

Alberta Field Hockey Association

AGM 2010

Association Report



Indoor Provincial Teams 2010

We had a successful indoor program in 2009/2010. We had teams representing both male and female, U14, U16, U18 and Senior. FHA did not host any indoor events this year due to the closure of the Talisman Centre in early 2010. We plan on hosting events in 2011, but this has to be determined and we will communicate with the membership as soon as we hear if this is a possibility in 2011. The U18 teams participated in the Annual Dinos Indoor Invitational as well as the Scarborough Cup, held in December out in Ontario. We had the following teams participate in the event: Boys U14, Girls U16, boys and girls U18. This was a very successful pre-nationals event for all teams involved and we will continue to send teams to this event in the future. Unfortunately the national championships for both U18 and senior men and women were cancelled in 2010. Ontario, Alberta and Manitoba were the only committed teams from the whole of Canada interested in the events. This is a problem for our province and our programming as there are a very little number of quality tournaments within Canada, in 2011 we will have to reconsider which tournaments our teams will participate in. Our senior women's program was cancelled mainly due to the cancellation of the national championships. Our senior men's team participated in the Big Apple Indoor tournament and did quite well. The tournament organizers expressed that they would be happy to have our team return again in the future, which is great news for our guys. In 2011, we plan to send our junior teams to the Scarborough cup in Ontario, as well as our senior teams to the Big Apple event. In 2010, our U14 boys teams participated in the Indoor Prairie Youth games. This tournament was held in Regina, Saskatchewan and featured two Alberta teams, one from Edmonton and one from Calgary. We finished 1st and 2nd overall. This tournament is to help develop all the Prairie Provinces at a grassroots level. In the future we plan to increase the number of teams participating. In 2011 FHA will be hosting the indoor PYG in conjunction with the Dinos Indoor Invitational; our goal is to have 2 girls and 2 boy's teams representing FHA. We also hope that hosting this event with the Dinos Indoor Invitational that we can entice more teams to participate, including teams from the CJP and Jr Dinos.

Outdoor Provincial Teams 2010

FHA will be offering a new program this year that is aligned with the Long Term Athlete Development (LTAD). A model introduced across Canada for all sports. Along with the LTAD there are recommendations for various age groups that are standardized across the nation. The LTAD will be implemented into our programming across all age groups. One way of implementing the LTAD for us is a training tour prior to all major tournaments for our junior teams. The U14, U16 and U18 boys and girls teams will travel to Kelowna BC to participate in the first pre-tournament training tour. This tour is to simulate what our national team athletes in Canada experience without the distractions from home. Each day will consist of training sessions and games, either exhibition with local teams or mini games of high intensity. Athletes will be together for 4 to 5 nights with their team and will develop a bond that is difficult to create while on tournaments for just 1 or 2 nights such as the BC Club tournament. Team building will be incorporated for each individual team, as well as program building. We will help build the relationships between all the athletes involved within our program. The scheduled dates are July 4th to 9th (8th for the U14 teams who will be travelling to Winnipeg for the PYG on the 9th of July.

This year's program will feature the following teams who will represent FHA at various tournaments in Canada:

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1. Boys U14 (Calgary & Edmonton) – teams will participate in the 2010 Prairie Youth Games held in Winnipeg, July 2010. This year the event will be a 7 a-side event, similar to last year.
2. Girls U14 (Calgary & Edmonton) – teams will participate in the 2010 Prairie Youth Games held in Winnipeg, July 2010. This year the event will be a 7 a-side event, similar to last year.
3. Boys and Girls U16 – Both will be Calgary based teams and both teams will represent Alberta at the Canada Cup held in Calgary in July 2010. They will also participate in the 2010 U16 National Championships held in Mississauga at the end of July 2009.
4. Women's and Men's U18 – The men and women will travel to Vancouver for the BC Club Championships in 2010. Both teams will participate in the Canada Cup scheduled for July 2010 in Calgary.
5. Senior Men and Women – both of these teams will represent FHA at the FHC National Championships in Victoria, BC in June/July 2010.

Edmonton Junior Program – 2009/10 and beyond

Grants/Funding:

- Received the 2009 STEP student grant and Applied for the new 2010 one.
- Was granted the CS4L- Canada Sport For Life grant (\$4000)
- This was put towards equipment for Edmonton Jr. Programs.

