



FHC Senior National Championships 2009 – Calgary

July 21st – 26th, 2009



Welcome to the 2009 Senior National Championships

As you all know the tournament dates are the following: Senior Men from July 21st to July 24th and Senior Women from July 22nd to July 26th.

There are 14 teams in total, 10 women's and 4 men's teams all teams will play at Hawkings Field (University of Calgary) in Calgary.

This year's tournament will feature the following teams and their respective pools:

Men's Pool

1. BC Blue
2. Ontario
3. Alberta
4. BC White

Women's Pool A

1. BC Blue
2. Alberta South
3. PEI
4. BC U18 Blue
5. Ontario White

Women's Pool B

1. BC White
2. Ontario Red
3. Alberta North
4. BC U18 White
5. Manitoba

Tournament Schedule

The schedule has been slightly adjusted and will be posted later this week or early next week. No major changes to the schedule have been made, just slight time adjustments to ensure enough time is allotted between the men's finals on Friday. The schedule can be found on the FHC website at the following link: <http://www.fieldhockey.ca/e/nationalchamps/seniors/2009/technical/index.htm>

Practice Times

Practices will be available on Tuesday, July 21st, 2009. The practice times begin at 2:00pm and go up until 5:30pm. All practices will be shared. Please send in your requests by July 15th, 2009.

Technical Meetings

The technical meeting will be held at the KNA 120 for both technical meetings. This is in the large Kinesiology building (east of the Olympic Oval). A map has been attached.

The women's technical meeting will be held at 8:00am on July 22nd, 2009 in KNA 120. All coaches and managers are required to attend. A quick reminder that goalkeepers must wear a different colour than their own team and the team they are playing, and the jersey must not be white. The technical regulations can be found on the FHC website at the following address (http://www.fieldhockey.ca/images/stories/pdfs/Nat_Champ/techregs2009.pdf). Please make sure you review the regulations prior to the event and the technical meeting.

Team Rosters

Deadline for tournament rosters is July 15th, 2009. Please use the attached template for submissions.

Tournament Levy

This year's tournament levy has been set at \$1800. This is due prior to the start of the tournament, please make sure payment is received prior or at the technical meetings. Please give the cheques to Liz Allan or mail to Field Hockey Alberta - #1, 2135 Westmount Road NW. Calgary, AB T2N3N3. Cheques are payable to Field Hockey Alberta.

This levy includes dinner/bbq on Saturday evening. All the men and women are welcome to attend the BBQ on the Saturday evening.

Field Information

The field will be opened 1 hour prior to the first game each day.

The field will be watered throughout the warm-up time to ensure complete coverage of the field.

Please manage your space accordingly. Prior to each game there will approximately 25 minutes for water between games, we will water the circles first to ensure full coverage for the match and then work our way to the middle of the pitch.

There will be one tent covering each bench from water and the sun, please put all team gear under the benches to ensure a clean bench, plus to keep all of the athletes bags dry during watering.

The 25 metre practice pitch is to be shared equally by both teams prior to their match. Each team will have use of a net throughout their warm-up on the practice pitch.

Potable water will be available at the field. This is similar to last year's large water tank.

Gatorade will be provided on each player bench, this will be kept filled throughout the weekend.

There will be 10 port-o-potties at the field and they will be cleaned in the morning of the Friday, July 24th to ensure their cleanliness throughout the weekend.

Photography

We have an official photographer. There will be a workshop on sport photography going on throughout the tournament. For details on the workshop please visit:

http://mattvanderlindephotography.com/Site_2/Workshop.html. Stations will be setup at the field in order for athletes to purchase photos of themselves and their team members. Orders can also be placed post tournament online. The website is for this service is

http://mattvanderlindephotography.com/Site_2/Matt_Vanderlinde_Photoaphy.html. You can take a look at other sports and a few field hockey events. Any questions about this please feel free to send an email to info@fieldhockey.ab.ca.

Tournament BBQ

This year we will be having a bbq at the Black Lounge/The Den, this venue is located on the U of C campus in the Students Union building. Please refer to the **attached map** for details on how to get here. The cost of the bbq is included within the tournament levy. Tickets will be given out to each team for players, coaches, and managers only at the technical meeting. Athletes under the age of 18 will be permitted to enter this venue. The lounge will open at 7:00pm and dinner will begin to be served at around 7:30/7:45pm.

