Presented by:
FHBC
Hosted at:
UBC Wright Field
Vancouver, BC
April 11-14
2019
Train 2 Compete
Regional Tournament

WELCOME MESSAGES

On behalf of Field Hockey BC, I would like to extend a warm welcome to all the teams, coaches, and officials participating in the 2019 Train to Compete Championship, including those joining us from Alberta this year. And a very special "thank you" to the parents, family members, and spectators for your continued support of these young athletes.

FHBC is very pleased to host this year's tournament at the University of British Columbia - a gathering of the Regional programs - as part of our commitment to support the field hockey family throughout the province.

This tournament provides a highly competitive showcase of our best up-and-coming athletes' skills and knowledge of the great game of field hockey. Plus the tournament serves as a selection opportunity to represent their province through FHBC's Train to Compete Provincial Teams, scheduled to participate in Field Hockey Canada's Under 18 National Championships this July in Surrey.

May this High Performance program and tournament give you lasting positive memories and experience for your life-long field hockey career. Best wishes for a very successful, competitive, safe, and respectful tournament. Have fun and good luck!

Alan Waterman - President, Field Hockey BC

Special Guest - John McBryde

Field Hockey BC is thrilled to welcome John McBryde, who will be presenting at the medal ceremony on Sunday, April 14th.

Last month, John turned 80 years old and on his 80th birthday, played to a 2-2 tie with his Vancouver Greyhawks team. As one of Field Hockey BC's longest active members, we are honoured to have John in attendance. His commitment to our great sport is an inspiration to us all!

WELCOME MESSAGES

Welcome to the 2019 Train 2 Compete Regional Championship!

The T2C Regional Championship is the exciting culmination of months of high performance technical skill development, fitness education and testing, and team preparation and tactical strategies, where 160 BC athletes representing four different regions (9 girls teams, 2 boys teams) compete to win the Championship. I would like to extend a special welcome to all the players and coaches from Team Alberta who are competing in the T2C Regional Championship for the first time ever!

The T2C Regional Program is part of FHBC's goal to be a leader in delivering high performance and developmental athlete programming that meets the needs of athletes based on the principles of the Long-Term Athlete Development Model (LTAD). FHBC's direct athlete programming provides opportunities for junior athletes to move within the athlete pathway and invest in our coaching resource base.
I would like to express my sincere thanks to all the dedicated coaches for contributing their time, knowledge and skills to the Program and to FHBC staff and officials for helping to make the tournament a success. I would also like to thank all the parents for the hours you spend driving to practices and competitions, giving up your evenings and weekends, trusting your athlete's coaches, and encouraging and believing in your athlete!

Finally, I would like to thank all the talented T2C athletes for your commitment and dedication to the awesome sport of field hockey! This tournament is an important milestone in your journey as a high performance field hockey athlete. Whatever your personal goals in sport may be, I wish you success at this tournament and encourage you to play with integrity, fairness and respect for your own abilities and those of your competitors.

Good luck to everyone and have fun!

Jennifer Taylor – Athlete Program Director, Field Hockey BC

PLAYER PATHWAY

Field Hockey BC delivers comprehensive athlete programs for talented athletes from the Learn 2 Train through to Learn 2 Win stages of the Canadian Long Term Athlete Development framework.

Development Regional Programs
Learn 2 Train (L2T) for ages 10-13
High Performance Regional Programs
Train 2 Train (T2T) for ages 13-15
Train 2 Compete (T2C) for ages 16-18

In a supportive and fun environment, FHBC Athlete Programs are designed:

- To provide focused, quality training and development opportunities to BC's best athletes and coaches; and
- To prepare athletes for selection to the Canadian Junior and Senior National Teams

The 2018-19 Train 2 Compete Regional Program was delivered in four FHBC training regions: Mainland Northwest and Southeast, Vancouver Island, and Interior. Over 200 female and male athletes took part in trials and 178 went through to the Regional Program and will be competing in the Regional Tournament. Congratulations to all athletes on your achievements in the 2018-19 season!

LTAD Framework,
Sport for Life Canada.

