HIGH PERFORMANCE PROGRAM
UNDER 16 FEMALE DIVISION

We are very excited to share information about the Hockey Nova Scotia High Performance Program. Hockey Nova Scotia formally established a High Performance Program in 1996, after the 1995 Canada Games in Grand Prairie, Alberta. The purpose of the High Performance Program is to identify and prepare young players from Nova Scotia for Hockey Canada National Team opportunities. In the process of doing this, we also want help in the overall development of all young players who are competing at a high-performance level across the province.

The High-Performance Program is a player pathway to:

- The Atlantic Challenge Cup
- Canada Winter Games Program for players and staff
- The Team Atlantic Under 18 Program
- The Hockey Canada National Under 18 Program for Players and Staff

The current structure of the High Performance Program at the Under 16 Level is:

▪ Identification Camp (RBC Centre, Dartmouth)	May 1-3, 2026
▪ Summer Development and Evaluation Camp (St FX University, Antigonish)	July 12-15, 2026
▪ August training camp (location TBD)	August 14-16, 2026
▪ Atlantic Challenge Cup (Moncton, NB)	Oct 9-11, 2026

The High Performance Program, while being focused on preparing and identifying the very best players in our province for future national program opportunities, offers a strong commitment to player development. The program will concentrate on exposing players to high level training programs including a focus on skill development, off-ice training and conditioning, and class sessions on many topics relevant to aspiring hockey players. The Under 16 Program will also provide Hockey Nova Scotia the foundation for those players who will eventually be selected to go on in the High Performance Program to higher divisions.

SPRING CAMP REGISTRATION

Eligibility: Female AAA players born in 2011 and 2012 - Please note registration is limited

NOTE: Female AA players born in 2011 and 2012 may be considered *only* if room is available.

Location: RBC Centre, Dartmouth, NS

Date: May 1-3, 2026

Hockey Nova Scotia makes every effort to include as many players as possible in this program, however it is a program that is intended for players who are participating at the highest levels of play in their respective age division. **All registrants will initially be placed on a waiting list which will be reviewed daily during regular business hours and players playing at the AAA level will be sent an e-mail directing them to the Hockey Canada Registry to complete their registration. Please check your junk folders as well for this information.** Players at the AA level will not be added until the registration deadline has passed, and only if space is available.

Registration is scheduled to open on Monday March 2nd, 2026, at 12pm.

Goalie: https://page.spordle.com/hns/clinics/1f0f873c-33c9-696c-8804-0235bf15a251

Defence: https://page.spordle.com/hns/clinics/1f0f8740-ee6e-67b4-9576-02f41b49034d

Forward: **https://page.spordle.com/hns/clinics/1f0f8743-84c0-6c88-b907-02f41b49034d**

Players must register no later than March 13th. ***Registration is limited and is first come, first serve and usually fills before deadline.*** The registration cost for the Spring Camp is $250.00.

Any AA players on the wait list may be added after the registration deadline, should space be available.

Schedules and camp details for the Spring Camp will be posted online at Camps | Hockey Nova Scotia. Final rosters will not be posted until April 24th so that any adjustments can be made to ensure teams have a similar amount of players on each roster. All players should be prepared to arrive at the RBC Centre for 10:00 am on Friday, the first day of camp.

Refunds will only be available should a player become injured and be unable to attend at the time of the camp. If a player becomes injured and cannot attend, requests for refunds must be accompanied with a written medical certificate from your family doctor specifying the reasons why the player should not attend. **Refunds without a medical form will not be considered as camps are designed with a certain amount of ice time allotted to that group of players in a certain format**. In the case of a refund, a $25.00 administration fee will be levied. All such requests must be forwarded to eporter@hockeynovascotia.ca

Upon the completion of the Hockey Nova Scotia High Performance Program Spring Camp evaluations, players will be selected to attend the Summer Development Camp. Players selected to attend the summer camp will be announced at www.hockeynovacotia.ca on Wednesday May 13th at 4pm.

At the conclusion of the summer camp, Hockey Nova Scotia will select twenty players to represent Nova Scotia at the Atlantic Challenge Cup in Moncton, New Brunswick.

For further details on the High Performance Program, please contact Erica Porter, High Performance Female Coach by e-mail at eporter@hockeynovascotia.ca or visit our website at What to Expect | Hockey Nova Scotia