



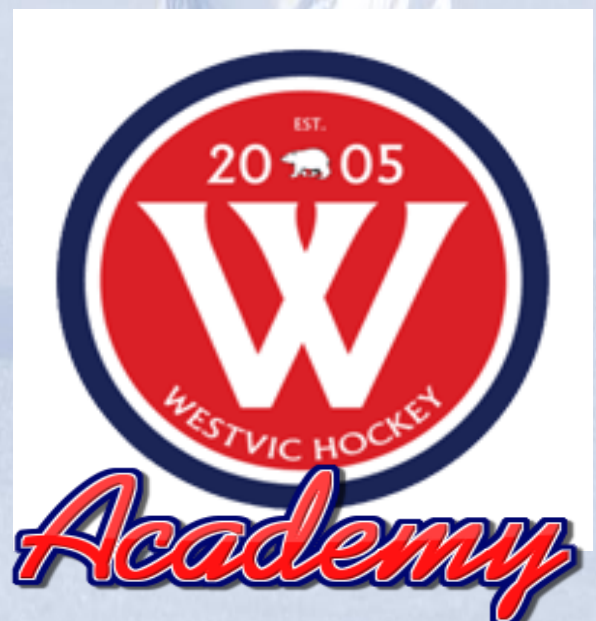
**South West
Academy
of Sport**

In partnership with

sportDS



**Present the
Westvic Hockey Academy**





Background

South West Academy of Sport (SWAS) has partnered with Hockey Victoria and sportDS to present the Westvic Hockey Academy; a program layout for an elite Hockey Academy for the regions' aspiring players. The squad will ultimately consist of male and female athletes in the Under 13, Under 15 and Under 18 age groups.

The program will provide opportunities for young athletes to receive quality high performance coaching over a prolonged period to best prepare them for representative honours at regional, state and national level. It will also provide opportunities for coaches to develop in a practical and open atmosphere that encourages personal growth.

Objectives

The Westvic Hockey Academy presented and administered by SWAS will be a sustainable and high-quality development program that will prepare the regions' top hockey players for the rigors of high-performance hockey.

This program will;

- Identify regional athletes with the appropriate characteristics to play hockey at the highest level.
- Expose top junior players in the region to quality technical coaching, strength & conditioning, and off-field athlete education to best prepare them for life as an elite athlete.
- Offer mentorship and development to the region's local coaches.
- Provide the Westvic region with a dedicated, supported and sustainable Hockey Academy program.

Duration

The Westvic Hockey Academy will begin in October and run until March the following year with sessions held every second week, starting on October 27th in Warrnambool, at 9:45am.

Group Skills & Training Sessions will be held on Sundays with the locations to be shared between Warrnambool, Ballarat & Hamilton.

Coaches

The coaching team at each session will be led by sportDS owner and program coordinator Jessie McCartney and include up to 3 assistant coaches ensuring a player/coach ratio of 6:1.

SWAS Hockey Academy Program Selection Criteria

SWAS Hockey Academy will identify prospective Academy athletes by observing;

- Recent performance in Hockey Victoria's Junior State Championships and Junior Country Championships
- Individuals identified through club matches in the current season as having strong characteristics and potential for success in our program
- Physical abilities and physical skills considered to be essential for eventual success in hockey;
- Display an ability to apply coaching & technical instruction;
- Display attitude, commitment and dedication to improving performance;
- The ability or potential to work as part of a team to achieve excellence;

Eligibility Criteria

- Reside within the SWAS or Ballarat region; and
- Be a registered member with Hockey Victoria; and
- Aged 13 to 18 on or before 31 December 2020

Benefits to Athletes in the Westvic Hockey Academy

- A committed ratio of 1 coach to 6 players, with all coaches under continual mentorship in the sportDS Coach Development Program (aside from specialist guest coaches).
- 9 x fortnightly training sessions, to ensure maximal retention and opportunity to practice in an elite training environment under the eyes of top coaches
- Technical development based on fundamental biomechanical principles
- Video analysis at every session
- Strength & Conditioning programs, support and advice for the full calendar year (October 2019 to September 2020) – with a take home program and regular screening and testing to gauge improvement
- SWAS uniform.
- Components of nutritional education, communication skills, mindset training, meditation and mindfulness.
- Stomp Goalkeeping subscription and training package for all goalkeepers, coordinated by Australian Goalkeeper Rachel Lynch.
- Player Manuals for collation of notes and written content
- Ongoing monitoring and mentorship by sportDS coaches at Junior Country Championships and Junior State Championships each year

