



CANADIAN WOMEN'S NATIONAL INDOOR CAMP November 30th-December 1st, 2019 - Toronto, Ontario

Field Hockey Canada is committed to supporting the indoor program. The program will focus on developing athletes capable of successfully meeting the demands of international level competition.

Elements of the Program (Phase 3):

The third phase of the indoor program begins with a squad selection camp which will be held on November 30th & December 1st, 2019 in Toronto Ontario.

This third phase will run through until the end of March 2020 & will include a tour to Belarus (Jan 16-25, 2020)(12-15 athletes), squad participation in the Canadian Indoor Classic (Feb 15-16, 2020), and participation at the Indoor Pan American Games (Mar 17-22, 2020).

Details of the next phases can be found on Appendix 1 & 2 of this invitation letter.

INDOOR CAMPS AND COMPETITION PROGRAMS (PHASE 2)

- Open Camp: November 30 – December 1, 2019 (Toronto, Ontario)
- Domestic Training: December 7, 2019 – March 31, 2020 (Toronto, Ontario)
- Belarus Tour: January 16th-25th, 2020 (Minsk, Belarus)
- Canadian Indoor Classic: February 15th-16th, 2020 (Waterloo, ON)
- Indoor Pan American Games: March 17th-22nd, 2020 (Pennsylvania, USA)

Registration Requirements:

Athletes must meet the following requirements and any other set out by the national coach, in order to attend the camp, be selected and train with the national squad.

- Be a Canadian Citizen
- Be a nationally or provincially identified athlete.
- Be available for domestic training and competitive elements.
- Be a member in good standing with FHC and your provincial organization.

Camp Details:

- Attendance at all sessions is a requirement of the camp, unless excused by head coach.
- Accommodation, food and travel to and from the camp will be the responsibility of the individual athlete.
- Athletic trainers/ therapists will be present for all practices and games.
- Bring red, white and black shirts.
- Fitness testing will be conducted at the first session of the camp.



Camp Schedule:

November 30th, 2019	Saturday	10:00AM - Noon	University of Toronto
November 30th, 2019	Saturday	2:00PM – 4:00PM	University of Toronto
December 1st, 2019	Sunday	9:00AM -11:00AM	University of Toronto

Dates & locations are confirmed.

Registration for Camp:

- **If you wish to attend this camp you must send your acceptance by writing to Shank Premakanthan at shank_1@hotmail.com by the deadlines set below.**

Current Squad Members:

- *If you register before October 31st, 2019 @ 5PM EST, your camp levy will be \$75.00*
- *If you register after October 31st, 2019 your camp levy will be \$100.00*

New Athletes:

- **If you register before October 31st, 2019 @5PM EST, your camp levy will be \$125.00**
- **If you register after October 31st, 2019, your camp levy will be \$150.00**

Shank will confirm your registration option based on the date and time he received your email.

Method of Payment:

1. For the first two registration dates please send your levy payment via an e- transfer to Susan Gerlings (gerlings@rogers.com) with the password **fieldhockey**
2. Please indicate in the comments section **“Phase 3 Camp Levy”**

Squad and Team Selection:

- A Squad will be named on December 5th, 2019 or earlier.

Coach Appointments:

- National coaches appointed by Field Hockey Canada

**Nationally Identified and Non-Ontario Athletes:**

- Athletes training in Vancouver or in Europe for the national outdoor program and would like to participate in the Indoor program will be selected to the squad and or team by the indoor national coach on an individual consideration, provided certain criteria are met.
- Athletes not residing in Ontario, if selected to the squad or team will need to work with the indoor national coach on a plan which ensures training components are met.
- These athletes must still email Shank Premakanthan at shank_1@hotmail.com to indicate their intention to play by November 25th, 2019.

Self-Funded Program:

The program is self-funded; your assistance in fund raising and attendance at other team activities that raise awareness for the program will be required. All funds raised will be used for the sole purpose of expenses incurred by the program.

Medical Insurance:

You must be a registered Provincial and FHC member to be covered by the FHC's membership's insurance policy. This is mandatory if you want to attend indoor national training and competition.

Training Schedule and Fitness Schedule:

Will be forwarded on or before September 30th, 2019.

Louis Mendonca

**Director Indoor Programs
Field Hockey Canada**



APPENDIX - 1

Option 1 - 3 Year Cycle (if 2020 Pan Am Cup/2021 Indoor World Cup)

Phase 1 (January 2018 - February 2018) - COMPLETE

Identification Camp – January 2018

Training - January & February 2018

Competition - CIC (February 2018)

Possible Exhibition Series (February 2018)

Fundraising - Golf Tournament (June 2018)

Phase 2 (December 2018 - March 2019) - COMPLETE

Training Program Established (September 2018)

Identification Camp (Dec 2018)

Training - January, February, March

Competition – Canadian Indoor Classic

- Big Apple Invitational

- 3 or 4 team Home series against international competition.

- (Canada will enter 2 teams ----Canada and Canada "A")

Fundraising - Dinner (December 2018)

- 3-on-3 Tournament (TBD)

- Golf Tournament (June 2019)

Phase 3 (November 2019 - March 2020)

Training Program Established (September 2019)

Identification Camp (November 2019)

Training – December 2019, January, February, March (2020)

Competition - European Tour (January 2020)

- Canadian Indoor Classic (February 2020)

- Pan Am Cup (March 2020)

Fundraising - 3-on-3 Tournament (November/December 2019)

- Golf Tournament (June 2020)

- Dinner (TBD)



APPENDIX - 2

Option 2 - 4 Year Cycle (if 2021 Pan Am Cup/2022 Indoor World Cup)

Phase 1 (January 2018 - February 2018) - COMPLETE

Identification Camp – January 2018
Training - January & February 2018
Competition - CIC (February 2018)
Possible Exhibition Series (February 2018)

Fundraising - Golf Tournament (June 2018)

Phase 2 (December 2018 - March 2019) - COMPLETE

Training Program Established (September 2018)
Identification Camp (Dec 2018)
Training - January, February, March
Competition – Canadian Indoor Classic
- Big Apple Invitational
- 3 or 4 team Home series against international competition.
(Canada will enter 2 teams ----Canada and Canada "A")

Fundraising - Dinner (December 2018)
- 3-on-3 Tournament (TBD)
- Golf Tournament (June 2019)

Phase 3 (November 2019 - March 2020)

Training Program Established (September 2019)
Identification Camp (November 2019)
Training – December 2019, January, February, March (2020)
Competition - European Tour (January 2020)
- Canadian Indoor Classic (February 2020)
- Pan Am Cup (March 2020)

Fundraising - 3-on-3 Tournament (November/December 2019)
- Golf Tournament (June 2020)
- Dinner (TBD)

Phase 4 (September 2020 - March 2021)

Training Program Established (September 2020)
Identification Camp (TBD - Sept/Oct/Nov)
Training - November, December, January, February
Competition - European Tour (December or January)
- Training Series (TBD)
- Pan Am Cup (Date & Location TBD)

Fundraising - Dinner (December 2020)
- 3-on-3 Tournament (January 2021)
- Golf Tournament (May or June 2021)

