



# Hockey Program



The Hockey program, supported by Hockey NSW, is a development and high-performance program for talent identified Athletes and Umpires from the South Western Sydney region.

This program is targeted for athletes who are participating within local representative teams, and/or the Sydney Junior League competition, and aiming for selection within the new Hockey NSW Futures Program, and Hockey NSW State Squads.

MSWHA athletes selected in the Hockey NSW Futures Program will participate alongside athletes selected in the Academy Hockey program. Pre-selected Hockey NSW Futures program athletes should notify the Academy accordingly.

## OBJECTIVES

Create an environment where athletes can develop the necessary tactical, technical, physiological and psychological skill competencies to aid progression through their sports Athlete high Performance Pathway.

Provide fundamental individual and squad skill development sessions for athletes during representative off-season programs, as a part of the Hockey NSW High Performance Pathway program.

Compliment athletes local Representative team training, encourage and develop athletes to be Leaders within those teams.

## ELIGIBILITY

Athletes aged between **16 and 18** years of age, in the program year, and reside in the local Government Area's of Campbelltown, Camden, Liverpool or Wollondilly.

Athletes must be a registered member of Hockey NSW.

## SELECTION PROCESS

Athletes must complete a South West Sydney Academy of Sport Athlete Nomination Form and attend the trial as listed.

Athletes pre-selected within the Hockey NSW Futures program should contact the Academy regarding the selection process.

If an athlete is unable to attend a trial they must provide a reason in writing, prior to that trial to gain an exemption.



# Athlete Benefits

## BENEFITS INCLUDE:

Recognised Athlete within the Regional Academy of Sport Network

Academy uniform

Regular on-field training sessions that will include individual and squad based fundamental skill development training, team dynamics and tactical skill development.

Access to Academy Athlete Health and Wellbeing Services

Education Program, including

- Athlete Induction,
- Media Skills and Athlete Development,
- Sport Science and Functional Movement
- Captains Class and Leadership Training,
- Practical Nutrition,
- Sport Integrity, and more

Supervised Strength and Conditioning Program/s

Fitness Testing and Functional Movement Screening

Athletes may be eligible for selection to compete at the ClubsNSW Regional Academy Games.

## ATHLETE SCHOLARSHIP LEVY

An Athlete Scholarship levy of **\$400** inclusive of GST, will be applicable to successful athletes.

Additional Camp / Tour costs may be applied for certain activities throughout the program year, however are heavily subsidised by the Academy and it's partners.



Nominate  
Now>



For more information: [swsas.org.au/hockey](https://swsas.org.au/hockey)

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