



ASSOCIATION REPORT

annual general meeting 2010



LIST OF TOPICS

- Indoor Provincial Season 2010
- Outdoor Provincial Season 2010
- Edmonton Junior Program 2009/2010 & Beyond
- Junior Men's National Team Camp 2010
- Hosting
- Field Hockey Canada
- High Performance Program

Please follow along in the Association Report



INDOOR PROVINCIAL SEASON

○ 2010 Teams

- Women's U16
- Women's U18
- Men's U14 (Calgary & Edmonton)
- Men's U18
- Men's Senior

○ Cancelled Teams

- Men's U16
 - Not enough numbers for this team in 2010
 - Four overage players participated in the U14 program (all 14 year olds) who are U16 eligible
- Women's Senior
 - Cancelled due to a lack of competition for the senior women
 - Attempted to register for the Big Apple tournament in New York without success and the FHC National Championships were cancelled



INDOOR PROVINCIAL SEASON 2010

○ Program Successes:

- Young coaches gaining valuable experience from our mentor senior coaches
- Indoor provincial team coach certification process started in early 2010
- Two U14 boys teams attending the Indoor Prairie Youth Games, one from Edmonton and one from Calgary
- Senior men's team participating at a top level event in North America and finishing in 3rd place overall at the Big Apple Tournament in New York
- Scarborough Cup, Waterloo, Ontario
 - Was a great preparation tournament for all of our junior teams and an event we plan to attend in the winter 2010 as well



INDOOR PROVINCIAL SEASON 2010

- Areas of Improvement for the future
 - Promotion and recruitment for all age groups
 - Searching for top level tournaments for all age groups in order to provide our athletes a chance to develop, whether there is a sanctioned FHC event or not
 - Communication starting earlier in 2010/2011 for the upcoming indoor season, we plan to have all indoor related information out to our members by the beginning of September 2010



OUTDOOR PROVINCIAL PROGRAM 2010

- FHA is offering a new program for our outdoor teams this year. A pre-tournament training camp. To be held in Kelowna BC. Highlights:
 - Introducing the LTAD (long term athlete development model) into our provincial team programming
 - Stage 5 – Training to Compete (16 – 19 years of age)
 - Hockey specific training occurs between 9-12 times a week – including technical, tactical and physiological components. One to two matches per week.
 - Stage 4 – Training to Train (male – 12 – 16, female -11 – 15 years of age)
 - Hockey specific training three times a week plus other physical activities in and out of school.
 - Top three reasons for this event:
 - Concentrated training, monitoring of athletes day-to-day
 - Focussed athletes (no outside distractions)
 - Team bonding and provincial team program relationship building



OUTDOOR PROVINCIAL PROGRAM 2010

- Teams for 2010 and their respective tournaments
 - Boys & Girls U14 (Calgary & Edmonton) – Prairie Youth Games, Winnipeg Manitoba, 7 a-side event
 - Boys & Girls U16 – Both will be Calgary based teams and both teams will represent Alberta at the Canada Cup and the FHC National Championships, Mississauga, Ontario in July
 - Men's & Women's U18 – Both will represent Alberta at the Canada Cup, Calgary, more tournament details to be confirmed for May/June 2010
 - Senior Men & Women – Both teams will represent Alberta at the FHC National Championships, Victoria BC in June



EDMONTON JUNIOR PROGRAM – 2009/2010

○ Grants & Funding

- 2009 STEP Grant – Hired a student to assist in the FHA office in Edmonton and again in 2010
- ASRPWF Canadian Sport 4 Life Grant
 - \$4000 – used toward program equipment for all EJP programs

○ Try It Free Days

- Promotional events held at strategic times throughout the year to promote our programs (November 2009 & February 2010)
 - November promoted our indoor programs
 - February promoted our spring programs
- 100 registrations, 60 participants to both events



EDMONTON JUNIOR PROGRAM – CONTINUED...

