



CANADIAN WOMEN'S NATIONAL INDOOR CAMP NOVEMBER 12TH - 14TH, 2021 - 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 4):

The fourth phase of the indoor program begins with a squad selection camp which will be held on November 12th – 14th, 2021 in Toronto Ontario.

This fourth phase will run through until the end of March & will include a squad participation in the Indoor World Cup, and a preparation tour (dates & details to be confirmed).

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

INDOOR CAMPS AND COMPETITION PROGRAMS (PHASE 4)

- November 12th-14th, 2021 (Toronto, Ontario)
- Domestic Training: November 2021 – February 2022 (Toronto, Ontario)
- IWC Preparation Tour: December 2021 or January 2022 (TBC)
- Domestic League: January to March 2022 (Toronto, Ontario)
- Indoor World Cup: February 2-6, 2022 (Liege, Belgium)

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.



Camp Schedule:

November 12th 2021	Friday	TBC	TBC
November 13th 2021	Saturday	10:15AM - 12:15AM	Stephen Leacock CC
November 13th 2021	Saturday	3:15PM – 5:15PM	Stephen Leacock CC
November 14th 2021	Sunday	TBC	TBC

Dates & locations will be confirmed by October 15th, 2021

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 November 3rd, 2021 @9pm EST.**
- Camp fee will be \$150.00

Method of Payment:

1. Please send your levy payment via an e- transfer to Susan Gerlings (gerlings@rogers.com) with the password **fieldhockey**
2. For the second option a cheque for **\$150** should be made payable to Field Hockey Canada-Women's Indoor Program which will be collected before the first session of the camp.

Squad and Team Selection:

- A Squad will be named on November 18th, 2021 or earlier.

Nationally Identified and Non-Ontario Athletes:

- Athletes training in Vancouver 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 5th, 2021.**

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.

Shank Premakanthan**Head Coach – Canadian Women's Indoor National Team
Field Hockey Canada**



APPENDIX - 1

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

Phase 1 (January 2018 - February 2018)

Identification Camp – January 2018

Training - January & February 2018

Competition - CIC (February 2018)

Possible Exhibition Series (February 2018)

Fundraising - Golf Tournament (May or June 2018)

Phase 2 (September 2018 - March 2019)

Training Program Established (September 2018)

Identification Camp (TBD - Sept/Oct/Nov)

Training - November, December, January, February

Competition - European Tour (December or January)

- 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 (January 2019)

- Golf Tournament (May or June 2019)

Phase 3 (September 2019 – June 2021)

Training Program Established (September 2019)

Identification Camp (TBD - Sept/Oct/Nov)

Training - November, December, January, February

Competition - European Tour (December or January)

- Training Series (TBD)

Fundraising - Dinner (December 2019)

- 3-on-3 Tournament (January 2020)

- Golf Tournament (May or June 2020)

Phase 4 (November 2021 - March 2022)

Training Program Established (October 2021)

Identification Camp (November 2021)

Training - November, December, January, February

Competition - European Tour (December or January)

- Training Series (TBD)

- Indoor World Cup (February 2-6, 2022; Belgium)

Fundraising – Send-off Dinner (January 2022)

- Raffle, Clinics (Fall 2021/Winter 2022)

- Golf Tournament (June 2022)

