer	Mike Styba	250.715.8775		www.svicsa.com
Cowichan Outdoor Volleyball League			achurch10@hotmail.com	www.covl.net
Cowichan Outlaws - Lower Island Women's Soccer Association				www.liwsa.com/contact
Cowichan Recreational Lacrosse League	Kevin		cowichanriverrats@shaw.ca	www.bcmasterslacrosse.com

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Cowichan Rocks Curling Club	Linda Blatchford	250.749.6742	clradmin@cvrd.bc.ca	www.cvrd.bc.ca/404/Curling-Rink
Cowichan Rugby Football Club				www.cowichanrugby.ca
Cowichan Table Tennis Club		250.748.0566	cfenns@shaw.ca	www.vitta.ca
Cowichan Trail Stewardship Society			ctssdirector@gmail.co	www.cowichantrails.ca
Cowichan Ultimate Frisbee	Dwight Milford	250.748.7430	cowichanulti@gmail.com	www.cowichanultimate.com
Cowichan Valley Athletic Club	Laura Dewit	250.510.0702	president@cvac-jaguars.com	www.cvac-jaguars.com
Cowichan Valley Breakers Swim Club	Sheila Coogan	250.701.5768	sheila@cvbreakers.ca	www.cvbreakers.ca
Cowichan Valley Dragon Divas			info@dragondivas.ca	www.dragondivas.ca
Cowichan Valley Football Association	Yvonne Van	250.701.7873	info@cowichanfootball.com	www.cowichanfootball.com
Cowichan Valley Independent Living Resource Centre		250.746.3939	cvilrc@cvilrc.bc.ca	cvilrc.bc.ca
Cowichan Valley Lacrosse				www.cvtl.goalline.ca
Cowichan Valley Minor Hockey Association		250.246.3906	cvmha@shaw.ca	www.cowichanvalleymha.com
Cowichan Valley Mixed Softball League	Rachelle	250.709.0306	rafergus10@gmail.com	www.cvmsl.wordpress.com
Cowichan Valley Outdoor Club				www.meetup.com/Cowichan-Valley-Outdoor-Club
Cowichan Valley Pony Club			drice@valhallatrails.com	www.cowichanvalley.ponyclub.ca
Cowichan Valley Slo-Pitch Association	Ken James	250.746.8684	papa.ken@shaw.ca	www.ld.nsanada.ca/nsa/cowichan
Cowichan Valley Soccer Association			vicepresident@cowichansoccer.co	www.cowichansoccer.com
Cowichan Valley Wrestling	Nick Zuback	250.815.0959	nzuback@hotmail.com	www.cvwv.ca
Cowichan Womens Football League	Rachel Paddle	250.748.9385	westiemanor@shaw.ca	www.cwfl.ca
Cycle Cowichan			info@cyclecowichan.ca	www.cyclecowichan.ca
Cycle Therapy Cycling Club		250.597.0097	info@cycletherapy.ca	www.cycletherapy.ca/cycling-club
Duncan Badminton Club	Don Unger	250.748.5440	plungerd@shaw.ca	www.badminton.isport.com/badminton-gyms/ca
Duncan Baseball & Softball Association	Mike McKinlay	250.701.1799	president@duncanball.ca	www.duncanball.ca
Duncan Basketball Association	Ronnie Doman	250.715.8456	info@duncanbasketball.net	www.duncanbasketball.net
Duncan Bowling Alley Leagues	Duncan Lanes	250.746.5421		www.duncanlanes.com/leagues
Duncan Curling Club		250.748.9313	duncancurling@shaw.ca<	www.duncancurling.com
Duncan Dynamics Gymnastics		250.746.0193	duncandynamics@shaw.ca	www.ddgc.ca
Duncan Junior Baseball	Mike McKinlay	250.701.1799	president@duncanball.ca	duncanball.ca
Duncan Masters Soccer	Alan Crisp	250.748.5278		www.svicsa.com
Duncan Skating Club	Shanna Olson	250.748.5746	duncanskatingclubinfo@gmail.com	www.duncanskatingclub.com
Duncan Stingrays Swim Team	Leanne Sirup	250.710.3278	leanne@duncanstingrays.com	www.duncanstingrays.com
Field Lacrosse Association				www.midislandlacrosse.com
