



Annual Training Academy Weekend

Underwater Hockey Australia
2020 Annual Training Academy Weekend
for Age Games Players – U19 & U24

For junior and young adult athletes who are
currently or aiming to represent

Coaching, Theory, Nutrition, Mentoring

APPLICATIONS OPEN
(via the Google form on the following page)

Saturday 30th – Sunday 31st May
Gold Coast Aquatic Centre



ANNUAL TRAINING ACADEMY WEEKEND FOR AGE PLAYERS

Saturday 30th & Sunday 31st May, 2020
GOLD COAST AQUATIC CENTRE, QLD

To Athletes and Parents,

The Annual Training Academy Weekend is open to all athletes aged under 24yrs who are currently playing Underwater Hockey beyond the beginner level and are seeking to improve their UWH skills and understanding. It is highly recommended for athletes who are aiming to represent your State or Australia.

Athletes may now apply to attend the weekend by filling in the link below:

Google Form Link for Training Academy: <https://forms.gle/QFWyR8zAGDruR8YB7>

Once you have filled this in you will receive a confirmation and the coach of your category will make contact.

- ◆ U19 Women = Kate Howard & Kirsteen Reid
- ◆ U19 Men = Kevin Chisholm
- ◆ U24 Women = Zoe Canavan & Todd Canavan
- ◆ U24 Men = Greg Stinson

Your appointed coach will be able to provide training guidance and be able to answer any questions you have about your hockey, fitness and future goals. They will also be the person who oversees your training on the weekend working in conjunction with the other coaches, specialists and the UHA Director / Director of Coaching.

**To secure your application you need to fill in the Player Contract and Medical Form (attached)
AND pay a \$200 deposit into this account:**

UWHA
BSB: 037014
ACCOUNT: 241867

Put your full name as reference and email UHA Treasurer Sharon Williams when this is done:
treasurer@underwaterhockeyaustralia.org.au

Age Players are those who fall into the CMAS U19 and U24 category. Only those players who are 18yrs + may decide to play “up” in an U24 team however this decision will also be guided by the coaches involved and mediated where necessary by the UHA Director / Director of Coaching. There are several needs that shall be addressed in making these decisions: the goals and desires of the athlete, social elements and their importance, the physical requirements of the athlete and fulfilling the most competitive make up of each team (i.e.: not leaving one team short by stacking another team).

At CMAS competitions athletes are unable to compete if they are 14yrs of age and under. **Our focus for this weekend is on development and we welcome younger players 11yrs+ providing they are ready. Please speak to your local coach, Age Group Coach (named above), club or state representative if you are unsure whether the training weekend is suitable for you.**

The UHA are aiming for 40 athletes to attend this first weekend Training Academy. There will be four groups as per the Age Categories. There may be some crossover with players going into an older age group but generally the aim will be to follow the age guidelines in keeping with competition rules. This sets players amongst their peers and at an emotionally and physically suitable level.

The weekend will include the following and more:

- ◆ Out of water meetings with your group discussing skills, fitness, strategy etc.
- ◆ Out of water presentations discussing nutrition, health and wellbeing etc.
- ◆ In-water fitness exercises, skills, drills, games.
- ◆ Mixed games with other groups.
- ◆ Group dinners.
- ◆ Mentoring sessions between older and younger players (buddy system).
- ◆ Refereeing sessions.

A chaperone from each state shall accompany athletes U18yrs of age. The chaperone may be a parent of an athlete and shall present a Working With Children Check. Anyone wishing to nominate for this position should seek approval via or her state representative. You will be present for the duration of the weekend poolside and assist with meals, travel and general supervision of your steeds.

If you have any questions about the weekend or wish to help out please do not hesitate to contact the below.

