



2009-2010 U16 High Performance Program Highlights:

- 20 Hours Technical Skills Development and Instruction at your local Regional Training Centre with highly qualified Regional and Team BC Coaches
- Injury Prevention and Fitness Program
- Fitness Testing
- Participation in the 2010 U16 Jamboree: All athletes who meet attendance, fitness and program criteria will have the opportunity to play the 2010 U16 Jamboree Event, May 7-10, 2010.
- Potential Selection to the 2010 Under 16 Team BC Selection Camp, June 4-6, 2010

2009-2010 U16 Program Changes:

- All Regional Training Centres will be selecting and developing more athletes. Training squads will not be team-based, meaning no further selection of reserves and tournament team players. This positive change allows for more athletes to access our High Performance Program.
- All athletes who meet attendance, fitness and program criteria will have the opportunity to play the 2010 U16 Jamboree Event, May 7-10, 2010. This positive change allows for more athletes to experience the competition component of our High Performance program
- Athletes will be drafted to a Jamboree Team by FHBC, based on Regional Coaches' Player Evaluations
- Under 16 Program Levy will be \$425 (see breakdown below)
- Team BC Camp Selection Invites will be verified at the U16 Jamboree Event
- Inclusion of the Invite-only 2010 Under 16 Team BC Selection Camp, June 4-6, 2010
- FHBC's aim is to have at least 160 athletes participating across the province and in the U16 Jamboree (compared to 112 athletes in the previous High Performance Tournaments).



Frequently Asked Questions - Women's High Performance Program

If there are more athletes in the Women's High Performance Program, will coaching ratios be taken into consideration? Yes - more coaches will be placed, so that an athlete:coach ratio is between 10:1-12:1 at each Regional Training Centre.

Why have Travel Subsidies been removed compared to Previous Regional Programs? Field Hockey BC, like all other provincial sports, has been affected by the recent BC Government Budget Announcements. All Sports Funder and Gaming monies previously used to offset Exhibition Game Travel and some travel to the tournament has been cut. FHBC made the decision not to include the typical \$58/athlete in the Regional Levy, as we felt this might put the program out of financial reach for many families.

What if I am worried about payment of the new levy? Please contact dallas@fieldhockeybc.com by December 1, 2009 following team selections to arrange a payment plan.

Why is the U16 Program changed to focus on Technical Skill Development with less emphasis on Team Preparation? Since FHBC introduced the Regional High Performance Program, we have found that there has been too much emphasis on competition and team preparation for our younger girls, which has disadvantaged our athletes. They spend 2-3 years in our program, and they have difficulty executing basic skills. The objective of this year's change is to prioritize technical skill development for a large base of interested field hockey athletes in BC. FHBC is integrating our High Performance Pathway with the Long Term Athlete Development Model. For more information on the Long Term Athlete Development Model, please go to the following website:
<http://www.canadiansportforlife.ca/>.

What are the important dates for this year's High Performance Program?

U18 High Performance Exhibition Games - Easter Weekend

U18 High Performance Tournament- April 16, 17 and 18, 2010, Lower Mainland

U16 Women's Jamboree- May 7, 8 and 9, 2009 Lower Mainland

U16 Team BC Selection Camp, June 4-6, 2010

U14 BC Summer Games Training Squad Selections, March 5-7, 2010

U14 BC Summer Games Team Selections- Last week of May, and first week of June 2010