Fuller Lake Skating Club			flsc@fullerlakeskatingclub.org	www.fullerlakeskatingclub.org
Kerry Park Curling Club		250.743.5922	kerryparkcurlingclub@gmail.com	http://www.kerryparkcurlingclub.ca
Kerry Park Islanders Junior Hockey Club		250.715.7826	islandersjrb@shaw.ca	www.islandersjrb.com
Kerry Park Minor Hockey Association	Erin Egeland		kpmhaprez@shaw.ca	www.islanderhockey.ca
Kerry Park Skating Club		250.744.9269	kerryparkskatingclub@gmail.com	www.kerryparkskatingclub.ca

Sport Organizations	Name	Phone	E-mail	Website
Kerry Park Youth Soccer League	Janine Layseca	250.743.5922	jlayseca@cvrld.bc.ca	www.cvrld.bc.ca/519/Youth-Soccer-League
KidSport				www.kidsportcanada.ca/british-columbia/cowichan
Ladysmith Baseball Association	Rod McLachlan		president@ladysmithbaseball.carod	www.ladysmithbaseball.ca
Ladysmith Chemainus Orcas Swim Club	Brandon		coachbrandon@yahoo.com	www.ladysmithorcas.com/home.html
Ladysmith Horseshoe Club	Ladysmith	250.245.6424	pvc@ladysmith.ca	
Ladysmith Strikers - Lower Island Women's			ladysmithstrikers@outlook.com	www.liwsa.com/contact
Lake Cowichan Carpet Bowling (Honeymoon Bay)	Dick Orman	250.749.3579		
Lake Cowichan District Minor Baseball Association	Roxanne Bourassa	250.749.7410	roxanne1@shaw.ca	www.facebook.com/Lake-Cowichan-District-Minor-Baseball-Association
Lake Cowichan Minor Hockey Association	Todd Vaughn	250.745.3810	fuzzbusters@shaw.ca	www.lakecowichanminorchockey.com
Maple Bay Rowing Club		250.748.2042	mbrcrowing@gmail.com	www.maplebayrowingclub.ca
Maple Bay Yacht Club		250.746.4521	communications@mbyc.bc.ca	mbyc.bc.ca/
Martial Arts Clubs				www.dojos.ca/bc/duncan
Mid-Island Field Lacrosse Association	Cathie Jeffrey		catejeffrey@hotmail.com	www.midislandlacrosse.com
Mid-Isle Soccer			midislesoccer@yahoo.ca	www.midislesoccer.com
Mill Bay Tennis Club			info@millbaytennis.com	www.millbaytennis.com
Queen of Angels Rowing Club		250.746.5919	qa@cisdv.bc.ca	www.queenofangels.ca/rowing.php
Retreads Hiking Club			cowichanlakeretreads@gmail.com	
Shawnigan Lake School	Tim Murdy	250.743.5516	tmurdy@shawnigan.ca	www.shawnigan.ca/page/programs/athletics
South Cowichan Lawn Tennis Club		250.746.7282	info@lawntennis.ca	www.lawntennis.ca
South Cowichan Volleyball Club	Dannie	250.510.4008	southcowichanvolleyballclub@gmail.com	www.scvolleyballclub.com
South Cowichan Youth Softball Association	Derek Paton	250.888.7878	kidsball2015@gmail.com	www.facebook.com/SouthCowichanYouthSoftball
Special Olympics BC			info@specialolympics.bc.ca	www.sobccowichanvalley.ca
Tide Soccer Academy	Tyler Hughes	250.510.3721	info@tidesoccer.com	www.tidesoccer.com
Valley Fish and Game		250.749.3731	info1@valleyfishandgame.com	www.valleyfishandgame.com
Vancouver Island Field Lacrosse (Mid Island Lightning)				www.viflax.com
Vancouver Island Pickleball Association	Ken Holman		info@vipa.ca	www.vipa.ca
Vancouver Island RC's Water Ski Club	Cory Bate		cory@wswbc.org	www.wswbc.org/clubs/vancouver-island-rs-water-ski-club
Vancouver Island Soaring Society	Reto Marti		islandsoaringpresident@gmail.com	http://www.islandsoaring.ca
Vimy Western Riding Club				www.facebook.com