



Division I TEAM Camps

HFC is announcing a new team camp structure for our Division I programs. Preseason team camps will now be a real team camp. Instead of player's training by position individually – they will now train by position within their team dynamic.

As leagues have expanded and provided less time to properly prepare for our season, we have amended the camp structure to start and end with the TEAM. By training as a team, we will be able to provide the same tactical information as before to our players but be able to do it in a team setting and prepare the team for the style/system it will employ during the year.

Each Division I camp is organized with two age groups. They will meet for 3 hours per day for a 5 day total camp. Each team will have a head coach at camp. The first two hours of camp is for team training. The last hour of each day is reserved for a game between the two teams.

As well, we are expanding our speed and agility preseason sessions with D1. Our sponsor, D1 Sports, will be on staff to provide conditioning, speed, and agility training prior to the team camps. We will be offering two weeks of training leading into the team camp.

Due to the nature of the newly designed team camps, there will be little flexibility in allowing players to miss their team camp and schedule with another team/gender. There will be limited space for adjusting camp times/dates for players. As such, if players are not available for camp, they may have to forfeit their camp experience. No refunds are provided as the camp is part of our overall programming cost.

The speed and agility camp is extended over a two week period and does not contain the same limitations as the team camp. Players can maximize their potential by attending as many sessions as possible over the two week period. This camp is included in the HFC program cost.