

2019-20 REGIONAL PROGRAM OVERVIEW

ISLAND U15 GIRLS



TIMELINE

Trial Registration: September 18 – October 2 @noon

Trial: October 6, 10am – 12pm @Cowichan Sportsplex

Regional Selections: October 9

Payment Deadline: October 23

Training: January – April

Regional Festival: April 23-26, 2020 (location TBD)

Provincial Selections: April 29

TRAINING

Time: target 30 hours of training

Dates: typically, Wednesday and/or Friday evenings
from January to April (1.5 – 2 hr sessions)

Locations: UVic (Victoria Athletes),
Cowichan Sportsplex (Duncan Athletes)

PROGRAM COMPONENT

- Technical skills development and fitness training
- Fun game play during the FHBC Regional Festival (spring)
- Potential to be selected to the Provincial Program - **participation in the Regional Festival is mandatory for provincially-eligible athletes**
 - Provincial athlete identification to represent Team BC at the U15 National Championship Tournament
 - Typically, provincial training (30 hours) runs from May to July and National Championships are held in late-July

REGIONAL PROGRAM LEVY

Program Cost: \$695

Included: field time, Kukri clothing, education, regional tournament participation, coach and manager honoraria, necessary equipment and medical supplies