



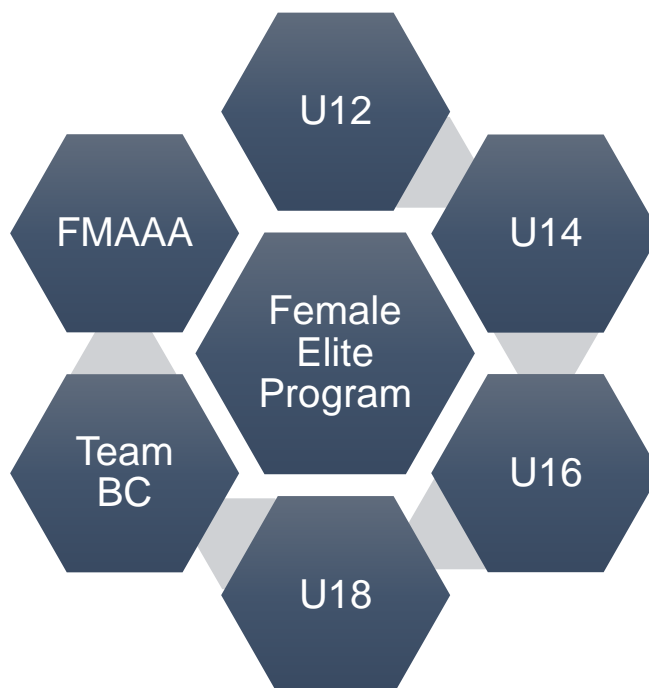
Female Elite Program

The Female Elite Program is a combination of our FMAAA and Female Program of Excellence (POE) under one (1) program. The combination of programming will allow:

- The sharing of resources in delivering programming for athletes
- To reduce the cost to the participant in the program offered by BC Hockey
- Cross-promotion of each program

New Programming

The direction of the Female Elite Program is to create a high level of skill development and competition for our female athletes. The change in programming will now create a progression through our program. The new stages of the Female Elite Program are outlined below:





U12/U14 POE

Focus: Skill development and introduction to Female POE

- Introduction to high performance
- Two (2) camps held across the province
- Skill development weekend with high level skill instructors
- Education programs (ie. off ice, strength and conditioning, mental preparation, nutrition)
- No evaluations

U16, U18, and FMAAA Open Camps

Focus: Identification for FMAAA and POE programming

- Held regionally around the province in early April beginning in 2019
- Players will be evaluated and invited to U16/U18 Identification Camp (late April/May)
- Players will be evaluated for FMAAA teams and Team BC
- Those attending for POE only will be identified and evaluated for Team BC
- Education programs (ie. off ice, strength and conditioning, mental preparation, nutrition)
- Sport School athletes are eligible to apply for POE

FMAAA

Focus: Create 5 FMAAA teams to compete in season throughout the province

- 20 athletes selected to each team
- 40 game season
- Dryland training
- Education opportunities (ie. University/college, nutrition, strength and conditioning, mental health)
- Leads to Esso Cup National Championship, after Pacific Regional Championship

U16/U18 Identification Camp

Focus: Evaluate and identify the top 40 athletes, while providing a skill development focused camp

- 160 athletes invited to attend (120-U18 athletes and 40-U16 athletes for 2018 camp)
- Skill development-based camp
- Players will be evaluated and provide feedback and report card
- Fitness testing – Hockey Canada requirements
- Education programs (ie. off ice, strength and conditioning, mental preparation, nutrition)



Team BC Provincial Camp

Focus: Identify the top 25 athletes for Team BC while focusing on Team BC systems

- 40 athletes invited to attend
- Skill development-based camp and introduction to Team BC systems
- Players will be evaluated and provide feedback and report card
- Fitness testing – Hockey Canada requirements
- Education programs (ie. off ice, strength and conditioning, mental preparation, nutrition)

Team BC Preparation Camp

Focus: Identify Team BC final roster

- 25 athletes invited to attend
- Team BC systems and nationals preparation
- Strength and conditioning
- Video sessions
- Exhibition games
- Players will be evaluated and exit interviews done on site
- Team BC Selected

Team BC

Focus: Compete for Excellence

- 20 athlete roster
- Compete at Nationals or Canada Winter Games
- Video sessions
- Mental preparation
- Strength and conditioning





FEMALE HOCKEY PROGRESSION

