



HOCKEY VICTORIA

PARENT FREQUENTLY ASKED QUESTIONS

Excellence. Respect. Teamwork. Humility

WHAT IS THE ACADEMY

The Academy program is a six-week program for selected athletes only. The program itself consists of ten sessions and includes fitness testing components, intensive skills sessions and match play days.

HOW DO ATHLETES GET SELECTED

Athletes gain selection either via auto entry from being a member of the previous years State Team or have gained selection through Draft Camp. These are the **ONLY** two ways to gain selection into the Academy.

HOW MANY ATHLETES GET SELECTED

Approximately 44 field players and 6 goalkeepers gain selection into each Academy, meaning a total of a 100 for each age group, boys and girls combined. The number of spots available can change each year due to how many auto entry athletes there are. There are approximately 30 spots available from Draft Camp.

WHEN IS THE ACADEMY

The Academy is run dependant on when the Australian National Championships take place. We first run the Draft Camp, select the athletes, then run the Academy before the Final Player Assessments take place. From here the State Teams are selected, who then have an eight week training block before the Championships.

HOW MUCH DOES THE ACADEMY COST

The Academy is currently \$500* which is invoiced and to be paid before the commencement of the program. There are payment plan options available that the finance team will help with.

WHERE DO THE SESSIONS TAKE PLACE

The sessions take place at The State Netball and Hockey Centre, 10 Brens Drive, Parkville, VIC 3052. However, if there are pitch booking clashes we sometimes need to move the sessions to another venue.

WHAT DO THE ATHLETES WEAR

Athletes will each be given an Academy training shirt which they must wear to every session.

WHEN DO THE ATHLETES ARRIVE

Athletes are required to arrive 15 minutes prior to each session where they will be briefed on what the session will entail and they can prep themselves for a high quality warm up.

HOW LONG ARE THE SESSIONS

The sessions will run for a two hour block, this is so we can make sure there is time for a quality warm up and warm down to place emphasis on the importance of preparation and recovery.

HOW DO WE ACCESS THE VIDEO FEEDBACK

Athletes will be given access to our online learning platform, as well as be given an Academy Notebook, which they are encouraged to use to take notes from the sessions and feedback to help with their development.

WHAT ARE FINAL PLAYER ASSESSMENTS

Final Player Assessments are the final phase of the state team selection process. All Academy athletes are guaranteed a spot at Final Player Assessment 1, from here they will need to be selected if they are to progress through to Final Player Assessment 2, after which the state teams are named.

DO ACADEMY ATHLETES HAVE TO NOMINATE FOR STATE SELECTION

Yes. All athletes, no matter what, **MUST NOMINATE** if they want to be considered for state selection. The nomination fee is \$45.



HOCKEY VICTORIA ATHLETES

More than just hockey players.