

# 2019-20 REGIONAL PROGRAM OVERVIEW

# INTERIOR U18 GIRLS



## TIMELINE

**Trial Registration:** December 11 – January 8 @noon

**Trial:** January 12, 11:45am – 2:15pm @Kelowna CNC

**Regional Selections:** January 15

**Payment Deadline:** January 22

**Training:** January – March

**Regional Tournament:** April 2-5, 2020 (location TBD)

**Provincial Selections:** April 8

## TRAINING

**Time:** target 20 hours of training

**Dates:** typically, Sundays 11:45am – 2:15pm

from January to March

**Location:** Kelowna CNC

## PROGRAM COMPONENT

- Team preparation and tactical strategies
- Fitness training, functional movement education, sport science and women in sport
- Competitive game play during Regional Tournament (spring)
- Potential to be selected to the Provincial Program - **participation in the Regional Tournament is mandatory for provincially-eligible athletes**
  - Provincial athlete identification to represent Team BC at the U18 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:** TBD

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