



U18 High Performance Program Focus:

- Technical Skill Development
- Tactical Strategies and Exhibition Games
- Injury Prevention and Fitness Program

Program Highlights:

- High Performance Coaching
- Team Development and Performance
- Possible selection to the 2010 High Performance Tournament, April 16-18, 2010
- Possible selection to 2010 Provincial Representative Teams

U18 High Performance Program Specific Commitments:

- 20 hrs skills training within the Region
- Fitness and conditioning program
- Attendance at the U18 High Performance Tournament
- Pay a Regional Levy to cover facility costs, fitness programs, coach's honorarium, and coach's travel expenses, costs associated with Tournament

U18 Program Changes:

- The 2009-2010 Program Levy is \$450
- Travel/Accommodation subsidies for the High Performance Tournament are no longer available due to the elimination of the Provincial Lottery and Gaming funds and recent BC Budget announcement, but also to keep the costs of the overall program as low as possible
- Final selection weekend following the High Performance Tournament will be added to the program to incorporate National Team and Pan Am Athletes.
- Focus for sessions will be on team preparation and tactical knowledge transfer

Frequently Asked Questions - Women's High Performance Program

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.

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/>.

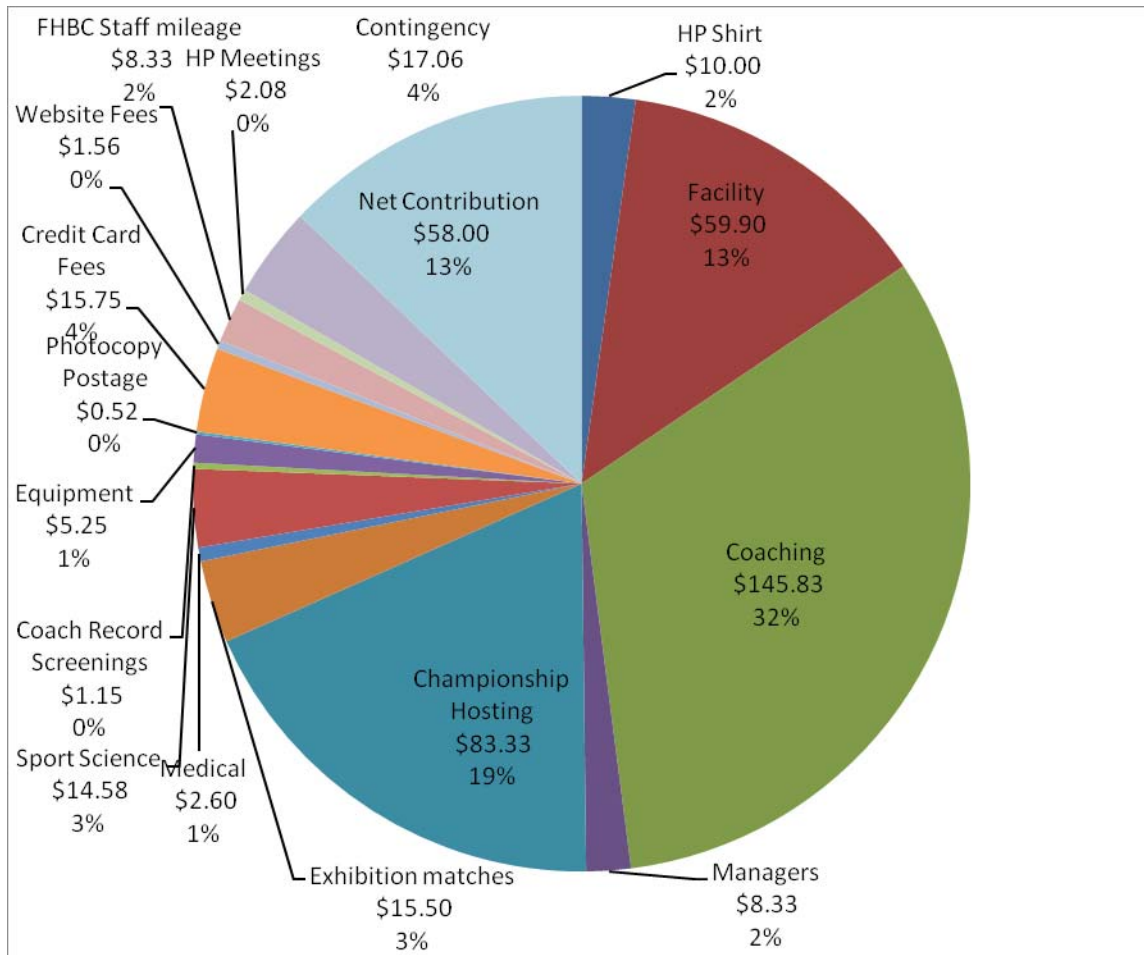
If there are more athletes in the Women's High Performance Program, will coaching ratios be taken into consideration? Yes - more coaches will be placed, so that an athlete:coach ratio is between 10:1-12:1 at each Regional Training Centre.

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.



U18 High Performance Program Levy: \$450



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 Demuyneck (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.