



TRAINING EXPECTATIONS

2018

Training Expectations

Players are expected to follow their Training Schedule:

[Players – Training Schedules.](#)

Players are expected to arrive at the field 15 minutes before the scheduled training time:

- with appropriate clothing, footwear, equipment
- to warm up
- to hydrate/fuel
- to check in with coaches/managers

Training Attendance Expectations

Players are expected to attend training sessions:

- To develop and improve skill, ability and fitness
- To bond with teammates
- To learn and demonstrate leadership
- To show commitment and a positive attitude
- To take part in fitness testing ([Fitness Policy](#))
- To be eligible for tournaments and selections

Athletes are continually assessed and evaluated throughout programs. Evaluations are used to determine eligibility for Regional Tournaments, Provincial selection, National Tournaments and provincial rankings.

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