



CANADIAN MASTERS 45+ MEN'S NATIONAL INDOOR CAMP December 8th / 9th - Toronto, Ontario

Field Hockey Canada is committed to supporting the indoor master's program. The program will help athletes who continue to keep fit and compete at the international level.

An identification camp which will be held on Dec 8th and 9th, 2018 in Toronto Ontario.

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 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:

Date	Day	Time	Location
Dec 8th 2018	Saturday	1:00PM to 3:00PM	Malvern CC
Dec 8th 2018	Saturday	8:00PM to 10:00PM	Malvern CC
Dec 9th 2018	Sunday	10:30AM to 12:30PM	Malvern CC

There will also be a series vs the US Masters Dec 15th/16th 2018 at the Malvern CC. schedule TBD.

Registration for Camp:

If you wish to attend this camp you must send your acceptance by writing to Vernon Grattan-King email (grattan2006@yahoo.com) by the deadline set below.



Camp Levy and Method of Payment:

- Please send your Camp levy payment of **\$300.00** via an e- transfer to Susan Gerlings (gerlings@rogers.com) with the password **fieldhockey**.
- **This payment MUST be made before Dec 8th 2018 and will confirm your commitment to the program.**

Squad and Team Selection:

- A Squad will be named on December 22nd, 2018 or earlier.

Coach Appointments:

- National coaches appointed by Field Hockey Canada

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 masters national training and competition.

Training Schedule:

Will be forwarded on or before Dec 1st 2018.

Louis Mendonca
Director Indoor Programs
Field Hockey Canada