



## **CANADIAN WOMEN'S NATIONAL INDOOR CAMP DECEMBER 15<sup>TH</sup>-16<sup>TH</sup>, 2018 - Toronto, Ontario**

Field Hockey Canada is committed to supporting the indoor program. The program will focus on developing athletes capable of successfully meeting the demands of international level competition.

### **Elements of the Program (Phase 2):**

The second phase of the indoor program begins with a squad selection camp which will be held on December 15<sup>th</sup> & 16<sup>th</sup>, 2018 in Toronto Ontario.

This second phase will run through until the end of March 2019 & will include a squad participation in the Canadian Indoor Classic (Feb 9-10, 2019), The Big Apple Invitational (Mar 2-3, 2019) and a series against an international team (Mar 22-24, 2019 – Teams TBC).

**Details of the next phases can be found on Appendix 1 & 2 of this invitation letter.**

### **INDOOR CAMPS AND COMPETITION PROGRAMS (PHASE 2)**

- Open Camp: December 15<sup>th</sup>-16<sup>th</sup>, 2018 (Toronto, Ontario)
- Domestic Training: January 5 – March 31, 2019 (Toronto, Ontario)
- Canadian Indoor Classic: February 9<sup>th</sup>-10<sup>th</sup>, 2019 (Waterloo, ON)
- Big Apple Invitational: March 2<sup>nd</sup>-3<sup>rd</sup>, 2019 (Pottstown, PA)
- International Series: March 15<sup>th</sup>-17<sup>th</sup>, 2019 (Toronto, ON) (Teams TBC)

### **Registration Requirements:**

Athletes must meet the following requirements and any other set out by the national coach, in order to attend the camp, be selected and train with the national squad.

- Be a Canadian Citizen
- Be a nationally or provincially identified athlete.
- Be available for domestic training and competitive elements.
- Be a member in good standing with FHC and your provincial organization.

### **Camp Details:**

- Attendance at all sessions is a requirement of the camp, unless excused by head coach.
- Accommodation, food and travel to and from the camp will be the responsibility of the individual athlete.
- Athletic trainers/ therapists will be present for all practices and games.
- Bring red, white and black shirts.
- Fitness testing will be conducted at the first session of the camp.



### Camp Schedule:

<b>December 15<sup>th</sup>, 2018</b>	<b>Saturday</b>	<b>10:00AM - Noon</b>	<b>Malvern CC</b>
<b>December 15<sup>th</sup>, 2018</b>	<b>Saturday</b>	<b>2:00PM – 4:00PM</b>	<b>Malvern CC</b>
<b>December 16<sup>th</sup>, 2018</b>	<b>Sunday</b>	<b>10:00AM - Noon</b>	<b>Malvern CC</b>

Dates & locations will be confirmed by November 15<sup>th</sup>, 2018

### Registration for Camp 1:

- **If you wish to attend this camp you must send your acceptance by writing to Shank Premakanthan at [shank\\_1@hotmail.com](mailto:shank_1@hotmail.com) by the deadlines set below.**
- **If you register before November 16<sup>th</sup> 2018, 5pm EST, your camp levy will be \$50 (For current squad member) and \$ 75 (new athletes)**
- If you register before December 1<sup>st</sup>, 2018 5pm EST, your camp levy will be \$100.
- If register after December 1<sup>st</sup> and before the first session of the camp, your levy will be \$150.

**Shank will confirm your registration option based on the date and time he received your email.**

### Method of Payment:

1. For the first two registration dates please send your levy payment via an e- transfer to Susan Gerlings ([gerlings@rogers.com](mailto:gerlings@rogers.com)) with the password **fieldhockey**
2. For the third option a cheque for **\$ 150** should be made payable to Field Hockey Canada-Women's Indoor Program which will be collected before the first session of the camp.

### Squad and Team Selection:

- A Squad will be named on December 22<sup>nd</sup>, 2018 or earlier.