Train 2 Compete Regional Championship 2019
Throughout the Regional Program, athletes worked hard to achieve their eligibility to compete in the Regional Championship tournament. They participated in weekly training sessions, showing dedication and leadership, achieving their fitness standard and working toward the tournament and the provincial season. Athletes will showcase their skill and tactical awareness when representing their regional team, in hopes of being selected for Team BC.

Team BC Selection
At the Regional Championship tournament, athletes are evaluated by coaches and selectors. The tournament is the selection point for the Provincial Program (summer) and BC teams will represent the province at the National Championships in July.

2019 NATIONALS

June 29 - July 8, 2019: Surrey, BC

In partnership with Field Hockey Canada, Field Hockey BC is excited to be hosting the U23 and U18 female and male National Championship Festival from June 29 - July 8, 2019 at Tamanawis Park in Surrey, BC.

The U23 tournament will take place from June 29 - July 1 and the U18 tournament will be held July 3 - July 8. We are thrilled to welcome the top teams from across the country in both the male and female divisions to celebrate our sport in what promises to be a fun and competitive atmosphere!

July 24 - July 28, 2019: Calgary, AB

This year's Boys and Girls U15 National Championship Festival will be hosted by our friends at Field Hockey Alberta from July 24-28, 2019 on their brand new turf at the University of Calgary in Calgary, Alberta.

Field Hockey BC will be sending teams in the Boys and Girls divisions to represent our province at the Train 2 Train level.

We look forward to contributing to the growth and development of our sport through both of these National Championship Festivals!

EVENT OFFICIALS

TECHNICAL OFFICIALS:

Sue Demunyck
Madge Johnson
Katie Jameson
Brenda Rushton

JUDGES:

Triena Bryan
Preet Sidhu
Corrie Guraliuk
Jennifer Taylor
Sue Robertson

Tournament Director
Sue Jameson

UMPIRES:

Margaux Brand
Harpreet Jhamat
Julie Brereton
Tyler Klenk
Ceri Cornwall
Megan Roberston
Erin De Sousa
Cindy Sacre
Amar Dhesi

Umpire Manager
Gillian Batey

ATHLETIC THERAPIST SERVICES:

Gavin Leung
Return to Play Rehabilitation

FIELD HOCKEY BC STAFF:

Melody Haddow
Athlete Program Manager

Julie King
Head Regional Coach

John Sacre
Head Provincial Coach and Performance Manager

Kurt Du Bois
Events and Officials Coordinator

Donna Cumming
Member Services and Communications Coordinator

CONCUSSION POLICY

FHBC Head Injury Protocol - Suspected Concussion:

If a player receives contact to the head or neck area, or sustains a blow that causes significant whiplash to the head:

1. The umpire will stop play and interview the player to detemine if further assessment is needed:
   - if yes, then a medical professional will be called onto the field to assess the player
   - if no, then play resumes.
2. If a medical professional is summoned onto the field, the determination will be made as to whether it is safe to remove the player from the field of play:
   - if yes, then the player will be moved to the medical area for further evaluation
   - if no, then the EAP protocol will be activated and EMS called.
3. Once the player has been removed from the field, the medical professional will evaluate the player for signs and symptoms of a concussion (utilising 'Concussion Recognition Tool 5'). The athlete in this case may not return to play for a minimum of five minutes, in order for the HIP assessment to be completed:
   - if concussion signs are present, the Head Injury Protocol (HIP) will be initiated to determine grounds for the player's return to play
   - if concussion signs are not present, the player can return to play as long as signs do not manifest at a later time.
4. Once the player has been evaluated and removed from play, the athlete cannot return to active play until they have been evaluated and cleared by a Licensed Physician. To this end, the completion and return of an FHBC HIP Medical Appointment Form is required. This form must be returned to the Tournament Director.
5. Concussion Recognition Tool 5' can be found at:

