



HOCKEY 2013-2014 SELECTION TRIALS



BOYS SELECTION TRIAL

- Age Group:** Main Group: Boys who turn 14, 15 or 16 years of age in 2013
Development Group: Boys who turn 13 years of age in 2013
- Date:** Saturday 24 August 2013
- Time:** 3.00pm – 6.00pm
- Venue:** Newcastle International Hockey Centre,
Turton Road, Broadmeadow

GIRLS SELECTION TRIAL

- Age Group:** Main Group: Girls who turn 14, 15 or 16 years of age in 2013
Development Group: Girls who turn 13 years of age in 2013
- Date:** Saturday 24 August 2013
- Time:** 8.00am – 11.00 am
- Venue:** Maitland Hockey Centre,
Maitland Park, Maitland

HUNTER ACADEMY OF SPORT CONTACT DETAILS

PO Box 726
The Junction NSW 2291

Office: Newcastle No. 2 Sportsground
Grandstand Complex
Newcastle West NSW 2302

Tel: 02 4926 4892 Fax: 02 4927 0640
Email: info@hunteracademy.org.au
Website: www.hunteracademy.org.au



DETAILS OF THE SELECTION TRIALS:

- All players need to arrive at the venue 30 minutes prior to commencement of trials to register and warm-up i.e. girls at 7.30am, and boys at 2.30pm.
- Both girls and boys should bring a plain white playing shirt and a dark blue or black coloured playing shirt and a pair of white socks
- Both selection trials will involve skills and fitness testing (including a five lap run – girls in under 7 minutes and boys in under 6)
- A nomination form is attached and needs to be returned to the Academy Office by **Friday 16 August 2013** (for both boys and girls)
- All hockey players who forward nomination forms should automatically attend the appropriate selection trial
- Following the trials players will be informed of the selection outcomes via mail
- For further details and enquiries interested players should either contact the Hunter Academy of Sport (4926 4892 or info@hunteracademy.org.au)
- The academy program will be conducted from the latter part of 2013 through to April 2014 (with the aim to have the bulk of the program in the off-season)
- The format of the training sessions will be as follows:
 - 45 minutes education lesson which can include nutritionist, sports psychology etc.
 - 45 minutes strength and condition training, which will include fitness testing
 - 2 ½ hours core skill development training
- It is expected that you will attend all session unless prior approval has been granted for non-attendance for injury (which will include an injury management plan) or planned family holidays. Any other absences will need to be discussed with the coordinator.
- The NSW Hockey Development Pathway is as follows:
 - Clubs ⇨ Satellite Programs ⇨ Hunter Academy of Sport Program
 - ⇨ NSWIS Academy Program ⇨ NSWIS Regional Program
 - ⇨ NSWIS

This means that boys and girls must be involved in a regional academy program in order to be recognised for selection at higher levels of hockey



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Chief Executive Officer: Mr Ken Clifford
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Newcastle West NSW 2302

Postal Address:
PO Box 726, The Junction NSW 2291
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HOCKEY TALENT DEVELOPMENT PROGRAM PLAYER NOMINATION FORM – 2013-2014

SURNAME: _____ GIVEN NAME(S): _____

DATE OF BIRTH / / MALE / FEMALE (please circle)

HOME ADDRESS: _____

_____ POSTCODE: _____

HOME PHONE: _____ MOBILE: _____

PARENT'S EMAIL: _____

PLAYER'S EMAIL: _____

NOMINATED PLAYING POSITION

1st Choice: _____

2nd Choice: _____

PLAYING DETAILS DURING THE LAST TWO SEASONS (Please attach extra notes if necessary)

Club Team(s) & Grades: _____

Association Rep. Team(s): _____

Other Rep Teams (Including Hockey NSW Teams/Squads, NSW Country): _____

School Rep Details (Including All schools Teams/Squads): _____

ASSOCIATION /SCHOOL ENDORSEMENT

Name (of person endorsing the nomination): _____

Position: _____

Association/School: _____

Telephone No: _____

Signature: _____

**Please complete and return to the
Hunter Academy of Sport
P.O Box 726 the Junction NSW 2291
by **Friday 16 August 2013****

Hockey NSW Player Benchmarks
Created by Hockey NSW High Performance Committee



The following benchmarks have been designed to guide players, parents and coaches with an indication of the level of competency, fitness and mental aptitude to assist players of every age group to further develop their playing ability. This is to offer some standards as to the requirements for selection criteria considerations in each age group.

These benchmarks can be used as a goal setting tool by players and coaches during both on and off season preparation times and are aimed at both males and females.

Hockey NSW High Performance Committee encourages all Hockey NSW members to read through the benchmarks that have been developed for under 13, 15 and 18's age groups.

Please refer to the Hockey NSW Website www.hockeynsw.com.au to view the full player benchmarks document.