Updates:

- Try It Free Days:
 - Held two events this year (November & February)
 - We had a large registration turnout for both events- 100 or so, however only about 60 showed up.
 - The November try it day promoted our indoor programs at which time people could register for the indoor season and the February try it day promoted our 2010 spring programs. Most of our registrations came from these events.
- Schools Program:
 - Ran a total of 14 clinics both of which have been elementary or Jr high schools. We are still booking for May and June.- Schools have had a good response and have no problem paying the membership fee, which was increased by fifty dollars to make it \$150.00 this fiscal year.
 - During these clinics, the students received information about all of our upcoming events to which some have registered in our youth programs.
 - It has still been somewhat of a struggle to get a school league formed with the two major school boards; however the two East Indian schools have shown a great interest in attending a fun day mini tournament this spring.
 - Headway school purchased 2 school kits and other equipment from us totalling \$1500.
- Spring Youth Leagues:
 - Our first spring & summer program in Edmonton was a huge success, with a total of 89 kids playing from U7 to U14.

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- We also incorporated the LTAD model for each age group. There was a positive feedback from both parents and participants; however parents still just want to see their kids playing games all the time.
- I also handed out the new LTAD parents guide to all the parents to increase the awareness.
- After the program I put out a survey to parents, overall they enjoyed the coaching, thought the fees were reasonable and thought the program was well planned.
- We also ran a very successful PYG- Prairie Youth Games tournament, which was all sponsored and funded by business in the community. The summer of 2009 we had a U14 boys team represent Edmonton.
- Currently we have around 40 kids registered so far for the 2010 spring programs.
- We are running 5 week programs in two different communities this year, Lessard & Ridgewood community leagues. This year we will have the U6 (allowing 5 and 6 yr olds).

- Indoor League:
 - This fall/winter we ran a U8, U10 & U12 league.
 - We had 25 new participants & 19 returning participants from the spring for a total of 44 participating.
 - Overall the kids had a great time, with most signing up for the 2010 spring.
 - Also starting in the indoor season, were team & individual pictures. FHA now as a photographer to take all our team and individual shots.
 - Edmonton also sent a U14 boys team to the first Indoor PYG tournament in Regina. The tournament was a great success with the Edmonton team receiving the Silver medal.
 - After the program the parents participated in a survey which resulted in a 95% continuation in indoor next season.

- Coaching Certification:
 - Ran an NCCP Community Coach course May 8th-10th in Edmonton with five participants.
 - On the committee for the new Comp Intro course, and I am now certified to train coaches and learning facilitators for this course. We ran our first course this April 2010, it was very successful.
 - Incorporated the Community Coach course into the University Field Hockey class which trained 40 students.
 - Currently on the development committee for the new NCCP Comp Development course which will replace level three.

- FHA Promotion:
 - Promoting all events all year round in the East Indian temples.
 - Have posters hanging in all the separate and public schools.
 - Handed out brochures at various summer camps and events as well as during school clinics.
 - Put out 5 portable street signs promoting both the indoor and outdoor programs as well as out Try it Free days.

- Field Hockey Canada:
 - On the development committee of the new national "Fun Stix" program, which is now ready and being piloted this spring.
 - Working with Ozzie & Field Hockey Canada, to run a pilot for "Para Field Hockey".

- Overall Thoughts:

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- Considering this was our first spring and winter programs in Edmonton, they were very successful in a short period of time. 114 participants is a great start to work with.
- I have dedicated time and efforts to promote the programs and with hard work it has paid off.
- The future looks exciting for Edmonton and Alberta; I'm looking forward to planning for continued success. Currently we have 70 kids registered for spring 2010 outdoor programs.

Thank You,
Stefanie Sloboda
Edmonton Program Administrator

Hosting Canada Cup, July 2010

FHA is scheduled to host the 2010 Canada Cup from July 14th to 18th, 2010. This is a top level U18 tournament which will showcase the top athletes within Canada representing their respective provincial teams. Last year FHBC hosted this event but due to their numerous events they will be hosting in 2010, we have partnered with them to take this tournament on in 2010 since FHA will not be hosting any other events this year. Both of our U18 and U16 teams (male and female) will represent Alberta at this event. This is a great development opportunity for our U16 teams a week prior to their FHC National Championships. The provinces in Canada recognize the Canada Cup as a replacement for the FHC U18 National Championships. We are looking for volunteers for this event to help with planning and technical table duties, as well as ball people. If you are interested in helping us out please email info@fieldhockey.ab.ca on how you can be involved!