https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097508CRT5.full.pdf

SCHEDULE

THURSDAY APRIL 11				
11:00	A	**Lionfish**	vs	**Sharks**
12:30	B	**Killer Whales**	vs	**Jellyfish**
2:00	A	**Barracudas**	vs	**Pirahnas**
3:30	B	**Stingrays**	vs	**Alligators**
5:00	A	**Lionfish**	vs	**Alberta**
6:30	A	**Sharks**	vs	**Barracudas**
8:00	B	**Alligators**	vs	**Killer Whales**
FRIDAY APRIL 12				
8:00	A	**Piranhas**	vs	**Lionfish**
9:30	B	**Jellyfish**	vs	**Stingrays**
11:00	A	**Alberta**	vs	**Barracudas**
12:30	A	**Piranhas**	vs	**Sharks**
2:00	B	**Killer Whales**	vs	**Stingrays**
3:30	B	**Alligators**	vs	**Jellyfish**
5:00	A	**Sharks**	vs	**Alberta**
6:30	A	**Barracudas**	vs	**Lionfish**
SATURDAY APRIL 13				
8:00	A	**Alberta**	vs	**Piranhas**
*9:30	Cons	**3rd Pool A**	vs	**4th Pool B**
*11:00	Cons	**4th Pool A**	vs	**3rd Pool B**
12:30	M	**Condors**	vs	**Ravens**
*2:00	Cons	**5th Pool A**	vs	**4th Pool B**
*3:30	SF1	**1st Pool A**	vs	**2nd Pool B**
*5:00	SF2	**2nd Pool A**	vs	**1st Pool B**
6:30	M	**Ravens**	vs	**Condors**

*Playoff game order is subject to change based on final Pool A standings

POINTS & PLAYOFFS

SUNDAY APRIL 14				
*8:00	Cons	**5th Pool A**	vs	**3rd Pool B**
*9:30	Cons	**4th Pool A**	vs	**4th Pool B**
11:00	M	**Condors**	vs	**Ravens**
12:30	Br	**Loser SF1**	vs	**Loser SF2**
*2:00	Cons	**3rd Pool A**	vs	**3rd Pool B**
3:30	Gold	**Winner SF1**	vs	**Winner SF2**
5:00	M	**Ravens**	vs	**Condors**

*Playoff game order is subject to change based on final Pool A standings

Points:

- Win = 3 points
- Tie = 1 point
- Loss = 0 Points

If there is a tie in Pool standings the tie will be broken as follows:

- Number of wins
- Goal difference
- Goals for
- Result between tied teams
- Shoot-out competition

If there is a tie at the end of any playoff game, the tie will be broken by a shoot-out competition. If there is a shoot-out in any game, the subsequent games will be delayed.

There are no Playoffs for the Boys teams.

All games will be 4 x 15 minute quarters, with 2 minute quarter breaks and 5 minute halftime. Time will be stopped after the award of a penalty corner, but not after a goal is scored.

For live game statistics visit:

fieldhockeybc.altiusrt.com

Follow us for tournament updates: @FieldHockeyBC

RESPECT PROGRAM

RESPECT is the collective responsibility of everyone involved in field hockey to create a fair, safe, and enjoyable environment in which the game can take place.

Field Hockey BC launched the RESPECT program targeting all levels of the game. The objective of the RESPECT program is to see an improvement in behavior in the game by creating a fair, safe and enjoyable environment for everyone involved. Through ongoing education and awareness, this program is designed to address concerns related to poor coaching practices, abuse of umpires/officials, respect between players, and issues involving spectators and fans on the sidelines.

The RESPECT program targets local, regional, and provincial field hockey programs and events throughout the junior and senior seasons. The program attempts to inspire community clubs and leagues to implement the campaign, and promote positive behaviour within their respective environments.

So what are the first steps to RESPECT success?

RESPECT PROGRAM

There are currently 5 steps to the program:

1. Codes of Conduct
There are Codes of Conduct for all those involved in the game. Players, coaches, team managers, umpires/officials, and spectators/fans (including parents), all have their own codes, which outline what is expected of them. By the 2019/20 season, we expect to see all those involved being invited to sign that they have read, understand and will adhere to the codes.

2. Match-Day Environment
Included in this is the introduction of designated spectator areas. These areas are set back and separated from the team bench/coach education areas where possible. Community Clubs, Leagues, and Event Hosts are encouraged to make the Codes of Conduct visible at their grounds.

3. Captains
Captains are asked to take responsibility for their team and lead by example on the pitch. They should be clearly identifiable and help the umpires/officials by ensuring their teammates focus on playing. For the younger age groups who may not be mature enough to facilitate this, the team Coach is tasked with the responsibility.

