



Female High Performance – Event Timeline

U14

Training Camps - Aug 28-30 or Sept 4-5 2010

Female U14 On-Ice camps are designed for the 11-13 year female hockey player to come and learn about high performance hockey. It is purely educational and developmental and with no evaluative component.

Camp Content:

- Introduction to Female High Performance
- On - Ice Sessions
- Fitness Testing
- Game
- Goaltender session
- Player / Parent Wrap up Meeting
- Exit Interviews

*U14 Training camps will be offered in all Zones, but are subject to registration numbers.

U16

Zone Camps – Jan 8-9 2011

Like the U14 camps the Female U16 Zone Camps have been designed to be very developmental in nature. The objective is to learn and prepare for the U18 program. The U16 Zone camps also have an evaluative component where athletes will be selected to represent their zone at the Female U16 BC Cup. The evaluation camps are open to all female BC Hockey registered players born in 1996 and 1997.

Camp Content:

- Introduction to Female High Performance
- On - Ice Sessions
- Fitness Testing
- Games
- Goaltender session
- Player / Parent Wrap up Meeting
- Exit Interviews

*U16 Zone Camps will be offered in all BC Hockey Districts.

Female U16 BC Cup – March 31 – April 3, 2011

The Female U16 BC Cup runs on alternating years to the BC Winter Games. It is a six team Provincial competition with players selected from the zone evaluation camps.

Other Important dates:

- Player Applications Open - October 13
- Player Application Deadline - December 14
- Zone Team player selection - Jan 9



Female High Performance – Event Timeline

U18 (2010-11)

The Female U18 program is the final stage of the Female High Performance Program run by BC Hockey and into the beginning of the Hockey Canada Program of Excellence. Our U18 athletes will be evaluated on their play at the Canada Winter Games and successful players will be invited to the National U18 Identification camp. The High Performance Program is designed to prepare players for the National program where successful players will undergo the same fitness testing and attend similar type camps.

STAGE 1 - Zone Camps – March 21/22, 2010

Various Locations within each Zone

The Female U18 Zone Camps are an identification camp where athletes will be selected and ranked (non-public information) at the evaluation weekend. The top 20 players from each camp will advance to the second stage (Female U18 BC Cup). The camps are open to all players age 1993 and 1994.

STAGE 2 - Female U18 BC Cup - April 21-25, 2010

Duncan, BC

Selected players from the evaluation camps will be placed onto one of six teams in a Jamboree format. The teams will be created by the Branch Coordinator based on the rankings from District camp. The first day of the event will be a practice, team building and testing day for the athletes. The remainder of the weekend is games where players are evaluated on their performance and the top 46 players advance to the Provincial Camp.

STAGE 3 - Female U18 Provincial Camp – May 20-24, 2010

Salmon Arm, BC

BC Hockey High Performance Provincial Camps are week-long camps run by the Team BC staff, provincial instructors and experts in the areas of strength and conditioning, nutrition, and other sport science principals. Throughout the week players are evaluated on their play, their fitness / strength, their attitude, and their perceived contribution to a winning team. 26 players will advance to the Canada Winter Games Team BC Summer Camp.

STAGE 4 - Team BC Summer Camp – July 1–4, 2010

Victoria, BC

Team BC Summer Camp will be comprised of the top 26 players in the province. Summer Camp will be a weekend camp where the shortlisted players will begin to work on team concepts, training, and prepare for the challenges of the 2011 Canada Winter Games.

STAGE 5 – Team BC – Preparation Tournament – Sept 24-26, 2010

Team BC will come together for a preparation tournament prior to competing in the games. This will give the Team an opportunity to get comfortable playing with one another and prepare for the challenges ahead. Team BC Roster will be 20 players, the final six cuts will be made throughout stage 4 and 5.

STAGE 6 - Canada Winter Games – Feb 11-27, 2011

Players selected to Team BC this season will represent BC at the 2011 Canada Winter Games in Halifax, NS. Preparation camp and possible exhibition schedule is to be announced.

Hockey Canada Program of Excellence (Stages)

U18 Identification Player → U18 National Team → U22 Identification Player →
U22 National Team → National Women's Team Pool → **National Women's Team**



Female High Performance – Event Timeline

Other important dates:

- Player Applications Open – January 15
- Player Application Deadline – March 10
- BC Cup Player selections – March 21

U18 (2011-12)

STAGE 1 - Zone Camps – April 2-3, 2011

The Female U18 Zone Camps are an identification camp where athletes will be selected and ranked (non-public information) at the evaluation weekend. The top 20 players from each camp will advance to the second stage (Female U18 BC Cup). The camps are open to all players age 1994 and 1995.

STAGE 2 - Female U18 BC Cup – April 27- May 1, 2011

Selected players from the evaluation camps will be placed onto one of six teams in a Jamboree format. The teams will be created by the Branch Coordinator based on the rankings from District camp. The first day of the event will be a practice, team building and testing day for the athletes. The remainder of the weekend is games where players are evaluated on their performance and the top 46 players advance to the Provincial Camp.

STAGE 3 - Female U18 Provincial Camp – May 2011

(Location TBA)

BC Hockey High Performance Provincial Camps are week-long camps run by the Team BC staff, provincial instructors and experts in the areas of strength and conditioning, nutrition, and other sport science principals. Throughout the week players are evaluated on their play, their fitness / strength, their attitude, and their perceived contribution to a winning team. 26 players will advance to the Canada Winter Games Team BC Summer Camp.

High Performance Committee Meeting- Sept 10-11, 2010

Each year the High Performance Committee meets to discuss the upcoming year and make recommendations that are reviewed by BC Hockey Executive.

Orientation Meeting - September 24-25, 2010

The BC Hockey High Performance Orientation meeting is intended to train coaches and managers on how to represent the High Performance program within each district. Throughout the weekend various professional development opportunities are offered. It is also a great forum for meeting with your Team Staff and District Coordinator to plan for the upcoming season.