

Female trio rates invite

By Morning Star Staff

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Three North Okanagan products are among 44 hockey players invited to the final Female Under 18 Provincial Development Camp, Aug. 13-18, in Nanaimo.

The six-day camp is designed to train and prepare B.C.'s finest female players for possible selection to future national and provincial teams.

The 44 players were chosen based on their performance at the U18 BC Cup competition, which was recently held in Salmon Arm.

Forwards Allana Lidstone and Jodi Reinholz, both of Vernon, and defenceman Kelsey Halvorson of Armstrong are among 10 Okanagan Valley girls invited to the camp.

The objectives of this year's camp are to evaluate and train the selected athletes in preparation for the challenges of high-performance hockey, both at the national and international level, said Shannon Bell of B.C. Hockey.

It will also be used to pick Team B.C. that will be competing in November at the National Competition in Kitchener, Ontario.

The provincial camp represents the third stage of the B.C. Hockey Female U18 High Performance Program. The selected players have successfully performed in their zone camps (held in January) and at the U18 Cup (held in April).

This summer's camp will feature mental training, nutritional information, goal setting, ice sessions, fitness testing, and games, said Bell.

The U18 Female High Performance Program is under the direction of Bell, Officer at Large, and Bruce Tuck, Female High Performance Coordinator.

The evaluation team at the U18 Cup were impressed with the competition, and believe that the pool of female hockey players within B.C. is getting stronger.

' B.C. Hockey is excited to announce the release of the new Athlete Training Manual.

The Athlete Training Manual was launched at the BC Hockey AGM during the Saturday luncheon and will be available on request to all BC Hockey Members. Players and coaches may request a copy at info@bchockey.net.

B.C. Hockey officials praised the Vancouver Health Authority (VIHA) and the Ministry of Health for the \$100,000 grant in support of this educational project. Compton Sport Systems also lent assistance in the development of this manual.

We are pleased to have had the opportunity to participate in this worthy endeavour with B.C. Hockey that will benefit youth in this popular sport across the province, said Dr Richard Stanwick, Chief Medical Health Officer for VIHA.

When it comes to youth and tobacco, knowledge is empowering. It is partnerships like these that help spread information about the dangers of using all tobacco products not only for long-term personal health outcomes, but tobacco's negative impact on peak athletic performance in the short-term.

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About the Author

From www.vernonmorningstar.com:

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Shape Up New York, a free nutrition and fitness program for children and adults held during the spring and summer, encourages the development.

Source: <http://www.productsherbal.com>