○ Schools Program

- 14 school memberships (\$150.00 membership fee)
 - FHA offers school clinics for all school members and a festival to complete the school year off (this year will most likely include the two Edmonton East Indian schools)
- We have also sold equipment to Headway school which includes sticks, balls and few other pieces of equipment for close to \$1500.
- More clinics are scheduled for the spring and we hope to continue into the fall 2010 to help promote our indoor leagues for the winter

○ Spring Youth Leagues

- 2009 Spring – 89 kids playing from U7 to U14
- Incorporation of the LTAD model for each age group, understanding of the LTAD is important for programming.
 - Parents responded well to the information provided, however they still want to see their kids playing games majority of the time.



EDMONTON JUNIOR PROGRAM – CONTINUED...

○ Spring Youth Leagues – Continued...

- Parents also felt the program was well planned and financially affordable.
- From this program we created a PYG team which represented Alberta in 2010
- For the 2010 season we have 70 registered for the programs so far with more time until the deadlines for registration.
- We have started a new program with two different communities associations this year, Lessard & Ridgewood in Edmonton. We are offering a U6 program for each community to start out this year.

○ Indoor League

- We had 44 kids in the U8, U10 and U12 age groups
- Majority of the kids have signed up for the 2010 spring programs based on their positive experience during the indoor season
- From this program we also created an indoor PYG team who travelled to Regina, Sask in February finishing in 2nd place.



EDMONTON JUNIOR PROGRAM – CONTINUED...

○ Coach Certification

- Offered a NCCP Community Coach course in May 2009, with five EJP coaches attending
- Stef is currently on the committee for the development of the new NCCP level – Introduction to Competition
 - She is also a certified Learning Facilitator and can train coaches and teach courses.
- FHA hosted a Intro to Comp coaching course in Calgary in April which had 13 participants. We plan to have another course in 2010 and information will be posted as soon as we know the dates.
- Incorporated the Community Coach course into the University of Alberta Field Hockey course which has already trained 40 university students
- Stef is also currently on the development committee for the new NCCP Competition Development (Old technical level 3) course



EDMONTON JUNIOR PROGRAM – CONTINUED...

○ FHA Promotions

- Promoting all FHA events all year in the East Indian Temples
- Posters hanging in all separate and public schools
- Brochures distributed at various summer camps and events
- Portable street signs (Bold Signs) up around Edmonton promoting the indoor, outdoor seasons and the Try It Free Days

○ Overall Thoughts

- So far the program has been a great success with over 114 participants and we hope to increase these numbers for 2010
- Hard work and planning for a successful future is exciting and we hope to increase our membership across the province through successful programs such as the EJP.



HOSTING – CANADA CUP 2010

- FHA is hosting the 2010 Canada Cup
 - This event is a U18 national championships level tournament with teams from across the country attending
 - Both men and women
 - Alberta Teams participating
 - Women's U18
 - Men's U18
 - Women's U16
 - Men's U16
- We will need volunteers for this event as we have in the past when we hosted the 2008 and 2009 FHC National Championships – if you are interested please email us: info@fieldhockey.ab.ca



FIELD HOCKEY CANADA UPDATES

○ Restructure of the FHC Office

- FHC Staff Members
 - Senior Lead – Karen O'Neill
 - Program Coordinator – Ian Clark
 - Financial Administrator – Mary Turnbull
 - Administration and Communications Intern – Todd Parry
 - Executive Director – Suzanne Nicholson (Retired September 2009)
- New staff and a new direction for FHC is a positive for field hockey across the country. Karen brings experience from other national sporting bodies that she has worked with. A new vision and dedicated staff is creating a strong and stable association. The future seems a little brighter with our NSO.



FIELD HOCKEY CANADA UPDATES – CONTINUED...

○ National Team Updates

- Exciting news with the current programming that has been missing over the past 10 years is a long term national team program model. With Alan Brahmst and Louis Mendonca, there seems to be more emphasis on long term development across the country and not just in selected centres
- Men – Alan Brahmst is the current head coach. The team has had success under Alan, in 2010 the team participated in the World Cup in India for the first time in 12 years.
 - Alan and FHA are planning a junior national team ID camp in Calgary for June 2010
 - Next big event is the Commonwealth Games, New Delhi, India
- Indoor National Team
 - Indoor national team head coaches: Ehsan Ali (men) & Cassius Mendonca (women)
 - ID camp to be held in May 2010 and team expected to centralize in Ontario for the summer for preparation of the qualifying event in August, 2010.
 - Commitment to this team also requires a large player levy, severely limiting the number of athletes who are able to participate. Hopefully something that FHC can solve for the future.