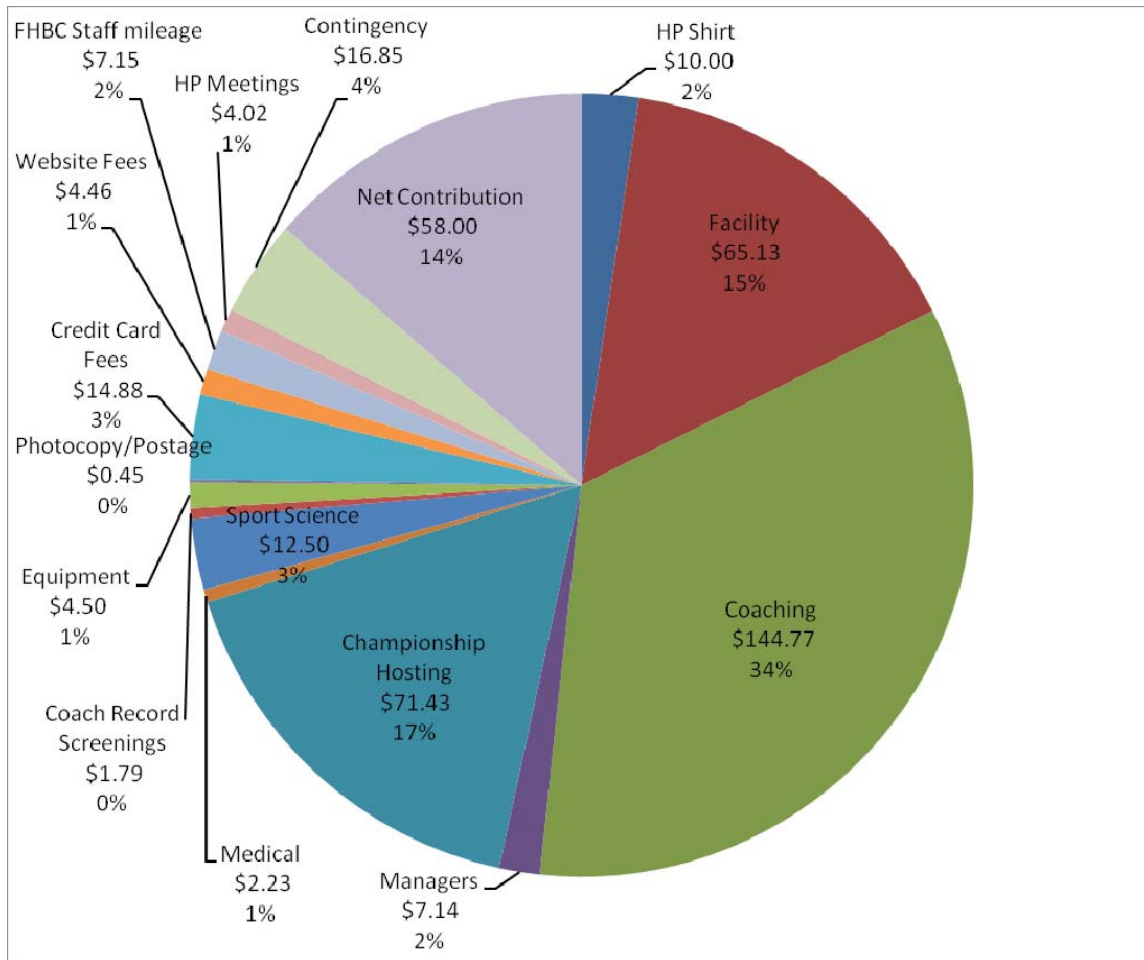
U14 BC Summer Games, July 22-25, 2010, Langley

Why are the training schedules different from previous years? 2010 is an Olympic Year! With many families directly involved, having access concerns, or going away during the Olympic Games, FHBC planned to take a training break in order for families to enjoy the Winter Olympic Games, held in Vancouver/Whistler in late February.



What is the Breakdown of the 2009-2010 High Performance Program Levies?

U16 High Performance Program Levy: \$425



If I have questions related to the program for 2009-2010 prior to Squad selection, who do I contact? Please contact Dallas Plensky (dallas@fieldhockeybc.com), FHBC's High Performance Director; Stephanie Jameson (highperformance@fieldhockeybc.com), High Performance Assistant; or Sue Demuynck (kookykeck@hotmail.com) FHBC's Board Director. The Regional Manager is the first point of contact for any questions and concerns following squad selections. Any questions are good questions, and we are happy to provide more information about our High Performance Program.