Eden Brown – UHA Development Director

edenbrown63@yahoo.com or 0408 381 051

Sean Hartley – Gold Coast Coordinator

shart52@eq.edu.au

Nick Martyn – UHA Director

director@underwaterhockeyaustralia.org.au

Sharon Williams – UHA Treasurer

Treasurer@underwaterhockeyaustralia.org.au

IMPORTANT INFORMATION FOR ATHLETES, PARENTS & CHAPERONES

- PLAYER APPLICATIONS WILL NOT BE CONFIRMED UNTIL THE \$200 DEPOSIT HAS BEEN PAID AND THE GOOGLE FORM FILLED IN
- COSTINGS BELOW ARE APPROXIMATE ONLY AND MAY CHANGE DEPENDING ON NUMBERS, ACCOUNTS WILL BE DISSEMINATED AFTER THE WEEKEND AND PLAYERS WILL NEED TO PAY THE BALANCE OR MAY RECEIVE A REFUND
- **YOU MUST BOOK AND PAY FOR YOUR OWN RETURN FLIGHT TO THE GOLD COAST OR BRISBANE AND ADVISE YOUR STATE CHAPERONE (IF U18) OR EDEN, SEAN OR YOUR COACH OF YOUR ARRIVAL AND DEPARTURE TIMES** – Transport times from the airport to the Accommodation needs to be considered when booking (1.5hr train from Brisbane \$35).
- U18 ATHLETES WILL TRAVEL IN THEIR STATE GROUPINGS WITH A CHAPERONE
- FLIGHTS TO ARRIVE **FRIDAY AFTER 12NOON** AND TO DEPART AFTER **5PM > SUNDAY**
- ATHLETES TO ARRIVE FRIDAY EVENING (DINNER PROVIDED)
- PLAYERS MAY STAY SUNDAY NIGHT AND FLY HOME MONDAY (WA = PUBLIC HOLIDAY, THIS WILL COST \$35.00 APPROXIMATELY FOR THE EXTRA NIGHTS' ACCOMMODATION)
- PAYMENT OF THE WEEKEND IN FULL IS TO BE MADE BY THE **15TH APRIL 2020**
- PLAYERS ARE TO COMPLETE A PLAYER PARTICIPANT CONTRACT
- PLAYERS ARE TO COMPLETE A MEDICAL FORM AND SIGN A CODE OF CONDUCT
- PARENTAL CONSENT WILL BE REQUIRED FOR U18

ATHLETE PACK LIST

- ✚ HOCKEY EQUIPMENT (2 of each colour bat + spare mask + fins)
- ✚ BATHERS / 2 X TOWEL
- ✚ WATER BOTTLE
- ✚ HYDRALYTE & SUNSCREEN
- ✚ NOTE PAD / PEN
- ✚ SPENDING MONEY (\$40)

IMPORTANT INFORMATION FOR COACHES

- COACHES WILL SUBMIT THE TRAINING CAMP ITINERARY (FOR YOUR GROUPING) TO THE COORDINATOR BY END OF APRIL TO ENSURE THE REQUIRED RESOURCES AND SCHEDULING ARE ORGANISED, THIS SHALL INCLUDE A PLAN OF SKILLS AND STRATEGIES THAT YOU WISH TO WORK ON/INTRODUCE TO YOUR SQUAD THAT IS AGE AND LEVEL APPROPRIATE
- COACHES WILL ADVISE WHETHER YOU NEED ASSISTANCE IN SOME SESSIONS SO ORGANISERS CAN APPOINT HELPERS WITH AN APPROPRIATE LEVEL OF EXPERIENCE
- YOU MUST BOOK AND PAY FOR YOUR OWN RETURN FLIGHT TO THE GOLD COAST AND PROVIDE THE UHA TREASURER WITH A RECEIPT FOR REIMBURSEMENT
- YOU MUST ARRIVE WITHIN THE TIMELINES
- WHERE AN 18YR OLD PLAYER WISHES TO "PLAY UP" YOU HAVE A RESPONSIBILITY TO PROVIDE GUIDANCE TO THE DECISION MAKING PROCESS FOR THE ATHLETE AND CONSULT THE OTHER AFFECTED COACH, WHERE A DECISION IS NOT AGREEABLE THE UHA DIRECTOR / DIRECTOR OF COACHING WILL MEDIATE AND THE DECISION THAT IS IN THE BEST INTEREST OF THE INDIVIDUAL AND BOTH TEAM'S WILL BE REACHED

PRELIMINARY COSTINGS

Location: Gold Coast Aquatic Centre *Based on 40 players

ITEM	TOTAL (2 DAYS)	INDIVIDUAL COST (2 DAYS)
Pool Hire	\$1,364.00	\$34.10
Room Hire (\$50 per hour x 6hrs approx.)	\$300.00	\$7.50
Transport / 25 seater Bus	\$960.00	\$24.00
Accommodation (Alpha Hotel, \$142 4ppl per night)	\$2,840.00	\$70.00
Food @ \$30per person per day	>	\$60.00
COACH LEVY (\$154 X 4 Coaches) accom/meals/transport	\$616.00	\$15.40
COACH LEVY (4 Coaches) flight subsidy	UHA	UHA
COST PER PLAYER NOT INCLUDING FLIGHTS		\$211.00

