



Jessica Cox, Head Coach
Team NT Female Hockey
2019 Canada Winter Games
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File: 2019 CWG Female Selection Camp Invitation – May 22, 2018

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RE: CALL FOR FEMALE HOCKEY PLAYERS BORN 2000-2007 FOR 2019 CWG TEAM

Hockey NWT is seeking competitive female hockey players from the Northwest Territories born between January 1, 2000 and December 31, 2005 to attend the Team NT Female Hockey Selection Camp for the 2019 Canada Winter Games (CWG). **The selection camp is scheduled for August 16-19, 2018 in Yellowknife.**

Note: Age eligibility for the 2019 CWG female hockey technical package is players born 2001-2007. Given the elite competition at CWG, the Team NT selection camp is open to players born 2001-2005 (Midget- and Bantam-age players), plus players born in 2000. For these Games, Team NT is allowed up to three overage players, born in 2000. For players born 2006-2007, exceptions may be made if players can demonstrate exceptional skill to compete at the CWG level.

The selected team will consist of 20 roster players including two goaltenders, plus up to five (5) alternate players. Alternate players will participate in all team activities leading up to the Games, but will not compete at the Games. The 2019 CWG are in Red Deer, AB; the female hockey competition is during Week 2 (Feb. 23-Mar. 2).

The team will have six coaching staff, including four coaches and two managerial staff, as follows:

- Jessica Cox, Head Coach
- Kaylee Grant, Assistant Coach
- Rob Hart, Assistant Coach
- Tehnille Gard, 2019 CWG Women's Apprentice Program Coach
- Director of Operations, TBD
- Trainer/Equipment Manager, TBD

To register for the selection camp, please complete the attached registration form and return it to Spider Jones at Hockey NWT by email at spider@sportnorth.com (phone: 867-669-8329). **The registration deadline is 12:00 PM on June 29, 2018.** Please note the following:

- **There is a \$250.00 camp registration fee, payable to Hockey NWT.**
The fee for late registrations (registrations received after 12:00 PM on June 29) is \$350.00.
- Meals will not be provided.
- The camp will consist of five ice times, including one skills session and four games, and two off-ice fitness sessions.
- Team selection process will comply with Hockey NWT's Player Evaluation Handbook and Player Selection policies.

All roster and alternate players selected for Team NT will be expected to participate in all team activities leading up to and including the Games, as follows:

- Nov. 15-18, 2018 – WickFest 2018 in Calgary, AB
- Feb. 18-22, 2019 – Pre-departure camp in Yellowknife
- Feb. 23 to Mar. 2, 2019 – Canada Winter Games in Red Deer, AB

There will be ambitious fundraising to support the program, and players selected to Team NT will be expected to raise a minimum of \$2,000.00 each.

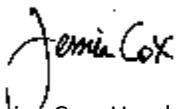
The Canada Winter Games is an elite competition. As such, Team NT athletes must be in good physical condition in order to compete. Players trying out for Team NT are expected to demonstrate good physical fitness and achieve a standard level of fitness at the August selection camp. This standard should be manageable for players who choose to train during the summer. Reaching the standard level of fitness may be difficult for players who choose to not train.

Players have the next 12 weeks to prepare for the camp and develop a base level of fitness. The coaching staff expects players to work hard on their strength and conditioning so that they are fit and strong and have the best chance of being selected to the team.

Accompanying this letter are some suggestions for training activities to complete over the summer. The coaching staff recommends training with a buddy. If you can, team up with another player who is attending the August camp. If that is not possible, try to find someone else to train with over the summer. Training in pairs or in groups is often easier than training alone.

Players are reminded that there are no shortcuts to making the CWG team. Hard work, a positive attitude, commitment, and on-ice skill will give you the best chance of being selected. We wish you luck in training, and we invite you to contact any member of the coaching staff by phone or email if you have any questions or concerns leading up to the camp.

Sincerely,



Jessica Cox, Head Coach
Team NT Female Hockey