



## Team Ontario High Performance Flag Pathway - 2026

Phase	Date(s)/Timeline	Costs	Description
1	Nomination and Combined Submission  <a href="#">SUBMIT HERE</a>	None	<b># of athletes: No limit</b> <b>Important Tasks:</b> <ul style="list-style-type: none"> <li>Complete the interest Form</li> <li>Submit your film/tape</li> </ul> <b>Details:</b> For all prospective athletes that come from other sports or who compete in flag at the club or scholastic level. To help coaches evaluate and review players if they are not at a specific camp.
		<b>DUE:</b> Rolling basis until October 26th	
2	Recruitment & ID Camps  REGISTER FOR: <a href="#">Hamilton</a> <a href="#">Toronto</a> <a href="#">Ottawa</a>	<b>September 14th   2pm-6pm</b> Hamilton: Ticats Stadium  <b>October 4th   11am-2pm</b> Toronto: Rob Ford Stadium  <b>October 25th   1pm-6pm</b> Ottawa: TD Place	<b># of athletes: Maximum 40</b>  Skills and drills for evaluation of prospective Team Ontario Flag athletes. Each camp includes 1.5hrs of field per gender, per age group.  <b>Important Tasks:</b> <ul style="list-style-type: none"> <li>Register on Teamlinkt</li> <li>Complete the waiver and health form</li> </ul> <b>Details:</b> <ul style="list-style-type: none"> <li>Mandatory for prospective athletes to attend one camp with an appeal</li> <li>Athletes are encouraged to submit combined and/or film during the first phase of the recruitment process.</li> </ul>
		<b>ID Camp/Recruitment Costs:</b> <b>\$69.99 (Early Bird)</b> <b>\$89.99 (Regular)</b>  Includes: Under Armour ID Camp Shirt  <b>DUE:</b> October 25th	
3	Selection & Trials Camp	<b>November 15 or 16th</b> <b>1:00 pm-6:00 pm</b>  Canadian Collegiate Women's Flag Showcase  University of Ottawa	<b># of athletes: Maximum 30</b> <b>Important Tasks:</b> <ul style="list-style-type: none"> <li>Register on Teamlinkt</li> <li>Review defense and offensive play systems</li> <li>Book accommodations and stay</li> </ul> <b>Details:</b> <ul style="list-style-type: none"> <li>This event is for the top 20 selection of athletes per age group. The event includes 1-1.5 hours of skills and development followed by 1 hour of 20-minute controlled scrimmages of flag.</li> <li>Coaches will lead drills and install systems, evaluate players in the game, and determine coachability.</li> </ul>
		<b>\$149.99 (Early Bird)</b> <b>\$174.99 (Regular)</b>  <b>**If an ID camp is missed, the athlete pays half of ID Camp cost</b>  Includes: Hoodie, Shorts  (Cost also covers the field, AT, Officials, Coach Honorariums)  <b>DUE:</b> November 5th	
4	Training and Development  REGISTER BELOW	<b>January - April</b>  Commitment Fee One instalment - \$450  If a new athlete is invited and doesn't go through the ID camp	<b># of athletes: Maximum 15</b> <b>Important Tasks:</b> <ul style="list-style-type: none"> <li>Register on Teamlinkt</li> <li>Connect with a coach on a social platform</li> </ul>

	Coming soon		<p>or Selection camp process, will pay the selection camp fee.</p> <p>Includes: Field time and coach resources, training camp costs</p> <p><b>DUE:</b> January 1st</p>	<p><b>Details:</b></p> <ul style="list-style-type: none"> <li>One training session bi-monthly at the discretion of the coach (varying locations)</li> <li>Online academy learning sessions 2-3x per month for athletes (nutrition, strength, injury prevention, meet a Flag Olympian, Switch Mentality)</li> <li>Opportunity for the coach to offer travel to tournaments including any in the US or offered by flag leaders in Ontario (Added cost)</li> </ul>
5	Training Camp	<p><b>May 13th-14th</b></p> <p>Location: Ontario</p>	<p>Final Instalment</p> <ul style="list-style-type: none"> <li>\$950 (rostered only)</li> <li>\$0 (reserves only)</li> </ul> <p>Included in the commitment fee</p> <p>Includes: Cost of overnight stay, meals, jerseys, and registration at Elite Nationals</p> <p><b>DUE:</b> April 1st</p>	<p><b># of athletes: Maximum 15</b></p> <p><b>Important Tasks:</b></p> <ul style="list-style-type: none"> <li>Family members to book accommodation and stay</li> </ul> <p><b>Details:</b></p> <p>Two day, overnight trip in (location TBD in Ontario) to prepare for Elite Nationals</p> <p>All athletes will be invited to the experience including a maximum of 15. Only 12 will be notified at the end of camp or the discretion of the coach if they made the roster. The remaining 3 will be expected to remain for the weekend to be a part of the Team Ontario experience as teammates.</p>
6	<p>Elite Nationals</p> <p>REGISTER BELOW</p> <p>Coming soon</p>	<p><b>May 15th-17th</b></p> <p>Location: Ontario</p>	<p><b>DUE:</b> May 1st</p>	<p><b># of athletes: Maximum 12 plus 3 reserves</b></p> <p><b>Important Tasks:</b></p> <ul style="list-style-type: none"> <li>Register for the final roster on Teamlinkt</li> </ul> <p><b>Details:</b></p> <p>A three-day tournament against elite teams from provinces across Canada. Includes a guarantee of 6, 40 minute flag games using Football Canada's rulebook. The winning U18 and U16 programs will have the opportunity to represent Canada at international tournaments.</p>
7	<p>U16 and U18</p> <p>Team Canada</p> <p>Jr. International Cup</p>	<p><b>June/July 2026 TBD</b></p> <p>Location: USA</p>	<p>Includes: Cost of overnight stay, meals, jerseys, Team Canada Clothing kit flights and registration to attend the Junior International Cup</p> <p>\$2100</p> <p><b>DUE:</b> May 20th.</p>	<p><b># of athletes: Two team selected from Elite Nationals at the U16 and U18 Divisions</b></p> <p><b>Team Canada 1 = All Stars - top performers from across all provincials teams</b></p> <p><b>Team Canada 2 = Winning team at the given division at Elite Nationals</b></p> <p><b>Important Tasks:</b></p> <ul style="list-style-type: none"> <li>Fundraise to attend.</li> </ul> <p><b>Details:</b></p> <p>A five-day tournament and experience against the national teams from across the World. This event includes both youth and adult National teams and is the highest level of flag football in the world.</p>