

9th September 2014

The Centre of Development Hockey NSW program is replacing the:

- Regional Academy of Sport Programs (RAS) which are usually conducted over the off season AND
- The Hockey NSW (HNSW) Development Clinic, our talent identification program, which is usually conducted in February (consisting of 12 hours of coaching)

The purpose of the Centre of Development is:

- To provide high level coaching and development to athletes, of all skill levels, in their home region on a weekly basis over the off season
- To provide a development and talent identification opportunity to assist HNSW in selecting the 2015 State Team and State Blues Team

Age Groups/Divisions

There are 2 age groups in this off season program:

- Under 15 boys and girls
- Under 13 boys and girls

Who should consider being part of the Hockey NSW Centre of Development?

The programs are open to all registered HNSW players. Those endeavouring to represent NSW in any capacity in 2015 should consider applying for a position.

Regional Training Centres

The program will be at the following centres in the following regions:

- Northern Inland (*Tamworth and Armidale*)
- Northern Rivers (*Ballina/Lismore and Grafton*)
- Mid North Coast (*Taree and Port Macquarie*)
- Hunter (*Newcastle and Wyong*)
- Illawarra (*Wollongong and South Coast*)
- Riverina (*Wagga Wagga and Griffith*)
- Southwest (*Macarthur and Southern Highlands*)
- Western Region (*Bathurst, Dubbo, Orange, Lithgow and Parkes*)
- Sydney

Coaches

- Regional Coaching Coordinators and Accredited State Team Coaches

Program Coordination

- Richard Willis, Manager- Athlete Acceleration Program (AAP) and Centre of Development

Program Training Commitment

- 21 hours of coaching and development over the “off season”
- Session content will be duplicated in each location to focus on HNSW State Team player development objectives
- Program will cater for both Participation and High Performance athletes
- Weekly 1.5 hour sessions and two 3 hour combined sessions in region locations

Athlete Program Benefits

- Coordinated approach and athlete development to all HNSW athletes
- Equal opportunity for State Selection
- Reduction in cost of development to the athlete as there will be no Regional Academy of Sport (RAS) participation and Selection Clinic Requirement (2015)
- Formulated underpinning program of the HNSW AAP
- Low travel regionally based development

Regional Academy of Sport

The RAS Program for 2014 – 15 will focus their intake on athletes who meet the following criteria:

- 16 to 18 years of age (not under 15 in 2015)
- Boys and Girls
- Not a scholarship invitee for the 2015 AAP

Uniforms

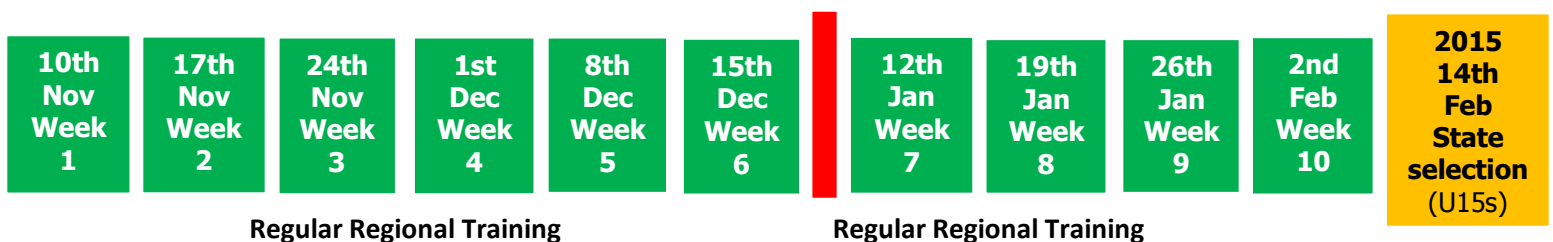
A regional training uniform will be provided to each athlete.

Program Participation

Athlete Contribution: \$365.00

Under 13 and 15 Programs (an example of a regional program)

HNSW Centre of Development under 15 Program 2014-15



● Regular Regional training Sessions, dependant on region – Max of 1.5 hours per week with 2 x 3 hour regional sessions

■ Xmas Break – program hibernation from Dec 20 to January 10 (approx.)



ATHLETE PATHWAY