### Coach Appointments:

- National coaches appointed by Field Hockey Canada

### Nationally Identified and Non-Ontario Athletes:

- Athletes training in Vancouver or in Europe for the national outdoor program and would like to participate in the Indoor program will be selected to the squad and or team by the indoor national coach on an individual consideration, provided certain criteria are met.
- Athletes not residing in Ontario, if selected to the squad or team will need to work with the indoor national coach on a plan which ensures training components are met.
- These athletes must still email Shank Premakanthan at [shank\\_1@hotmail.com](mailto:shank_1@hotmail.com) to indicate their intention to play by December 7<sup>th</sup>, 2018.



**Self-Funded Program:**

The program is self-funded; your assistance in fund raising and attendance at other team activities that raise awareness for the program will be required. All funds raised will be used for the sole purpose of expenses incurred by the program.

**Medical Insurance:**

You must be a registered Provincial and FHC member to be covered by the FHC's membership's insurance policy. This is mandatory if you want to attend indoor national training and competition.

**Training Schedule and Fitness Schedule:**

Will be forwarded on or before Dec 1<sup>st</sup> 2018.

**Louis Mendonca**

**Director Indoor Programs  
Field Hockey Canada**



## **APPENDIX - 1**

### **Option 1 - 3 Year Cycle (if 2020 Pan Am Cup/2021 Indoor World Cup)**

#### **Phase 1 (January 2018 - February 2018) - COMPLETE**

Identification Camp – January 2018

Training - January & February 2018

Competition - CIC (February 2018)

Possible Exhibition Series (February 2018)

Fundraising - Golf Tournament (June 2018)

#### **Phase 2 (December 2018 - March 2019)**

Training Program Established (September 2018)

Identification Camp (Dec 2018)

Training - January, February, March

Competition – Canadian Indoor Classic

- Big Apple Invitational

- 3 or 4 team Home series against international competition.

(Canada will enter 2 teams ----Canada and Canada "A")

Fundraising - Dinner (December 2018)

- 3-on-3 Tournament (TBD)

- Golf Tournament (June 2019)

#### **Phase 3 (September 2019 - March 2020)**

Training Program Established (September 2019)

Identification Camp (TBD - Sept/Oct/Nov)

Training - November, December, January, February

Competition - European Tour (December or January)

- Training Series (TBD)

- Pan Am Cup (Date & Location TBD)

Fundraising - Dinner (December 2019)

- 3-on-3 Tournament (January 2020)

- Golf Tournament (May or June 2020)



## APPENDIX - 2

### **Option 2 - 4 Year Cycle (if 2021 Pan Am Cup/2022 Indoor World Cup)**

#### **Phase 1 (January 2018 - February 2018) - COMPLETE**

Identification Camp – January 2018

Training - January & February 2018

Competition - CIC (February 2018)

Possible Exhibition Series (February 2018)

Fundraising - Golf Tournament (June 2018)

#### **Phase 2 (December 2018 - March 2019)**

Training Program Established (September 2018)

Identification Camp (Dec 2018)

Training - January, February, March

Competition – Canadian Indoor Classic

- Big Apple Invitational

- 3 or 4 team Home series against international competition.

(Canada will enter 2 teams ----Canada and Canada "A")

Fundraising - Dinner (December 2018)

- 3-on-3 Tournament (TBD)

- Golf Tournament (June 2019)

#### **Phase 3 (September 2019 - March 2020)**

Training Program Established (September 2019)

Identification Camp (TBD - Sept/Oct/Nov)

Training - November, December, January, February

Competition - European Tour (December or January)

- Training Series (TBD)

Fundraising - Dinner (December 2019)

- 3-on-3 Tournament (January 2020)

- Golf Tournament (May or June 2020)

#### **Phase 4 (September 2020 - March 2021)**

Training Program Established (September 2020)

Identification Camp (TBD - Sept/Oct/Nov)

Training - November, December, January, February

Competition - European Tour (December or January)

- Training Series (TBD)

- Pan Am Cup (Date & Location TBD)

Fundraising - Dinner (December 2020)

- 3-on-3 Tournament (January 2021)

- Golf Tournament (May or June 2021)

