



U16 North West Wintergames selection camp

North West Zone Under 16 Female Selection Camp Information

Date: Dec 30th & 31st 2011

Location: Kitimat Tamitik Arena, BC

Registration: 9:15 am Upstairs in Kitimat Tamitik Arena
High Performance presentation to follow registration

Friday December 30th

Time	Event
9:15 am – 10:00 am	Registration (Upstairs Arena meeting room) Player/Parent Meeting
10:30 am - 11:45 am	Team A and B Drills session
1:30 pm – 3:00 pm	Fitness testing (downstairs arena)
3:30 pm - 4:45 pm	Team A vs B evaluation game 1

Saturday December 31st

Time	Event
9:00 am - 9:45 am	Goalie Evaluation
10:00 am – 11:30 am	Team A vs B evaluation game 2
12:00 pm - 1:00 pm	Exit Interviews
1:00 pm – 1:30 pm	Team Meeting

**Bring proper gym strip for fitness testing. Testing will be held in the arena so dress appropriately.*

If you have any questions please contact me at nwfhpd@bchockey.net

Mark Roberge
NW female HP coordinator