

## 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 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 higher order representation such as NSW state country selection and AAP selection.

### Who can nominate for the WRAS 2023 hockey program?

- Athletes must turn 16, 17 or 18 years old in 2023
- 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
- Athletes must **NOT** be a scholarship holder in the Hockey AAP for the same term

### Proposed Program of Events – guide only – dates and locations subject to change

- Late September 2022 – Online Induction via zoom
- 23 October 2022 – testing and training day (Bathurst)
- 12-13 November 2022 – orientation / training day (Bathurst)
- 27 November 2022 – training day (Location TBC – Parkes, Orange or Lithgow)
- 11 December 2022 – training day (Location TBC – Parkes, Orange or Lithgow)
- 4 and 5 February 2023 – proposed Inter Academy Camp (Bathurst) – TBC
- 26 Feb 2023 – training day (Bathurst)
- 12 March 2023 – training day (Location TBC – Parkes, Orange or Lithgow)
- 2 April 2022 – training day (Bathurst)
- 21-23 April 2023 – Your Local Club Academy Games (Wagga Wagga)\*
- athletes are encouraged to attend weekly satellite training sessions between November 2022 and March 2023 – these days and times are yet to be confirmed
- August 2023 – WRAS presentation evening

\*not all athletes will be selected to go to Academy Games. Athletes must meet fitness and training requirements throughout the season to be considered for Academy Games selection.

### 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 criterion is used which includes physical attributes and capabilities, technical competence, tactical awareness, potential to improve, competitive ability, individual application, coachability and behaviour, performance and results at specific events, coachability and behaviour.
- 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 should be aware that this includes undertaking physical activities and testing. Athletes are also expected to undertake a strength and conditioning training program.

### What does the WRAS program cost?

The hockey program is heavily subsidised by WRAS reducing the levy to be paid by selected athletes.

Athlete levy for <b>ALL</b> hockey athletes	\$205	
Compulsory uniform for <b>NEW</b> field athletes – cap, polo, training t-shirt, socks, competition uniform, hoodie	\$282	
Compulsory uniform for <b>NEW</b> goal keepers – cap, polo, training t-shirt, socks, smock, hoodie	\$266	
<b>Athletes will have access to a \$34 WRAS Uniform subsidy – this can only be used for WRAS uniform costs</b>	<b>-\$34</b>	
<b>TOTAL COSTS</b>		
Returning athlete - <b>\$239</b>	NEW field athlete - <b>\$487</b>	NEW goalkeeper - <b>\$471</b>

**All selected athletes will be able to apply for financial assistance from funding received from some of the Central West ClubsNSW member clubs. All athletes will be advised how they can offset their WRAS program costs by seeking personal sponsorships through the 'Friends of the Academy' program.**