



## HNSW Greater Sydney Conference Academy of Hockey 2009

Players are invited to register for the selection trials for the HNSW Greater Sydney Conference Academy of Hockey.

The Academy is recommended for athletes wanting to achieve higher representative honours with their hockey careers and any aspiring players should consider participation in the HNSW GSC Academy of Hockey.

The Academy is open to players registered with member Associations of the HNSW Greater Sydney Conference (GSC) in 2008 and who are aged 15 or 16 (Under 17) or aged 13 or 14 (Under 15) on January 1, 2009. Players aged Under 13 on January 1, 2009, are not eligible.

Players currently in any Hockey NSW Under 18 team or NSWIS elite or pre-elite program will not be considered for selection in the HNSW GSC Academy of Hockey. Players residing in the geographical area covered by the Sydney South West Academy of Sport are not eligible for the GSC Academy programs.

Full details of eligibility criteria available at [www.sportslinkaustralia.com.au](http://www.sportslinkaustralia.com.au)

### Structure of the Program

Academy Squad	25 male and 25 female players plus 4 male and 4 female goalkeepers aged 15 or 16 on January 1, 2009.
Northern Satellite Squad	20 male and 20 female players plus 6 male and 6 female goalkeepers aged 13 or 14 on January 1, 2009
Southern Satellite Squad	20 male and 20 female players plus 6 male and 6 female goalkeepers aged 13 or 14 on January 1, 2009

### Academy Program Schedule

Academy Squad	Six weeks from Jan 23 to Feb 27, 2009 with sessions at Cintra Hockey Centre alternating between 5.30-7.30pm and 7.30-9.30pm each week.
Northern Satellite Squad	Six weeks from Feb 5 to Mar 12, 2009 with sessions at Pennant Hills Park alternating between 5.30-7.30pm and 7.30-9.30pm each week.
Southern Satellite Squad	Six weeks from Feb 5 to Mar 12, 2009 with sessions at Bankstown Hockey Centre alternating between 5.30-7.30pm and 7.30-9.30pm each week.

### Program

The Coaching Director for the Academy is Ivan Boulton, FIH accredited coach and NSW Waratah's Coach 2006-2008. The program cost is \$250 per player.

The program will include:

- Technical skills from all the basics to 3D skills
- Tactical skills including dynamic pressing, managing space and decision-making under pressure
- Sports science including strength and conditioning, nutrition and mental skills training



## **HNSW Greater Sydney Conference Academy of Hockey Selection Trials**

Players are invited to register for the selection trials for the 2009 HNSW GSC Academy of Hockey by completing the online registration form at [www.sportslinkaustralia.com.au](http://www.sportslinkaustralia.com.au)

Cost to attend the 3 hour evaluation and trial session is \$30 per player payable on the day of the trial session at the trial venue.

Selection trials will be held at the following locations:

Under 17 Girls Academy            12:00 – 3:00pm, Saturday, October 11, 2008  
Cintra Hockey Centre, Concord

Under 17 Boys Academy            3:00 – 6:00pm, Saturday, October 11, 2008  
Cintra Hockey Centre, Concord

Under 15 Girls Satellite  
(Northern & Southern)            12:00 – 3:00pm, Saturday, October 11, 2008  
Pennant Hills Hockey Centre

**(NB change in venue for U15 Girls Southern)**

Under 15 Boys Satellite  
(Northern & Southern)            3:00 – 6:00pm, Saturday, October 11, 2008  
Bankstown Hockey Centre

**(NB change in venue for U15 Boys Northern)**

**Further information available at [www.sportslinkaustralia.com.au](http://www.sportslinkaustralia.com.au)**

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