Attention 2024 U15 and U18 Players:

In 2024, we will once again be developing our Summer Programmes and Development Squads on top of our Representative programmes. In the first instance, we are opening expressions of interest for the Summer Programmes.

Purpose:

The WHA U18/U15 Summer Programmes are a pre-season training block designed for players with capability and aspiration to represent Wellington. The programme provides a quality learning and preparation phase as we lead into the playing season and U18/U16 representative trials. Players who don’t have the aspiration to represent Wellington, but still wish to develop can access that opportunity in other Wellington Hockey programmes. The expectation is that all Summer Programme participants will make themselves available for U18/U16 trials. As in the past, the Summer Programmes will also form an important part of the selection process for the 2024 intakes for the U16 EXTEND and U18 EXCEL Squads (players who want to apply for the Development Squads **must be** involved in the Summer Programmes).

Focus:

Technical and tactical growth aligned to long term development and ability to perform at the representative level and beyond. Each week will include a combination of skills, combative and match play.

Coaches:

The programme will be led by WHA staff, aptly supported by quality trainers and GK specialists, accessing our best local people to provide an impactful development experience for all players.

Structure:

The programme will consist of 2x weekly sessions over a 6-week period through February/March. The sessions will be split into a technical training day and a combative training day, covering the core priority areas required to be an effective hockey player.

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|  | **U15s Summer Programme** | **U18s Summer Programme** |
| **Starting Date** | 12th February | 13th February |
| **Finishing Date** | 19th March | 20th March |
| **Training Days** | Mondays 5pm - 6:30pm  Tuesdays 5pm - 6:30pm | Tuesdays 5pm - 6:30pm  Wednesday 5pm - 6:30pm |
| *\*26th Feb, there will be no Tuesday sessions based at NHS and Kapiti. Instead, sessions will be based at Fraser Park on Monday 26th and Wednesday 28th February due to the National Masters Tournament* | | |

In 2023, we provided a Kapiti based hub allowing athletes from that area to train locally once per week and then train centralised with the wider Summer Programme once per week (two training sessions per week). If numbers support, we will continue to provide this support for our Kapiti based athletes. The purpose of this is to minimise the travel barrier and support more quality players staying connected with to our higher-level programmes. We will be leading the sessions with our own coaches and training connect to mirror the Wellington based sessions. These sessions will be Tuesdays 5pm – 6:30pm for both U15s and U18s.

Note: We are encouraging and supportive of players participating in summer sports and will work around those other commitments to ensure individuals can manage both and can form an appropriate weekly training schedule. We are comfortable with compromising some of the hockey sessions and ask that any players with clashes communicate in advance.

Cost:

$265.00 per player

Note: for any individuals facing financial difficulties there is the WHA Participation Fund which may be able to support. If you want to explore this option please reach out to me.

Applications:

Applications are open to any athletes that wish to develop and have aspirations of representing Wellington in 2024. The programme is aimed at aspirational athletes, and it is expected that players will possess a certain competency level to be suitable and a commitment to want to represent Wellington. Players should have had representative experience in the past or display the potential to do so in the near future. For those who sit outside of this, the WHA Explore Programme would be a more suitable and valuable development opportunity.

Player Eligibility

Players must be affiliated to Wellington through school or club. Players must be at least Year 9 at Secondary School and should register for their correct age group as per their age at the 1st of January 2024.

Questions

James, our Performance and Pathways Manager, will be working closely with Jack and Kieran our Community Development Officers to deliver these programmes. If you have any urgent questions regarding the 2024 Summer Programme, please reach out to the team at [james@wellingtonhockey.org.nz](mailto:james@wellingtonhockey.org.nz).

**Monday (U15s Only)**

NHS Based

**Tuesday (U15s & U18s)**

NHS & Kapiti

**Wednesday (U18s Only)**

NHS Based

Summer Programme (Feb/Mar)

U15 In Season Development Programme (No Trials)

(Late Mar/Early Apr)

U18 Representative Trials

(Late Mar/Early Apr)

EXTEND Programme

U16 Representative Trials (Mid Apr)

EXCEL Programme

EXPLORE Programme

(Later in 2024)