Field Hockey Canada

- Restructure of the FHC Office
 - The Field Hockey Canada office now has the following staff members:
 - Senior Lead – Karen O'Neill
 - Program Coordinator – Ian Clark
 - Financial Administrator – Mary Turnbull
 - Administration and Communications Intern – Todd Parry
 - The restructuring of the office began in September 2009, when the Executive Director of over 20 years retired. The FHC office has seen a new lead come on in Karen O'Neill who has experience with other sports at a national level. She has brought new insight to the everyday operations of Field Hockey Canada. The future of FHC is bright and we are on the right track to rebuilding relationships across the country between FHC and the rest of the provinces. FHC had a large deficit that they had to deal with after the 2008/2009 fiscal year and now they are very close to being back on track financially. With financial

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stability and consistent leadership we see bright things for the future of field hockey in our country starting from the top.

- National Team Updates
 - Both the men and the women were very busy in late 2009 and early 2010.
 - Men – the senior men’s program participated in the Champions Challenge in December 2009, which help them prepare for the World Cup, held in India in March 2010. This was the first time the men’s team attended the world cup in over 12 years. This summer FHA will be hosting a junior national team camp in June to identify prairie province athletes for the next world junior cup program. The men and women will be playing in the 2010 Commonwealth Games held in October in New Delhi, India.
 - We have seen a few great proposals/ideas to help increase the identification process for all athletes across Canada, from the U16 up to the senior age groups. The men’s national team is working together with the women’s team to develop a long term model for our national programs. In the past each coach that has been hired as the national team coach has concentrated on short-term progress but there are plans for our programming for the next 10 to 12 years.
 - Women – The senior women’s program participated in the 2010 FIH World Cup Qualifier in San Diego, USA in March/April 2010 finishing in 4th place. Korea 1st, USA 2nd and Belgium 3rd. The Canadian team was quite young and featured a handful of athletes with less than 10 caps for team Canada.
 - The women’s team has developed a super league that is operating in Vancouver throughout the month of April. Featuring current national team carded athletes, former national team athletes and developmental athletes. This league features top level coaches who are mentored by Louis Mendonca and other national team coaches. There are four teams in total. For more details please visit the FHC homepage – www.fieldhockey.ca.
 - One of the biggest reasons for the long term development model for the national team programs is the injection of Canadians as the head coaches for our national teams. Louis Mendonca and Alan Brahmst are the women’s and men’s team coaches respectively. They have many years of experience as coaches and/or national team athletes within Canada. They understand the systems in place and how to utilize and what direction to take for the future despite the troubles financially facing our national team programs.

High Performance Program

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- HP Coach Report – Henre Meyer

Intro

First of all, I must just say thank you to all for allowing me this opportunity, as well as the patience you have all had in waiting for me to obtain my paperwork. It means a great deal to me and I look to honor that by contributing to improving field hockey in Alberta, as best I can. It has taken me some time to settle in this time around, but I can now confidently say that I have reached that point and can focus 110% on the tasks at hand. For me it has been quite the learning curve – although I volunteered with coaching last year, and was afforded the opportunity to see our AB u14 to u18 teams in competition, I have since become more familiar with the obstacles and divisions within Field Hockey in AB and Calgary. That said, I believe these divisions can be addressed, but it will come down to forming and maintaining relationships with all those concerned, in order to become successful with field hockey in AB.

The following is a list of things I have been working on and/ or learning about since officially starting with FHA:

1. Indoor

a. General – Age groups

- Arriving towards the end of the season has meant that I have been attending practices and making notes for future reference, in order to help develop the programming for the next indoor season. It has also allowed me to see how the coaches go about their roles – behaviour, practice content, interaction/relationship between team and coach as well as policies they have implemented as important.
- Sadly I have missed some of the teams' competitive tournaments, which has meant I have only seen them in practice, but that has still allowed me a base upon which to build going forward. Furthermore, I should have access to some footage taken from these tournaments.

b. U14 Tournament @ Regina

- I had the privilege to accompany the u14s to the PYG tournament held in Regina in February. The boys performed very well, although in all honesty, that was to be expected. However, it was pleasing to see some players gaining in confidence and coming to the fore, especially as we had a few over aged players, which allowed more exposure to the younger players. I was also pleased to see the progress made by the more experienced players in the squad. The under 14 squad is key in our development going forward, as they would be the group to best benefit from a more structured LTAD and HP program.
- Russ Jennings, the head coach has done an excellent job with this team – from my point of view he has an excellent relationship with his squad, displays supreme

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patience – which is key in this age group. As a team and individually, Russ has helped these boys understand their relevant roles.