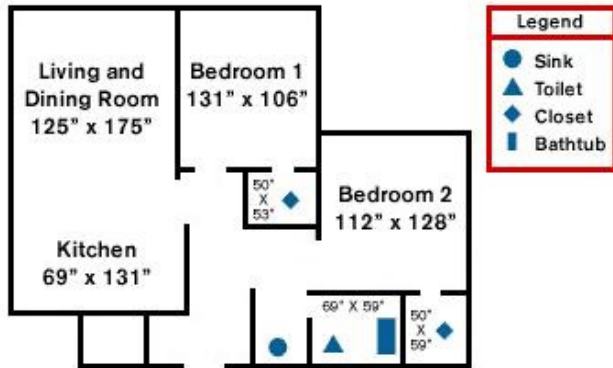
Tournament Hotel

The tournament hotel this year is the at the University of Calgary Hotel & Conference Services:
104 Cascade Hall
University of Calgary
3456-24th Ave NW

Calgary, AB T2N 4V5

Directions to the Hotel from the Airport – please use the attached map for details.

There is parking outside of the Cascade Hall which is \$4.00 day/vehicle. Dining services can be setup through the conference centre. If you would like to setup dining services please feel free to contact Elena Sinitsyna via email: esinitsy@ucalgary.ca or 403 220 2603.

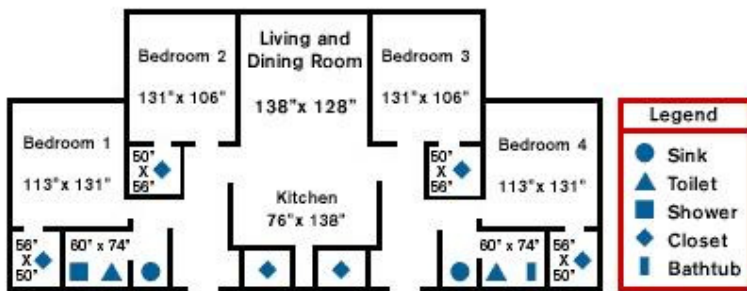


2 Bedrooms Layout

Here is the layout of the rooms for each of the 2 bedroom apartments.

Each room has the following:

four single beds, washroom, kitchen and sitting area. Basic daily housekeeping is provided. Linens will be changed every three days. Cutlery, plates, cooking utensils, televisions and phones are not provided for these rooms. Cutlery, plates, cooking utensils can be rented from the front desk in Cascade Hall.



4 Bedrooms Layout

Same as above plus: 8 single beds, one or two washrooms.

Tournament Officials

FHC Representative – Ian Baggott

Men's Tournament Director – Mike McCoy

Women's Tournament Director – Sue Jameson

Men's Umpire's Manager – Paul Chohan

Women's Umpire's Manager – Madge Johnson

Umpire's

1. Sukh Bajwa
2. John Hrytsak
3. Denise McGeachy
4. Britta Ratzburg
5. Megan Robertson
6. Tony Stewart
7. Wendy Stewart
8. Jon Stoller
9. Vanessa Williamson

FHC Communications Officer – Ian Clark

Services in the Area

Please view the list of the following services within walking distance of the University of Calgary.

1. Restaurants
 - a. Moxies Restaurant (Market Mall)
 - b. Milestone's Restaurant (Market Mall)
 - c. Ricky's All Day Grill (Market Mall)
 - d. Full Food Court (Market Mall)
 - e. Jameson's Pub (Brentwood Mall)
 - f. Kilkeny Irish Pub (Brentwood Mall)
 - g. Wendy's (Brentwood Mall)
2. Grocery Stores
 - a. Safeway (Brentwood Mall)
 - b. Safeway (Market Mall)
 - c. Co-op (Brentwood Mall)
3. Banks
 - a. BMO (Brentwood Mall – same lot as Safeway & in Market Mall)
 - b. TD Bank (Brentwood Mall – same lot as Safeway & in Market Mall)
 - c. Bank of Nova Scotia (Brentwood Mall – next to Co-op)
 - d. HSBC (Brentwood Mall – same lot as Safeway)
 - e. First Calgary Credit Union (Brentwood Mall – same lot as Kilkeny and Jameson Pub)
4. Transit
 - a. For trip planning please visit the Calgary Transit website:
<http://www.calgarytransit.com/>
 - b. The C-train station is on the east side of campus (located on Crowchild trail, opposite end of campus from Hawkings Field). A map will be released to show the location of the train station and major bus loop.

A map showing the locations of these places will be sent ASAP. Thank you for your patience.

Other Events in Calgary

Calgary International Folk Festival – July 23rd – 26th, 2009

This is the 30th annual Calgary Folk Music Festival. There will be over 62 artists on 7 stages all located at one large park in Downtown Calgary, Prince's Island Park. Easy access to this venue via the University C-Train station. For maps and more details and tickets please visit the Calgary Folk Fest website:

<http://www.calgaryfolkfest.com/users/folder.asp?FolderID=1749>

Shakespeare in the Park – July 21st – 26th, 2009

Performances will be held at Prince's Island Park July 21st, 22nd and 23rd. For more details please visit the following website:

<http://www.mtroyal.ca/AboutMountRoyal/MediaRoom/FeaturedEvents/sitp/index.htm>