4. The Umpires/Officials Manage the Game
Umpires are expected to manage the game and ensure it is played within the rules. In doing so, the objective is to create an environment where potential problems are addressed before they escalate. They are also asked to ensure that teams follow the RESPECT 'Walk on' and handshake protocol.

5. Event Hosting Protocols
Sanctioned field hockey events in BC must adhere to a set of event host protocols designed to advocate RESPECT program objectives. All events must provide for a fair, safe, and enjoyable environment with which to play.

PLEASE HELP US TO CREATE THE BEST POSSIBLE ENVIRONMENT WITH WHICH TO ENJOY OUR GREAT GAME BY SUPPORTING THE RESPECT PROGRAM!

BOYS T2C TEAMS

CONDORS

7	Amol Bassi	LM	18	Devan Crawford	LM
8	Rajveer Dhaliwal	LM	19	Bhavdeep Dhaliwal	LM
9	Manavdeep Johal	LM	20	Rajan Dhaliwal	LM
10	Johnny Jacoby	ISL	21	Aaron Foong	LM
11	Sebastien Kum	ISL	22	Navjot Chahal	LM
12	Jyothswaroop Sidhu	LM	23	Manveer Jhamat	LM
14	Alix Vandermeirsch	LM	24	Avraj Marok	LM
15	Calder Wheatley	ISL	25	Navroop Dosanjh	LM
16	Jasmeet Bring	LM	*Coach: Dave Jameson*		
17	Jacob Cowan	LM	*Manager: Preet Sidhu*		

Goalkeepers: Daniel Goodwin, Graeme Mix, Campbell Southey

RAVENS

7	Yuvraj Brar	LM	18	Japkarn Dosanjh	LM
8	Nicolas Cain	LM	19	Bakhsind Khangura	LM
9	Arjun Cheema	LM	20	Ryan Knight	ISL
10	Sukhman Dhaliwal	LM	22	Imran Sran	LM
11	Tejkarn Dhaliwal	LM	23	Arthur Valdivieso	LM
12	Gavin Nagra	LM	24	Gursewak Sangha	LM
13	Spencer Thor	LM	25	Karantej Hajra	LM
14	Kabir Dulai	LM	26	Roopkanwar Dhillon	LM
16	Sean Bryan	ISL	*Coach: Robbie Muir*		
17	Avjot Buttar	LM	*Manager: Jim Knight*		

Goalkeepers: Daniel Goodwin, Graeme Mix, Campbell Southey

GIRLS T2C TEAMS

ALBERTA

2	Beth Klassen	AB	12	Lauren Sieppert	AB
3	Tiana Carroll	AB	15	Nkwanzi Banage	AB
4	Lauren Bourgeois	AB	17	Aiden Pattison	AB
5	Ivy Ayrton	AB	18	Maggie Fiebelkorn	AB
6	Jane White	AB	19	Hayley Forbes	AB
7	Avery Willis	AB	31	Catherine Courchesne (GK)	AB
8	Alexandria McRorie	AB			
9	Avery Vadnai	AB	*Head Coach: Roel van Maastrigt*		
10	Kiya Gosselin	AB	*Assistant Coach: Heather Ramsay*		
11	Rachel Ghitter	AB	*Manager: Shelley Anderson*		

2018 Results

Girls

1. Barracudas (ISL)
2. Alligators (ACD)
3. Stingrays (ISL)
4. Killer Whales (SE)
5. Sharks (NW)
6. Piranhas (INT)
7. Jellyfish (NW)
8. Lionfish (SE)

Boys

1. Condors (LM)
2. Ravens (LM/ISL)
3. Owls (LM/ISL)

GIRLS T2C TEAMS

ALLIGATORS

2	Jamie Grey (GK)	WVA	14	Sophie Kennedy	NVA
5	Kaia Cooper	NVA	20	Julia MacLachlan	NVA
6	Arden Goddard-Despot	NVA	21	Lyla Mollard	NVA
7	Madeleine Lister	NVA	22	Dorothy Ma	WVA
8	Brooke McCusker	NVA			
9	Zoe Morris	NVA			
10	Calder Bryson	NVA	*Coach: Andrea Gibson*		
11	Laine Delmotte	NVA	*Coach: Jenn Beagan*		
12	Clare Freeman	NVA	*Manager: Sue Goddard*		
13	Bella Johnston	NVA			

