

2019-20 REGIONAL PROGRAM OVERVIEW

NORTHWEST U18 GIRLS



TIMELINE

Trial Registration: September 4-18 @noon

Trial: September 22, 6:30-8:30pm @Eric Hamber

Regional Selections: September 25

Payment Deadline: October 9

Training: October – March

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

Provincial Selections: April 8

TRAINING

Time: target 40 hours of training

Dates: typically, Friday and/or Sunday evenings
from October to March (1.5 – 2 hr sessions)

Location: Eric Hamber (Vancouver),
Rutledge (West Vancouver)

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