FIELD HOCKEY CANADA UPDATES – CONTINUED...

- Women – Louis Mendonca is the current head coach. The team participated in the 2010 FIH World Cup Qualifier in San Diego, USA in March, finishing 4th. Korea 1st, USA 2nd and Belgium 3rd.
- Positives for 2010:
 - Women's Super league in Vancouver
 - Features current carded athletes, former national team athletes and developmental athletes
 - Top level coaches being mentored by the current national team coaches
 - For more details on this program please visit the FHC website: www.fieldhockey.ca



FHA HIGH PERFORMANCE PROGRAM GRANT

- The Alberta Sport, Recreation, Parks & Wildlife Foundation High Performance Coach Grant has allowed FHA to hire Rainer Brech in 2007 – 2009 and now Henre Meyer to help facilitate our HP programming.
- Henre Meyer is currently working in the FHA office in Calgary. His general job duties include the following:
 - Coaching provincial teams
 - Mentoring provincial team coaches
 - Monitoring Master coaches
 - Providing program direction for all provincial teams (indoor and outdoor)
 - Implementing the LTAD and NCCP certification for all coaches



FHA HIGH PERFORMANCE PROGRAM GRANT – CONTINUED...

- Communication with all coaches:
 - High school coaches
 - Junior program coaches (Calgary & Edmonton)
 - High Performance coaches (provincial teams)
 - National team coaches
 - Junior National team coaches
 - University Coaches
- Highlights of Henre's Tasks in 2010 and the future:
 - Attending Indoor provincial team tournaments
 - PYG in Regina, U14 boys from Calgary and Edmonton
 - FHM Invitational tournament, Senior men and U18 boys



FHA HIGH PERFORMANCE PROGRAM GRANT – CONTINUED...

- Highlights of Henre's Tasks in 2010 and the future continued...:
 - Research of the LTAD and the Field Hockey Strategy and how FHA will incorporate it into future programs
 - Some of the stages of the LTAD would be a drastic change for our programming, but we will slowly implement when we can, ie the training tour in July 2010 for our provincial team
 - Understanding coach certification and the NCCP in Canada
 - In order to implement the LTAD affectively, the quality of our coaches is essential.
 - We will be educating our coaches on the LTAD and requiring certification within the new NCCP certification program
 - Becoming a Learning Facilitator
 - Henre will be following the steps to become a NCCP learning facilitator in order to offer courses within Alberta. Currently we have one other staff member capable of teaching these courses



FHA HIGH PERFORMANCE PROGRAM GRANT – CONTINUED...

- Highlights of Henre's Tasks in 2010 and the future continued...:
 - Building a positive working relationship with the high schools within Alberta
 - Improving the standard of our HP programming will required an increased standard of athletes coming out of these programs
 - We plan to offer more coaching resources for the high schools in the future, starting the spring 2010
 - Master Coaches Monitoring
 - Currently we only have one Master Coach and we are planning to have another in place so we have two master coaches within our province
 - The purpose of a master coach is to mentor our provincial team coaches and pass on information gained through travel to international and top level coaching courses, Canadian national team camps, etc



FHA HIGH PERFORMANCE PROGRAM GRANT – CONTINUED...

- Coaches Newsletter creation
 - Sent via email to all coaches in the province
 - Will include current details on skills, tactics, nutrition, speed, agility, strength and conditioning trends in field hockey
- Planning for Outdoor Programs 2010
 - The LTAD framework will be implemented within this years 2010 programming
 - Slowly implemented in 2010 and increasing in frequency in the future
- Coach Regional Athlete Academies
 - Select athletes to participate within FHA HP program
 - Plan and facilitate the academies in both major centres with the help of our Master Coaches



CONCLUSION

- Thank you for attending the 2010 Annual General Meeting for the Alberta Field Hockey Association
- We appreciate your support and dedication to field hockey as parents, athletes, coaches, officials, board members or volunteers
- Please ask if you have any questions!

