

# 2019-20 REGIONAL PROGRAM OVERVIEW

## ISLAND U18 GIRLS



### TIMELINE

**Trial Registration:** September 18 – October 2 @noon

**Trial:** October 4, 6-8pm @UVic field hockey pitch

**Regional Selections:** October 9

**Payment Deadline:** October 23

**Training:** November – March

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

**Provincial Selections:** April 8

### TRAINING

**Time:** target 40 hours of training

**Dates:** typically, Wednesday and/or Friday evenings,  
from November to March (1.5 – 2 hr sessions)

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

### 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:** \$830

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