- c. Outdoor Sessions
 - With certain teams indoor programming completed for the year, we have started running a few outdoor related sessions at the Talisman Centre. While the indoor environment isn't ideal – some players and goalkeepers not entirely favouring the decision, we feel that it is a good opportunity to start the adjustment back to the outdoor game. Sessions have focused on some basics, as well as movement and game play.
2. LTAD and NCCP
- a. LTAD (Long Term Athlete Development)
 - I have been studying the LTAD as well as the Field Hockey Strategy of LTAD in order to bring myself up to speed with what it entails in order to develop programs in accordance with it.
 - Naturally, some of the guidelines/ suggestions would be too drastic a jump for some of our athletes at this stage, but allows us to start implementing certain aspects accordingly, in order to have a system that will be standard in the future. Achieving success with this will also require close collaboration between FHA and the Schools that offer field hockey – especially for the female programs.
 - There will be a link appearing on the FHA website which introduces LTAD as well as describes the reasoning behind its implementation. It will also provide further information on the various stages of the LTAD as well as the hockey related stages of the Hockey Model. In this way, the poster should only be providing the specific information of each stage in the field hockey context.
 - b. NCCP
 - Apart from learning more about the LTAD, I have been reading up on the NCCP – and the changes that are being implemented. One factor that will influence the success of LTAD is the quality of coaches available to the sport. There will also be a more detailed link on the NCCP process on the FHA website – which will provide easier access and understanding of the changes as well as the bridging between the New and the Old content.
 - A Comp – Intro Course was held in April – where we are looking to get our provincial coaches certified. I will be taking this course too, as well as looking toward becoming a Facilitator in order to run such courses as well.
3. Coaches Course – Teachers Facilitator

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- a. As mentioned above, I will also be looking to obtain certification as a Learning Facilitator in order to run such coaching courses in AB. Currently there are two such people in AB, with Stef Sloboda being one of them, in Edmonton.
 - b. The other facilitator is Nancy McCutcheon, who is currently running a Comp-Intro course for high school teachers/ coaches. It will be interesting to see how many of the coaches precede to becoming certified, if they themselves so choose. As of Monday, 22 March, I was attending these sessions in order to learn more about the facilitator role, as well as the content of these courses.
4. Working with the High Schools
- a. Working with the high schools, is another key factor in improving the standard of hockey within the province, as well as increasing the number of more skilled players in the province. This will then ideally translate to more players attending trials/registering for the FHA Provincial/ HP programs.
 - b. As mentioned earlier, I have since been learning about the obstacles and divisions, and had not realized that schools generally only offer field hockey from grade 10 onwards for the ladies.
 - c. Furthermore, meeting some of the teachers/coaches at Monday's Comp-Intro course has also allowed me to learn more about what the coaches know/ are at in terms of skill level, what they have to deal with in terms of numbers, as well as challenges with teaching the basics of hockey to new comers.
 - d. I would definitely like to work on this relationship – with the schools and coaches, and in turn, hopefully benefit too, from their players joining the FHA programs.
5. Master Coach roles in CGY and EDM
- a. The project positions of Master Coaches – for both Edmonton and Calgary have been drawn up and has been advertised on the FHA website. The closing date for applications at this stage is Friday, April 16, 2010. We have also compiled a list of coaches and will be/have sent it out to them as well, in order to bring it to their attention.
 - b. We hope to have a Master Coach in each centre to help contribute to improving the standard of hockey in our Province – by assisting and mentoring coaches, taking the responsibility of coaching a provincial team, as well as providing feedback on content from courses attended.
6. Coaches Newsletter
- a. I am currently working on a coach's newsletter that we would be able to send out to our provincial coaches, as well as our school coaches. In this way – FHA would look to communicate information of coaching courses, drills and exercises, various tips – be it for play, nutrition, speed and agility, strength and condition or any trends that are coming

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through. We can also provide further links if need be, but ultimately looking to provide access to resources for the provincial coaches, schools and all others who may be interested.

7. Planning for the Summer Season

- a. Planning for the summer season will commence in early April. I would like to see a set structure in place – for coaches to follow for the season ahead, as well as for seasons going forward. There will be a strong emphasis on basics in the first few weeks, as well as incorporating the necessary team /play related skills as well as focusing on specialist skills. Programming will take the LTAD framework into account, although not all our players are in the condition or at the skill level as highlighted by the guidelines in order for us to follow it religiously from the get go. It is however where we would like to be in the near future.
- b. There are various other facets to be worked on and discussed in the coming weeks and months. All the while program planning for the summer as well as coaching certification is integral to the success of the season ahead, as well as the structures for field hockey in AB going forward, I am constantly thinking about various avenues of recruiting more male athletes, amongst other things.

Until the next report – all the best and take care.

Thank You,
Henre Meyer
High Performance Coach

Thank you for attending our Annual General Meeting. Your feedback and opinions are important to us, if you wish to discuss any of the above topics please feel free to contact us at the FHA office.

Regards,

FHA Board and Staff