



# 2013 Women's U.S. National Team Trial

Friday January 25, 2013 – Sunday January 27, 2013

## Time Commitment

**Trials:** Women's National Team Trials will be January 25<sup>th</sup>-27<sup>th</sup> in Austin, TX. We recommend you arrive before 3pm on Friday and depart after 5pm or after on Sunday.

**Training Camp:** Training Camp will likely take place on June 20<sup>th</sup>-27<sup>th</sup> in Chicago, IL. We will pass along more details as they become finalized.

**IFAF World Championships:** The IFAF World Championships will take place from June 28<sup>th</sup>-July 6<sup>th</sup> in Vantaa, Finland

Both the WFA and IWFL have signed off on the date of the tournament so it should not interfere with playoffs or Championships.

## Total Cost

USA Football is working hard to keep costs as low as possible for each player. The actual cost is still to be determined but players can expect a similar figure as the 2010 tournament, which was approximately \$2000 per player.

**Fundraising:** BRAX Fundraising, a proud partner of USA Football, offers easy to implement, high-profit fundraising programs featuring officially licensed products from the National Football League (NFL), Major League Baseball (MLB), top colleges and the U.S. Military. For more information or to start your fundraiser today, please visit [www.BRAXfundraising.com](http://www.BRAXfundraising.com) or call 888-825-9339.

## Coaching Staff

The Head Coach of the U.S. Women's National Team will be John Konecki. He is still in the process of confirming his staff.

## U.S. Women's National Team

After trials approximately 45 players will be selected to represent Team USA in the IFAF Women's World Championships.



## Trials

**Deadline for Registration:** We will keep registration open until we have reached capacity. We are nearing our limit so please register soon if you have not already done so. Payment will be due by January 1<sup>st</sup>. If you are unable to pay the full amount (\$129) by that date please contact Elizabeth Faust (efaust@usafootball.com). You may put down a deposit to hold your spot.

This will be the **only** opportunity to try out for The Women's National Team.

**What to Bring:** Cleats (trials will be held on a turf field), shoulder pads, 7-piece set, gloves, and tennis shoes

**Equipment provided to keep:** Practice jersey, mouthpiece, wrist bands, tech t-shirt, shorts, and cinch sack

**Equipment provided for the weekend only:** Helmet and practice pants

**Who can tryout:** Women who are 18 years of age or older and a U.S. Citizen

**Who can attend:** All friends and family are welcome to attend the trials

**Host Hotel:** The host hotel is the Renaissance Austin. You are not required to stay at this hotel but please make note of the address below as this is where Check In/Registration will be Friday afternoon.

Renaissance Austin  
9721 Arboretum Boulevard  
Austin, TX 78759

**Cost:** \$139 + tax per night (based on single/double occupancy)

To reserve rooms at this discounted rate please visit:

<https://gemsonlinereservations.com/default.aspx?url=93624>

**Venue for Trials:** Burger Stadium  
3200 Jones Road  
Austin TX, 78745

**Transportation:** Participants are responsible for transportation to and from the hotel and field.



**Sample Itinerary:** *(This is not the final schedule, just an example given to provide you with an idea of the weekend's activities)*

### Friday, January 25<sup>th</sup>

- 12:00 PM – 6:00 PM:** Check in/ registration (Renaissance)  
*Apparel distribution, height, weight, photo, equipment fitting, impact testing (optional), interviews with Team USA Coaching staff (if time available), etc.*
- 6:00 PM – 7:00 PM:** Welcome and Orientation (Renaissance Ballroom)

### Saturday, January 26<sup>th</sup>

- 9:00 AM – 10:00 AM:** Travel to Burger Stadium
- 10:00 AM – 12:00 PM:** Practice #1 (2 hours):  
**Uppers only / Helmets and shoulder pads**  
Warm Up / 20 minutes  
Individual drills / 50 minutes  
1 on 1's / 40 minutes  
Cool down / 10 minutes
- 12:15 PM – 12:30 PM:** Practice #1 Remarks
- 12:30 PM – 2:30 PM:** LUNCH (on athletes own)
- 2:30 PM – 5:30 PM:** Practice #2 (3 hours):  
**Full equipment / Helmets, Shoulder pads, pants**  
Dynamic Warm Up / 20 minutes  
Individual Drills / 30 minutes  
Routes On Air 4 – 3 Zone drop adjustments / 30 minutes  
1 on 1's / 40 minutes  
7 on 7 / 50 minutes  
Cool Down / 10 minutes
- 5:30 PM – 5:45 PM:** Closing remarks/ conclusion day 1

### Sunday January 27<sup>th</sup>

- 9:00 AM – 10:00 AM:** Travel to Burger Stadium
- 10:00 AM – 1:00 PM:** Practice #3 (3 hours):  
**Full equipment / Helmets, shoulder pads, pants**  
Warm Up / 20 minutes  
Individual / 30 minutes  
V-Drill / 30 minutes  
Routes on Air 4 – 3 Zone drop adjustments / 30 minutes  
Team activities (modified GAME) / 60 minutes  
Cool Down / 10 minutes
- 1:00 PM – 1:15 PM:** Closing remarks/ conclusion day 2
- 1:15 PM – 2:00 PM:** Equipment return and check out (End of event)



## **Directions**

### **From Airport to Renaissance Hotel Austin:**

- Follow signs to TX-71 W
- Merge onto US-183 N, follow US-183 N/Lampasas
- Slight left onto US-183 N/Ed Bluestein Blvd
- Exit toward TX-360 Loop/Capital of Tx Hwy/Great Hills Trail
- Merge onto Research Blvd
- Turn Left on TX-360 Loop S
- Turn right onto Arboretum Blvd, arrive at destination

**18 miles – 26 minute travel time**

### **From Renaissance Hotel Austin to Burger Stadium:**

- Follow signs to US-183 S
- Take the exit toward Loop 1/Mopac Blvd
- Keep right at the fork, Merge onto TX-1 Loop S/Loop 1 S/MoPac
- Exit toward Loop 360 S toward Capital of Tx Hwy
- Merge onto TX-360 Loop S
- Slight right at Loop 360
- Take the 1<sup>st</sup> right onto S Lamar Blvd
- Take 1<sup>st</sup> left on West Gate Blvd
- Turn right on Jones Rd

**14 miles – 21 minute travel time**