

**FIELD HOCKEY BC REGIONAL PROGRAM TRIALS 2017:** Information on registration, eligibility, selections, and more!

REGION	PROGRAM	Registration deadline	TRIAL DATE & TIME	TRIAL LOCATION	TRIAL FEE per athlete	Primary Training Location(s)	Levy Due Date
SOUTHEAST	U15	WEDNESDAY SEPT. 13 @noon	SUNDAY SEPT. 17 @5:00-7:00pm	TAMAWANIS PARK, SURREY ( <a href="#">64<sup>th</sup> &amp; 126<sup>th</sup> St.</a> )	\$10	Tamanawis Park	Wednesday, October 4
	U18		SUNDAY SEPT. 17 @7:00-9:00pm		\$10	Tamanawis Park	
NORTHWEST	U15	WEDNESDAY SEPT. 20 @noon	SUNDAY SEPT. 24 @4:30-6:30pm	HAMBER ( <a href="#">Oak St.</a> <a href="#">between 33<sup>rd</sup> and 37<sup>th</sup></a> )	\$10	Hamber and Rutledge	
	U18		SUNDAY SEPT. 24 @7:30-9pm		\$10	Hamber and Rutledge	
MAINLAND BOYS	U15	WEDNESDAY SEPT. 27 @noon	SUNDAY OCT. 1 @5:00-7:00pm	TAMAWANIS, SURREY ( <a href="#">64<sup>th</sup> &amp; 126<sup>th</sup> St.</a> )	\$10	Tamanawis Park, Hamber, Rutledge	Wednesday, October 11
	U18		SUNDAY OCT. 1 @7:00-9:00pm		\$10		
ISLAND BOYS	U15 & U18	WEDNESDAY OCT. 11 @noon	FRIDAY OCT. 13 @6:00-8:30pm	<a href="#">UVIC Field Hockey pitch</a> , Victoria	\$10	UVIC	Friday, Oct 20
ISLAND (Victoria & Duncan)	U18 GIRLS	WEDNESDAY OCT. 18 @noon	FRIDAY OCT. 20 @6:00-8:30pm	<a href="#">UVIC Field Hockey pitch</a> , Victoria	\$20	UVIC	Wednesday, November 8
	U15/18 BOYS				\$10		
ISLAND (Victoria & Duncan)	U15 GIRLS	WEDNESDAY OCT. 25 @noon	SUNDAY OCT. 29 @10:00am-12:30pm	<a href="#">COWICHAN SPORTSPLEX</a>	\$20	COWICHAN SPORTSPLEX	
INTERIOR	U15 & U18	WEDNESDAY JAN. 10 @noon	SUNDAY, JAN. 14 @11:45-2:15pm	<a href="#">KELOWNA CNC</a>	\$10	KELOWNA CNC	Friday, Jan 19

**ATHLETE ELIGIBILITY**

U15 Train 2 Train (T2T) athletes born 2003, 2004, 2005

U18 Train 2 Compete (T2C) athletes born 2000, 2001, 2002

Athletes must meet minimum fitness test requirements at the Regional trials to be considered for selection.

For fitness test standards, see [Fitness Test Policy](#).

**SELECTIONS** See [Players – Selection Process](#)

Selections are based on athlete skill, fitness and other assessment areas. Please see the Selection Process for more information. Regional squad selections are

typically posted on the FHBC Regional web pages by the Wednesday following trials. Selected athletes will be asked to declare their commitment to the program by signing an Athlete Agreement and submitting a deposit by the given deadline.

### **TRIAL INFORMATION**

Athletes **must register and pay the trial fee online** by the given deadline, attend and participate in the trial in order to be considered for selection.

Athletes **must arrive 30-40 minutes early** to check in.

Athletes **must take a field hockey stick/goalie equipment**, hydration and snacks (if necessary) and wear appropriate athletic wear/footwear and protective gear (mouth guards, shin guards and a left-hand glove).

Athletes **must read the Attendance Policy, Fitness Policy, Injury/Sickness Policy** and the **Selection Process**.

Athlete Program Policies can be found under [Players – Policies and Procedures](#) on the [FHBC website](#).

### **PROGRAM INFORMATION**

#### **TRAINING** [Players – Training Schedules](#)

Regional Programs will target up to 40 hours which includes training on outdoor water-based turf, indoor hockey, FMS (functional movement strategies), Strength & Conditioning, sport science, injury prevention, fitness testing and education (and may include exhibition games).

**Cost:** Program levy information will be provided on the player pages: <http://fieldhockeybc.com/players/>

### **REGIONS**

Northwest (NW): Vancouver, North Shore, Squamish or Whistler

Southeast (SE): Burnaby, Chilliwack, Coquitlam, Delta, New Westminster, Port Coquitlam, Port Moody, Richmond, or Surrey.

Island-VIC: Victoria (lower island)

Island-DUN: Duncan, Cowichan (mid-island)

Interior: Okanagan or the Kootenays

### **HOW TO REGISTER**

#### **Step 1 – FHBC Membership Registration** [Questions about membership? Contact [info@fieldhockeybc.com](mailto:info@fieldhockeybc.com)]

In order to register for the FHBC Regional Program, athletes must be a registered member of Field Hockey BC and have an Individual Junior Membership (\$55).

The membership season is from September 1 to August 31 of each year. 2016/17 memberships expire on August 31 2017.

**If you need to register for or update your membership number**, please click on Membership Registration: [MEMBERSHIP REGISTRATION](#)

\*please note that some clubs include the annual FHBC membership fee within their own fees

#### **Step 2 – Regional Trial Registration**

With your membership number to hand, follow the link below to register for Regional Trials by the given deadline. Your trial fee must be paid online at the time

of registration. Cash will NOT be collected at the field.

## **REGISTER FOR REGIONAL TRIALS**

- Enter your membership number and associated email address
- Select *Women or Men – Outdoor – Regional – U15 or U18* and select the region in which you live

Registered athletes will receive an automated confirmation email.

Questions about programs?

- Athlete Program Manager [melody@fieldhockeybc.com](mailto:melody@fieldhockeybc.com)
- Program Assistant Manager [athleteprograms@fieldhockeybc.com](mailto:athleteprograms@fieldhockeybc.com)
- Membership renewal/registration? Contact [info@fieldhockeybc.com](mailto:info@fieldhockeybc.com)

Thank you!