

**INFORMATION SHEET**  
**Tasmanian Under 18 Girls Team 2012**  
**National Championship - Newcastle 10<sup>th</sup> - 21<sup>st</sup> April 2012**



**Nominations**

Eligible players are invited to nominate for selection in the 2012 Tasmanian U18 Girls 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](mailto: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](http://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 Failure to disclose such information may result in a successful nominee being withdrawn from the selected team.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 (12noon-5pm) 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 **Nicole Geeves** as Coach and **Suzie Calvert** as Manager of the 2012 Tasmanian Under 18 Girls Team.

**Cost Estimates**

The cost of participation will be around **\$1,900** 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 Women's National Championship NEWCASTLE, NSW 10th - 21st April 2012 |      |  |   |  |
|---|------|--|---|--|
| Month   | Week | 4-week individual fitness program to be followed prior to attending trials (see below for details) |   |  |
|   |      | Midweek Regional Sessions TBA  | Weekends  | Session/Other Info   |
| January   | 1    |  | <b>Saturday January 28</b><br>Turf 12:30-2; 2:45-4:45 (3.5hrs)<br><b>Sunday January 29</b><br>Turf 10:15-12.15; 1-2:30 (3.5hrs) | <b>THC1 - Trial 1 - arrive 11:30am/depart 5pm</b><br>(Fitness Testing 1)<br><b>THC1 - Trial 2 - arrive 9:30am/depart 2:45pm</b><br><b>Team announced on HT website on Tues 31Jan</b> |
|   |      |  | <b>Sunday February 5</b><br>Turf 11am-1.30pm (3hrs)   | <b>McKenna Park - arrive 10:30am/ depart 2:15pm</b>  |
| February  | 2    |  | <b>Saturday February 11</b><br>Turf 2:00 - 5:00pm (3hrs)  | <b>StL1 - arrive 1:00pm / depart 5:15pm</b>  |
|   | 3    |  | <b>Sunday February 12</b><br>Turf 10am-1pm (3hrs)   | <b>StL1 - arrive 9.30am / depart 2pm</b>   |
|   | 4    |  | <b>Sunday February 19</b>   | <b>REST DAY</b>  |
|   | 5    |  | <b>Sunday February 26</b><br>Turf 11:00am -2:00pm (3hrs)  | <b>THC2 - arrive 10am / depart 2:15pm</b><br>Practice match 11:30am -1pm   |
| March   | 6    |  | <b>Sunday March 4</b><br>Turf 11:00am -2:00pm (3hrs)  | <b>THC2 - arrive 10am / depart 2:15pm</b><br>(msfest in Hbt on Sat March 3) Practice match 11.30am-1pm   |
|   | 7    |  | <b>Sunday March 11</b>  | <b>REST DAY (Long Weekend)</b>   |
|   | 8    |  | <b>Sunday March 18</b><br>Turf 10:30am-1:30pm (3hrs)  | <b>StL2 - arrive 9:30 / depart 2pm</b><br>(Fitness Testing 2)  |
|   | 9    |  | <b>Sunday March 25</b><br>Turf 11am-2pm (3hrs)  | <b>THC2 - arrive 10am / depart 2:15pm</b><br>Practice match 11:30am -1pm   |
| April   | 10   |  | <b>Sunday April 1</b><br>Turf 11am-2pm (3hrs)   | <b>THC2 - arrive 10am / depart 2:15pm</b><br>Practice match 11:30am-1pm  |
|   |      |  | <b>Sunday April 8</b>   | <b>Under 18 Women depart for Newcastle</b>   |
|   |      |  | Newcastle   | Practice Match in late afternoon?  |
|   |      |  | <b>Monday April 9</b>   | Training in Newcastle  |
|   |      | <b>Tuesday April 10</b>  | <b>U18 Women Championship Commences</b>   |  |

### 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<sup>st</sup> January)

**Session 1:** 1x15 min run; 5 min rest; then run 300m (1 lap of a hockey field) rest for 3 min; run 300m rest for 3 min; run 300m rest for 3 min

**Session 2:** 1x20min run

#### Week 2 (commencing 8<sup>th</sup> January)

**Session 1:** 1x25 min run, 5 min rest; 1x 300m (1 lap of a hockey field) 3 min rest; 1x300m, 3 min rest; 1x300m, 3 min rest

**Session 2:** 1x30min run

#### Week 3 (commencing 15<sup>th</sup> January) and Week 4 (commencing 22<sup>nd</sup> January)

**Session 1:** 1x40min interval (fartlek) running or 1 x 60min circuit/spin cycle class

**Session 2:** 1x20min run; 5min rest; then 1x5min run

**Session 3:** 1x15min run

**If you have any queries about this program please contact Nicole Geeves 0419 137 060 [geevesy@hotmail.com](mailto:geevesy@hotmail.com)**