Fees

- \$ 450 per athlete which covers;
 - o SWAS training uniform including: Training t-shirt & Tracksuit Top
 - o 12 months Gym Membership
 - o Strength and Conditioning coaching
 - o Education seminars throughout the year outside of the hockey program
 - o Fitness Roller, massage ball and theraband

Key Dates

Date	Activity	Location	Start – Finish
27 th Oct	SWAS Induction + Hockey Introduction	Warrnambool	9:45am – 1:00pm & 1:30-4:30pm
3 rd Nov	Training Session	Ballarat	9:45am – 4:00pm
17 th Nov	Training Session	Hamilton	9:45am – 4:00pm
1 st Dec	Training Session	Warrnambool	9:45am – 4:00pm
15 th Dec	Training Session	Ballarat	9:45am – 4:00pm
9 th Feb	Training Session	Hamilton	9:45am – 4:00pm
23 rd Feb	Training Session	Warrnambool	9:45am – 4:00pm
8 th Mar	Training Session	Ballarat	9:45am – 4:00pm
22 nd Mar	Training Session	Hamilton	9:45am – 4:00pm

Nomination close on October 13th at 5pm.

For more information, please contact Nic Kaiser at SWAS on (03) 5564 8567 or via email at swsportsacademy@swtafe.vic.edu.au.



Westvic Hockey Academy Player Nomination form

SECTION 1 – PERSONAL DETAILS			
First Name:		Surname:	
Date of Birth:	Age*:	Sex: (Please circle)	Male / Female
Address:			
Suburb:		State:	Post Code:
Telephone: (H)		(Mob)	
Email:			

SECTION 2 – PARENT/ GUARDIAN'S DETAILS		
First Name:		Surname:
Address:		
Suburb:	State:	Post Code:
Telephone: (H)	(W)	(Mob)
Email:		

SECTION 3 - DECLARATION	
I wish to be considered in the Hockey Athlete Program, and declare that all the information submitted on this application form is correct and complete. I understand that the SWAS reserves the right to vary or reverse any decision regarding the selection made on the basis of incorrect or incomplete information.	
Signature of Applicant:	Date:

Applicants Under 18 years of Age		
For applicants under 18 years of age, the parent, guardian or custodian who is the first legal point of contact must sign below		
Name:		
Address:		
	State:	Post Code:
Relationship to Applicant:		
Signature:	Date:	



SECTION 4 – ELIGIBILITY AND GENERAL INFORMATION

Please answer all questions by placing a tick (✓) in the appropriate box or by providing the relevant information.

QUESTION 1

Are you an Australian citizen?

YES ☐

NO ☐

*If you have answered **Yes** proceed to Question 2.*

*If you have answered **No** you are **not eligible** to apply for the SWAS individual athlete program.*

QUESTION 2

Are you registered with Hockey Victoria?

YES ☐

NO ☐

Which Association are you registered with? _____

QUESTION 3

Are you an existing SWAS athlete?

YES ☐

NO ☐

QUESTION 4

Are you **currently or previously** held a scholarship with your State or National Sport Organisation?

YES ☐

NO ☐

*If you have answered **Yes**, please specify what level/tier of support you receive through your NSO High Performance Program:*

*If you have answered **No**, please proceed to Question 5.*

QUESTION 5

Do you receive any financial support from: (please tick the appropriate boxes)

National Sport Organisation

YES ☐

NO ☐

State Sporting Organisation

YES ☐

NO ☐

Other Scholarship/Grant

YES ☐

NO ☐

What is your preferred playing position(s)?

What teams (if applicable) have you played hockey for in 2019?

	Team	Competition (incl age group)
Club (Senior)		
Club (Junior)		
School		
Zone (State Championships)		
State		



SECTION 5 - ANNUAL PLAN AND FUTURE GOALS

Please outline your major and/or targeted competitions for 2020.

Date	Competition	Location	Event / Category

What are your competition and development goals for 2020?

List your key performance targets for the next 4-8yrs.



SECTION 6 – ATHLETE TRAITS

Please describe things in hockey that you do very well (on-field)

What areas are you keen to develop (on-field)?

Please describe the positive things that you bring to the team environment

What areas do you feel you can improve in as a person, that would help your hockey?

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