BARRACUDAS

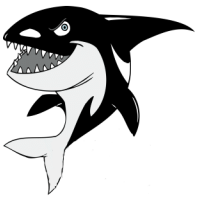
1	Tayler Guy (GK)	VIC	21	Haley Sinclair	VIC
5	Janet Dawson	VIC	22	Reilly Sinclair	VIC
6	Sarah Dragicevich	DUN	23	Ava Smith	DUN
7	Brooke Furtado	VIC	24	Melanie Robertson	DUN
8	Suzie Stone	VIC			
10	Sophia Berk	VIC			
11	Birkley Anderson	DUN	*Coach: Perri Espeseth*		
14	Chloe Langkammer	DUN	*Manager: Milena Gaiga*		
15	Cordel Tromp	VIC			
20	Maddie Mittelsteadt	VIC			

GIRLS T2C TEAMS

JELLYFISH

1	Chloe Chevallier (GK)	NW	16	Allison Kuzyk	NW
5	Alison Drummond	NW	17	Maisie Hastings	NW
7	Ava MacFarlane	NW	19	Sydney Mardon	NW
8	Caitlin Vopni	NW	21	Nora Goddard-Despot	NW
9	Madeline Wong	NW			
10	Leah Fourie	NW			
11	Jamie Borthwick	NW	*Coach: Chris Tyrell*		
12	Polly Campbell	NW	*Manager: Barb Tully*		
13	Isabella McAdam	NW	*Manager: Isla Drummond*		
14	Kate Rogers	ACD			

KILLER WHALES



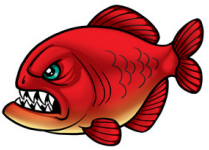
2	Ishaval Sekhon	SE	14	Harneet Mattu	SE
5	Natalie Anderson	SE	15	Kaitlyn Emerson	SE
6	Eve Carrothers	SE	19	Aishreet Sander	SE
7	Mika Melles	SE	20	Catherine Blouin	NW
8	Savina Purewal	SE	21	Lauren Breakell	NW
9	Nicola Wigboldus	SE			
10	Brianna Azevedo	SE	*Coach: Daneet Sandhu*		
11	Sanehpreet Basra	SE	*Manager: Harjeet Purewal*		
12	Ciana Dawydiuk-Clozza	SE			
13	Alison Marsh	SE			

GIRLS T2C TEAMS

LIONFISH

1	Jade Lew (GK)	SE	15	Jasleen Hehar	SE
5	Alyssa Brooks	SE	16	Devon Litherland	NW
6	Priya Dhaliwal	SE	20	Christina McDonald	SE
7	Kayla Guraliuk	SE	21	Caitlin Miller	SE
8	Bavneet Hothi	SE	22	Kaiden Stanley	NW
9	Isabel Lew	NW			
10	Miah Cade	SE	*Coach: Michelle Savich*		
11	Avani Gill	SE	*Manager: Kiefer McNaughton*		
12	Gabrielle Lee	SE			
14	Rebecca Lyon	SE			

PIRANHAS



2	Alivia Brown (GK)	INT	13	Asia Hanson	INT
4	Brooklyn Widdess	INT	14	Frederike Schostok	INT
5	Madison Boen-Shekula	INT	19	Leanna Wong	INT
6	Emma Cannan	INT	22	Lauren Moody	INT
7	Kyra Molen	INT			
8	Amy Pehl	INT			
9	Lonica McKinney	INT	*Coach: Ben Fecht*		
10	Carollynn Ballarin	INT	*Manager: Jenn Marshall*		
11	Emily Clark	INT			
12	Krysha Czenczek	INT			

