



## HOCKEY 2014-2015

### Selection information and coaching opportunities

#### BOYS SELECTION TRIAL

**Age Group:** *Main Group:* Boys who turn 15, 16 or 17 years of age in 2014  
*Development Group:* Boys who turn 12, 13, or 14 years of age in 2014  
**Date:** **Saturday 23 August 2014**  
**Time:** 8.30am – 11.30am  
**Venue:** Maitland Hockey Centre, Maitland Park, Maitland

#### GIRLS SELECTION TRIAL

**Age Group:** *Main Group:* Girls who turn 15, 16 or 17 years of age in 2014  
*Development Group:* Girls who turn 12, 13, or 14 years of age in 2014  
**Date:** **Sunday 24 August 2014**  
**Time:** 8.30am – 11.30 am  
**Venue:** Maitland Hockey Centre, Maitland Park, Maitland

#### COACHING OPPORTUNITY

The HAS is seeking applications for coaching positions for the 2014-2015 hockey programme. Please email your applications to the CEO ([kenclifford@hunteracademy.org.au](mailto:kenclifford@hunteracademy.org.au)).

## DETAILS OF THE SELECTION TRIALS

All players need to arrive at the venue at 8.00am – 30 minutes prior to commencement of trials to register and warm-up

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 the Beep Test)

The online nomination form needs to be completed by **Sunday 17 August 2014**

All hockey players who complete nomination forms should automatically attend the appropriate selection trial

Following the trials players will be informed of the selection outcomes via email

For further details and enquiries, interested players should contact the Hunter Academy of Sport (4926 4892 or [info@hunteracademy.org.au](mailto:info@hunteracademy.org.au))

## DETAILS OF THE PROGRAMME

The Academy programme will be conducted from the latter part of 2014 through to April 2015 (with the aim to have the bulk of the programme in the off-season).

The format of the training sessions will be as follows:

45 minute education lessons 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 sessions 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 Programme ⇨ NSWIS Academy Program ⇨ NSWIS Regional Program ⇨ NSWIS

This means that boys and girls must be involved in a Regional Academy programme in order to be recognised for selection at higher levels of hockey.