

## HOCKEY - BACKGROUND INFORMATION FOR TRIALLING ATHLETES

**The Western Region Academy of Sport (WRAS)** is a non-profit organisation that assists young athletes to achieve sporting excellence. WRAS supports athlete development in a holistic manner and recognises the value of education. WRAS expects athletes to be attending school or tertiary education, meaningfully employed or undertaking other educational or training opportunities.

The WRAS hockey program provides high performance coaching to up-skill athletes and assist them in progressing to higher representatives within the sport of hockey. The program is endorsed by Hockey NSW as the underpinning development pathway for the Hockey NSW Athlete Acceleration Program (AAP). The program sits between local representative hockey and high order representation such as NSW state country selection and AAP selection.

### Who can nominate for the WRAS 2021 hockey program?

- Athletes must turn 16, 17 or 18 years old in 2021
- Athletes must reside or attend school in the [WRAS catchment area](#)
- Athletes must be a current registered member of their local association and Hockey NSW

### Proposed Program of Events – guide only

The WRAS hockey program will run from November 2020 to April 2021 with presentation in August 2021.

- 7 November 2020 – orientation (Bathurst)
- 8 November 2020 – training day (Bathurst)
- 14 and 15 November 2020 TBC– training weekend (Location TBC – Parkes, Orange or Lithgow)
- 30 and 31 January 2021 – high performance camp – Sydney Olympic Park with Hockey NSW, Regional Academies, NSWIS
- 21 February 2021 (Bathurst) – combined training day with Hockey NSW COD
- 14 March 2021 – Premier League Gala (Bathurst) athletes MUST play for WRAS as this will be preparation for Academy Games
- 27 and 28 March 2021 – training weekend (Location TBC – Parkes, Orange or Lithgow)
- 16-18 April 2021 – Your Local Club Academy Games (Newcastle)
- Injury prevention and performance program between Orientation and Academy Games
- WRAS hockey athletes are encouraged to attend weekly satellite training sessions between November 2020 and March 2021
- 21 August 2021 – WRAS presentation evening

### How are selections made?

- To be considered for selection athletes must complete the nomination form before closing date/time and attend the trial.
- Being part of a previous WRAS squad does not guarantee selection.
- A detailed selection criteria is used which includes physical capabilities, technical competence, tactical awareness, potential to improve, competitive ability, individual application, coachability and behaviour, performance and results at specific events.
- A list of selected athletes is placed on the WRAS website and trialling athletes are advised by email.
- Offers must be accepted by the due date or it may be withdrawn and offered to another athlete.

### What is expected of an athlete?

- If selected in the squad WRAS expects that hockey is the athlete's primary sport of participation.
- Attendance at ALL activities in the WRAS program (including presentation evening). WRAS avoids clashes with higher level events run by the State Sporting Organisation. In certain circumstances exemptions can be applied for.
- Athletes are expected to adhere to the WRAS Code of Behaviour policy, participate to the best of their ability, display exemplary behaviour, show enthusiasm and maintain high dress standards.
- WRAS athletes are expected to commit to improving their physical profile and undertake an injury prevention program.

### What does the WRAS program cost?

The 2021 hockey program is heavily subsidised by WRAS reducing the levy to be paid by selected athletes. There is an additional levy payable in December 2020 for the January 2021 high performance camp (estimate \$150). The camp levy has not been included in the athlete levy due to uncertainty around future COVID19 restrictions.

Athlete levy – ALL hockey athletes	\$191
Compulsory uniform for NEW field athletes – cap, polo, training tshirt, socks, competition uniform	\$176
Compulsory uniform for NEW goal keepers – cap, polo, training tshirt, socks, smock	\$162
<b>Total costs (does not include levy for January 2021 high performance camp – estimate \$150 per athlete)</b>	
Returning athlete - <b>\$191</b>	NEW field athlete - <b>\$367</b>
	NEW goal keeper - <b>\$353</b>

Athlete levy covers:

- WRAS membership and insurance
- Intensive training sessions under the guidance of visiting and local elite coaches
- Sports science fitness testing, injury prevention screenings and training program
- Educational seminars

Selected athletes will be advised how they can offset their levy by seeking personal sponsorships through the 'Friends of the Academy' program. WRAS also invites athletes to apply for assistance from funding received from some of the Central West ClubsNSW member clubs.

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