

TEAM NUNAVUT

INDOOR

- 10 – 12 Athletes (2 Alternates) Selected
- Attend all training / competitions
- Abide by Team Nunavut Code of Conduct

BEACH

- 2 Athletes (2 Alternates) Selected
- Attend all training / competitions
- Abide by Team Nunavut Code of Conduct

HIGH PERFORMANCE TERRITORIAL CAMP SELECTION

- Athletes selected at Regional Camps will be invited to Territorial Camp
- Athletes will Receive 2nd Strength and Conditioning Program
- Conditioning / Strength Testing at Territorial Camp

REGIONAL TRAINING CAMPS AND SELECTION

- Identified Athletes will be invited to Regional Camps
- Athletes will Receive Strength and Conditioning Program Leading up to Camp
- Conditioning / Strength Testing at Regional Camps

HIGH PERFORMANCE IDENTIFICATION:

- At 18U Territorials
- Application and Video
- Coaches Recommendation

COMMUNITY TEAM

- Regular Training with Community Teams
- Attend 18U Territorials
- Participate in Other Sports and Activities