GIRLS T2C TEAMS

SHARKS

2	Emily Parkyn (GK)	NW	14	McKinley Kennedy	NW
3	Elizabeth Mathisen	NW	17	Bronwen Rees-Wiedemann	NW
4	Vera Bulowski	NW	19	Molly Cooper-Gray	NW
5	Bronwyn Bird	NW	22	Mikayla Stelling	NW
6	Grace Delmotte	NW			
7	Julianna Yue	NW			
8	Mia Zurkovic	NW	*Coach: Bubli Chohan*		
9	Molly Harris	NW	*Manager: Tanja Zurkovic*		
11	Niamh Henry	NW			
12	Hannah McDonald	NW			

STINGRAYS

2	Nicola Leech (GK)	DUN	17	Elle Nelson	VIC
5	Mia Kelly-Ralph	VIC	18	Annika Hall	VIC
6	Lexi Knight	VIC	19	Nora Struchtrup	VIC
7	Julia McDermott	VIC	20	Ashlyn Toljander	DUN
9	Brooke Taylor	VIC	21	Emma Whittaker	VIC
10	Libby Hogg	VIC	22	Arica Windsor	DUN
11	Emily Jackson	VIC			
13	Avery Nystedt	VIC	*Coach: Ali Lee*		
14	Sophie Miranda	DUN	*Manager: Heather Goodman*		
15	Jenna Goodman	DUN			

GIRLS POOL A	Alberta	Barracudas	Lionfish	Piranhas	Sharks	+/-	Pts	PL
Alberta								
Barracudas								
Lionfish								
Piranhas								
Sharks								

GIRLS POOL A

GIRLS POOL B

GIRLS POOL B	Alligators	Jellyfish	Killer Whales	Stingrays	+/-	Pts	PL
Alligators							
Jellyfish							
Killer Whales							
Stingrays							

PLAYOFFS

GOLD:

1A:

SEMI-FINAL 1

2B:

1B:

SEMI-FINAL 2

2A:

CONSOLATION ROUND:

GAME	**RESULT**
3A vs 4B	
4A vs 3B	
5A vs 4B	
5A vs 3B	
4A vs 4B	
3A vs 3B	

LSF1:

BRONZE

LSF2:

BOYS POOL

GAME	RESULT
Game 1	
Game 2	
Game 3	
Game 4	

TOTAL POINTS:					
	Game 1	Game 2	Game 3	Game 4	Total Pts
Condors					
Ravens					

UPCOMING EVENTS

VANCOUVER INTERNATIONAL TOURNAMENT

May 17-20 **Burnaby Lake Sport Complex**

CLUB CHAMPIONSHIPS & FESTIVALS		
T2T (U15) Boys	June 8 - 9	Hamber
T2T (U15) Girls	June 15 - 16	Victoria
T2C (U18) Boys	May 10 - 12	Surrey
T2C (U18) Girls	May 12 - 12	Surrey

PERFORMANCE TOURNAMENTS & TRIALS		
Boys & Girls T2T (U15) Festival	April 25-28	Tamanawis Park, Surrey
Men's T2W (U23) Trial	May 25	Tamanawis Park, Surrey
Women's T2W (U23) Trial	May 26	Eric Hamber, Vancouver

FHBC FOUNDATION

Field Hockey BC is proud to once again promote the valuable work of the 'Field Hockey BC Foundation' in support of the development and growth of Field Hockey across British Columbia.

The Field Hockey BC Foundation is the philanthropic arm of the Registered Society 'Field Hockey BC' and has been created in partnership with the well respected 'Vancouver Foundation'. Designed to provide legacy support for the development and growth of Field Hockey across BC. Launched in the summer of 2013, the Field Hockey BC Foundation currently has invested capital totaling $170,000 with the Society's short-term goal to reach $200,000 by the end of the 2019 Calendar year.

Field Hockey BC's partnership with the 'Vancouver Foundation' not only offers security and favorable rates of return, but enables donors to receive Tax Receipts, as well as, the opportunity to create their own Legacy Fund.

Make a tax deductible donation today at

www.fhbcfoundation.com

PARTNERS

Supported by the Province of British Columbia

Field Hockey BC acknowledges the financial support of the Province of British Columbia

Official equipment partner of Field Hockey BC

Official clothing partner of Field Hockey BC

For live game statistics, visit:
fieldhockeybc.altiusrt.com

Follow us on social media for tournament updates, athlete features and more!

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