



SELECTION PROCESS: Train 2 Train U15 and Train 2 Compete U18 2018

Timeline & Process for Registration, Trial and Selection

Timeframe	Process / key highlights
Aug/Sept	1. Eligible athletes register for Regional Trial
Sept/Oct	2. Athletes participate at Regional Trial → selections made to Regional Program
Nov-Apr	3. Regional Program participation → athletes gain Regional Tournament eligibility
April/May	4. Regional Tournament participation → selections made to Provincial Program
May-July	5. Provincial Program participation → athletes maintain eligibility (fitness, attendance, etc.)
July	6. National Tournament participation

1. ELIGIBILITY for REGIONAL TRIAL

Program eligibility is determined by;

- Birth year (see [Eligibility by Birth Year](#)) and;
- Region

FHBC REGIONS for the REGIONAL PROGRAM

At the Regional Program Trial, it is mandatory for athletes to register for the region in which they live or attend school. There are typically 5 recognized FHBC regions:

Mainland

1. Southeast - SE (Burnaby, Chilliwack, Coquitlam, Delta, New Westminster, Port Coquitlam, Port Moody, Richmond, Surrey)
2. Northwest – NW (Vancouver and North Shore)

Island

3. Victoria - VIC
4. Duncan – DUN

Okanagan & Kootenays

5. Interior – INT

Dependent upon the number of athletes in the program each year, a cluster of regions may be combined to form one region, for example, Surrey and Vancouver may combine to represent a 'Mainland' region or Duncan and Victoria may combine to form an 'Island' region.

2. REGIONAL TRIAL SELECTIONS (fall/winter)

Evaluations and selections for the Regional Program are made at the trial by FHBC selectors based on the below. Selections are typically announced by the Wednesday following the trial. Participating athletes receive notification and the names of selected athletes are posted on the FHBC website. Selected athletes are provided a deadline to register for the program.

FHBC reserves the right to determine program eligibility, selection and cuts in all cases.

Trial format and components

- Warm-up
- Skills drills
- Decision-making in outnumbered situations
- Small games (3v3, 4v4 and 5v5)
- Fitness testing



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Trial evaluations are based on:

- basic technical skills
- decision-making under pressure
- off-ball movement
- athletic ability
- offensive and defensive skills
- ball control
- coach-ability
- attitude, leadership and team player qualities

3. REGIONAL TOURNAMENT ELIGIBILITY CRITERIA

- Training performance and attendance in the Regional Program
- Fitness Test Policy (number of tests taken and levels achieved)
- Coach evaluation

4. REGIONAL TOURNAMENT/PROVINCIAL SELECTIONS (spring/summer)

The spring Regional Tournament or Festival is the selection point for naming provincial squads.

Tournament Format	Development Level	Description	Selections
Festival	U15 Train 2 Train	Non-outcome event (goals are not recorded). The aim is for players to have equal playing time. Players may be asked to play various positions on the field.	Selected athletes may be invited to trial for Team BC at a Provincial Selection Camp or ; Selections to Team BC may be made directly from the Regional Festival.
Tournament	U18 Train 2 Compete	This is a competitive tournament. The aim throughout pool play is for players to have equal playing time. During playoffs, playing time will be at the discretion of the coach.	This is a selection point for Team BC selections. Selections to Team BC are made directly from the Regional Tournament

NOTE: All athletes under 18 years of age (as of December 31) must be part of the FHBC Regional Program (Train 2 Train or Train 2 Compete) to be selected for a **Provincial Team**. Athletes exempt from this Policy are those attending a post-secondary institution and/or Canadian National Team Carded athletes.



5. PROVINCIAL PROGRAM and 6. NATIONAL TOURNAMENT

The Provincial Program targets 30 hours of training to prepare teams for the National Tournament. Athletes are expected to be available for all training and the National championship event. If athletes are unavailable for a substantial portion of training hours and/or the National Tournament, they may be dismissed from the program.

6. PROVINCIAL TEAM SELECTIONS

A provincial team ("Team BC") is typically composed of 15 field players and 1 goal keeper.

Regional Provincial Teams:

- RAMS (mainland athletes or all BC if there is only one team selected)
- STAGS (island athletes)
- LIONS (BC – athletes selected from all parts of BC)

Reserve players: a number of Reserve Players will be selected to train with Team BC. Reserve players must be available for competitive peaks, which may include the India Club Tournament and does include the National Championship event. Reserve athletes must be available to be called up to play until day 1 of competition.

Selection Committee

FHBC staff / Regional Head Coach / Provincial Head Coach
Experienced FHBC Selectors

Questions? Please contact the [Athlete Program Manager](#)