

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 @UVic

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: \$530

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