



2013 Canadian Junior and Senior Women's National Team Regional Evaluation Camps



Softball Canada is pleased to announce the following Regional Evaluation Camps for the 2013 Junior and Senior Women's National Teams:

Evaluation Camp #1:

- **When:** Thursday, May 23rd to Sunday, May 26th
- **Times:**
 - Thursday: 1:00pm to 5:00pm
 - Friday: 9:30am to 12:30pm; 2:00pm to 5:00pm
 - Saturday: 9:30am to 12:30pm; and 2:00pm to 5:00pm
 - Sunday: 9:30am to 1:30pm
- **Where:** Cloverdale Athletic Park, Cloverdale, British Columbia
- **Note:** In case of inclement weather, we will attempt to secure indoor facilities.
- **Important:** Following the Friday morning session, a list will be posted of the athletes invited to participate in the remaining sessions of the camp.

Evaluation Camp #2:

- **When:** Thursday June 13th – Sunday June 16th
- **Time:**
 - Thursday: 1:00pm to 5:00pm
 - Friday: 9:30am to 12:30pm; 2:00pm to 5:00pm
 - Saturday: 9:30am to 12:30pm; and 2:00pm to 5:00pm
 - Sunday: 9:30am to 1:30pm
- **Where:** Brampton Fairgrounds, Brampton, Ontario
- **Note:** In case of inclement weather, we will attempt to secure indoor facilities.
- **Important:** Following the Friday morning session, a list will be posted of the athletes invited to participate in the remaining sessions of the camp.

***Please note the camps will have Junior and Senior players combined in one camp. Athletes must be born in 1995 or earlier. 1996 birth year athletes may be invited by invitation only. Exceptions to this will be at the discretion of the head coaches of the Junior and Senior National Teams.** The cost to attend a Regional Evaluation Camp is \$95.00. Each player must fill out an Evaluation Camp Registration Form and return it to Softball Canada's Head Office by **February 15th, 2013**

Online Registration Form: http://softball.ca/main.asp?page_url=/womens_national_reg.asp?

Registration Form (Word): <http://www.softball.ca/files/2013WNTRegistrationForm.doc>

Registration Form (PDF): <http://www.softball.ca/files/2013WNTRegistrationForm.pdf>

Regional Evaluation Camp Format and Testing Protocols

The first seven hours of the regional camps will consist of fitness testing, positional testing and intersquad games. The testing protocols include the Beep Test, Push Ups, Crunches, Pro-Agility run, Long Jump, Medicine Ball Throw and the Plank test. Minimum standards should be met for each category. Positional testing will also include minimum standards by position. ****Please bring sneakers for fitness testing.***



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2013 Senior Women's National Team Schedule

From the two Regional Evaluation Camps, up to 22 athletes will be selected to represent the Senior Women's National Team at selected events. Once named to the 2013 roster, transportation, accommodation and meals at Team Canada events will be covered by Softball Canada. Up to 22 athletes will be selected to represent Canada this summer, at the World Cup of Softball, Canadian Open Fastpitch International Championship and a Pan American Championship event yet to be announced.

Athlete Eligibility for Final Roster

The head coaches of the Junior and Senior Women's National Teams reserve the right to determine which regional evaluation camp they would like an athlete to participate in. They also reserve the right to name athletes to the final roster who are unable to attend a Regional Evaluation Camp due to playing at University, are injured or who have other extenuating circumstances. Injured athletes are expected to register for the camp and may be required to attend a Regional Evaluation Camp to be interviewed by the coaching staff. These athletes are responsible to contact the Senior Women's National Team Head Coach in advance of the camp to advise of their situation.

2013 Junior Women's National Team Schedule

From the two Regional Evaluation Camps, up to 30 athletes will be selected to attend the final selection camp from June 17-21 in Brampton, Ontario. Once named to the 2013 final camp roster, all athletes will report to camp on June 17th. The final junior roster will be selected by June 21st with team preparation events taking place between June 22nd and 30th. Once named to the final roster all costs are covered by Softball Canada. The ISF Junior Women's World Championship will take place from July 1-7th in Brampton, ON.

Standards for National Team Consideration

Any athlete trying out for the Junior and Senior Women's National Teams should be able to meet the following minimum standards in technical skill and fitness testing requirements.

Minimum Technical Standards

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|-----------------------------|--|
| 1. Baserunning Speed | Home to 1 st (2.6 to 3.2secs); Home to 2 nd (5.5 to 6.0secs) |
| 2. Infield Overhand Throws | 58mph and above |
| 3. Outfield Overhand Throws | 58mph and above |
| 4. Catcher Throws | 60mph |
| 5. Pitcher Velocity | 62mph (Mastery of two pitches) |

Minimum Fitness Standards

- | | |
|------------------------|-----------|
| 1. Beep Test | Level 8.5 |
| 2. Push Ups in 60 secs | 30 |
| 3. Crunches in 60 secs | 40 |
| 4. Plank | 3 Minutes |
| 5. Pro – Agility | 5.3 secs |
| 6. Long Jump | |
| 7. Medicine Ball Throw | |



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For more information, please contact:

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