FRIDAY EVENING: SESSION DETAILS TO BE ADVISED

DRAFT SCHEDULE		Group 1 – U24 Men	Coach: Greg
Saturday		Group 2 – U24 Women	Coach: Zoe & Todd
		Group 3 – U19 Men	Coach: Kevin
		Group 4 – U19 Women	Coach: Kate & Kirsteen
TIME	TWO COURTS + MEETING ROOM + ALLOCATED LUNCH / SNACK TIMES		
7.00 – 8.00	Breakfast		
8.00 – 9.00	Transport to pool (shuttle bus)		
9:00 – 10:00	Welcome : Program : Expectations		
10.00 - 4.00	IN WATER TIME / THEORY / LUNCH (6 hours) Refereeing Refresher / Buddy Session		
4.00 – 4:30	Get changed & Snack		
4.30 – 5.00	Presentation: <i>Nutritionist</i>		
5.00 – 5.30	Presentation: <i>Physio</i>		
6.00 – 6.30	Transport to accommodation (shuttle bus)		
7.00 – 8.00	Dinner		
8.00 – 8.30	Clean up & Free Time		

Sunday			
TIME	TWO COURTS + MEETING ROOM + ALLOCATED LUNCH / SNACK TIMES		
6.00 – 7.00	Breakfast		
7.00 – 8.00	Transport to pool (shuttle bus)		
8.00 – 2.00	IN WATER TIME / THEORY / LUNCH (6 hours) Buddy Session		
2.00 – 2.30	Get changed		
2:30 – 3.00	DEBRIEF		
4.00 onwards	Transport to Airport AND/OR Accommodation (shuttle bus)		
TIME ALLOCATION SUMMARY	WATER TIME	THEORY	PRESENTATIONS
ALL GROUPS (ESTIMATE ONLY)	8hrs	4hrs	1hr



**AUSTRALIAN UNDERWATER HOCKEY
ANNUAL WEEKEND TRAINING ACADEMY**

Player Participant Contract

Name:

Date of Birth:

THE UNDERSIGNED AGREES TO THE ITEMS LISTED BELOW:

1. Players must hold current membership of The Australian Underwater Federation Inc.
2. Return airfares to the Gold Coast are to be paid for by the individual.
3. Training Camp costing's are estimate only for accommodation, transport, meals and coach's fees. A \$200 deposit must be paid to the account specified by the 15th April to secure your application.
4. Players must return and/or respond to all correspondence on or before the due date, as specified in the correspondence by the team coach or coordinator.
5. All players are responsible to the management team, consisting of the coordinator and team coaches. In addition U18 players are responsible to the junior chaperone.
6. All laws of any state a team is visiting must be adhered to.
7. All rules of venues being used by the Australian team and regulations of the host organisation must be adhered to.
8. Players and officials of the management team must not attend training, competition or meetings whilst intoxicated. Drinking of alcohol by U18 year old players will not be tolerated. The drinking of alcohol by players over 18 is discouraged and supplying alcohol to U18 year old players is forbidden.
9. Players and officials must not behave in such a way as to bring criticism or disrepute to the touring party.
10. Any illness or injury must be reported to the team coach and/or team management as soon as possible. Chaperones are required to report illness or injury to the group Coach.
11. The management team has the authority to seek medical attention for and on behalf of a player and the player (or player's parents if the player is under 18) will be responsible for the cost of such treatment.
12. Players must abide by the weekend training schedule set by the team coach.
13. If any party breaches this code of conduct, then such breach may lead to either temporary or permanent expulsion from the team, subject to review, to be decided by a committee made up of the team management.
14. Should a player withdraw from the weekend they (or their parents if the player is under 18), are liable for any non-refundable expenses.

Signed: _____

Date: _____

(Player)

Signed: _____

Date: _____

(Parent/guardian players under 18 yrs)



**AUSTRALIAN UNDERWATER HOCKEY
ANNUAL WEEKEND TRAINING ACADEMY**

Medical Form

Personal Details:

Name: _____ Date of Birth: ____/____/____

Medicare Number, Place on card.....

Medical History:

Do you suffer from any current medical conditions? Y / N

If so, please list what conditions you suffer from:

Past medical problems e.g. operations, asthma as a child etc.

Are you currently on any medication? Y / N

If so, please list the medication you are on:

Allergies: Y / N (if yes detail allergy and symptoms) _____

Anaphylaxis: Y / N Do you carry an EpiPen? Y / N

Do you consent to a blood transfusion: Y / N

Signed by Player: _____

Parent signature if U18: _____

Emergency Contact Details:

Who should we contact in case of emergency?

Name: _____ Relationship: _____

Phone Number: _____