

INFORMATION SHEET
Tasmanian Under 18 Boys Team 2012
National Championship – Brisbane 10th - 21st April 2012



Nominations

Eligible players are invited to nominate for selection in the 2012 Tasmanian U18 Boys Team. A completed nomination form (see attachment) must be submitted no later than **Wednesday 25 January 2012** with payment of nomination fee of \$25 to the Hockey Tasmania Finance Officer, PO Box 96 New Town TAS 7008; or sent by email to accounts@hockeytas.com.au. **Players must be aged under 18 years prior to 1 January 2012.** Nomination forms are also available on the Hockey Tasmania website www.hockeytas.org.au

- Players who nominate but are unable to attend and/or participate in all selection sessions must advise reasons on their nomination form.
- Players who nominate for selection and are aware that they will be unable to attend all training commitments must advise reasons on their nomination form. Failure to disclose such information may result in a successful nominee being withdrawn from the selected team.

State Trials

Nominees will be required to follow **an individual fitness program (see next page)** in the four weeks prior to attending trials.

Trials will be conducted over the weekend of **Saturday 28 January (10:30am-4:15pm) and Sunday 29 January (9.30am-2.45pm)** at the **Tasmanian Hockey Centre**. Players are responsible for arranging their own overnight accommodation in Hobart.

Selection in a Tasmanian team brings with it great pride and honour but also the following responsibilities for all team members (including train-on players):

- Attendance at all training sessions as identified on the Training Calendar (these training sessions shall take precedence over club and regional games and training).
- Achievement and maintenance of prescribed fitness level, as determined by the Coach.
- Diagnosis and management of any illness/injury and notification to Coach and Manager of impact on sporting performance.
- Submission of and adherence to the signed Player Agreement Form.
- Submission of completed Medical Form and payment of all monies due to Hockey Tasmania prior to departure.

Team Officials

Hockey Tasmania has appointed **Jarrad Poke** as Coach, **Joshua Poke** as Assistant Coach and **Lesley McLaren** as Manager of the 2012 Tasmanian Under 18 Boys Team.

Cost Estimates

The cost of participation will be around **\$2,000** per player, which includes airfare, accommodation, team transport, some meals, and other expenses such as turf training, ice, etc. The final budget has not been completed and this is an estimate only. For those who are interested, Cadbury fundraising chocolates will be available for any players who wish to alleviate costs by selling chocolates.

Hockey Tasmania requires all money to be paid prior to the championship and will invoice team members for travel, accommodation and team expenses (uniform will be invoiced separately) according to the following payment schedule:

Wed 15 Feb 2012	\$1000	payable no later than 24 Feb 2012
Wed 7 March 2012	Balance	payable no later than 23 March 2012

Selections & Training Calendar

Please note - training times and venues are **subject to change** and will be confirmed with the selected team. Players will also be required to attend 1 regional midweek training session each week and undertake a personal fitness program.

U18 Men's National Championship BRISBANE, QLD 10th - 21st April 2012				
Month	Week	Midweek Regional Sessions TBA	Weekends	Session/Other Info
January		4-week individual fitness program to be followed prior to attending trials (see below for details)		
	1		Saturday January 28 Turf 11:30-1; 1:45-3:45 (3.5hrs) Sunday January 29 Turf 9:45-11:45; 12:30-2 (3.5hrs)	THC2 - Trial 1 - Sat arrive 10:30am/depart 4:15pm THC2 - Trial 2 - Sun arrive 9:30am/depart 2:45pm Team announced on HT website on Tues 31Jan
February	2		Saturday February 4 Turf 2-5pm (3hrs) Sunday February 5 Turf 10am-1pm (3hrs)	StL1 - Sat arrive 1pm/ depart 5:15pm StL1 - Sun arrive 9:30am/depart 2pm
	3		Sunday February 12 Turf 11am-2pm (3hrs)	THC2 - arrive 10.15am/depart 2:15pm Practice match 12-1:30pm
	4		Sunday February 19	REST DAY
	5		Sunday February 26 Turf 11am -2pm (3hrs)	McKenna Park - arrive 10.15am / depart 2:15pm
March	6		Sunday March 4 Turf 11:00am -2:00pm (3hrs)	THC1 - arrive 10am / depart 2:15pm (msfest in Hbt on Sat March 3) Practice match 12-1:30pm
	7		Sunday March 11	REST DAY (Long Weekend)
	8		Sunday March 18 Turf 10:30am-1:30pm (3hrs)	StL2 - arrive 9:30 / depart 2pm (Fitness Testing 2)
	9		Sunday March 25 Turf 11am-2pm (3hrs)	THC1 - arrive 10am / depart 2:30pm Practice match 11:30am-1pm
April	10		Sunday April 1 Turf 11am-2pm (3hrs)	THC1 - arrive 10am / depart 2:30pm Practice match 11:30am-1pm
	BRISBANE		Sunday April 8	Depart for Brisbane
			Monday April 9 Tuesday April 10	Practice Match in late afternoon/evening? Training in Brisbane U18 Men's Championship Commences

Individual Fitness Program – Pre-Trials

To have success in anything that you do, you must be prepared to work hard. A 4-week running program has been developed to give you a solid fitness base. Make sure you give yourself every opportunity to do your best.

Week 1 (commencing Sunday 1 January) and Week 2 (commencing Sunday 8 January)

Session 1: 1x15 min run 5 min rest; and 5x400 restart each 2 min 30 sec

Session 2: 1x30min run

Week 3 (commencing Sunday 15 January) and Week 4 (commencing Sunday 22 January)

Session 1: 1x30min run

Session 2: 1x15min run 5min rest; and 1x5min run

Session 3: 1x15min run

If you have any queries about this program please contact Jarrad Poke 0407 522 266 jarradpoke@gmail.com