



2021 FIRE ACADEMY BOOKLET



INTRODUCING THE FIRE ACADEMY

“FIRED UP & TAKING HOCKEY TO THE NEXT LEVEL IN SA”

“2020 came with plenty of surprises, on and off the pitch. On one hand we saw disruptions, cancellations and disappointment, on the other we saw some really quality opportunities arise. Fire Academy was one of them, and we were stoked to have the launch in 2020. The uptake from regional and metropolitan athletes was phenomenal, and the entire program had a really positive vibe. I’m pumped to see the Fire Academy evolve in 2021 to give our young athletes the best hockey experience possible for both enjoyment and development into high performing athletes. Get Fired up and we will see you on the pitch soon!”

TODD KITTO

High Performance and Development Manager

“What a whirlwind 12 months! I’ve never been so proud of the Hockey SA community in sticking together, staying positive and getting the most out of a tough and unique year. It was pretty special to launch the Fire Academy in such tough and unusual times for athletes and families. The application throughout the inaugural year was superb and I’m really looking forward to what 2021 & beyond has in store for South Australian Hockey. I’m Fired up!”

MATT MORTON

High Performance & Development Coordinator

The Fire Academy is Hockey South Australia’s leading Development & High-Performance Program. The program is in its second year after a successful introduction in 2020. The Academy is run by Hockey South Australia’s High-Performance Department and SA’s leading coaches.

Approximately 350 athletes will gain selection into the Academy across three age groups. Each age group will have a specific training plan tailored to their age groups performance timeline. This will include peak training times leading into State Trial/ National Championships, off-peak training times throughout the regular club season and tapered blocks, being mindful of athlete load management.

The Fire Academy will continue to provide both Regional & Metropolitan athletes the opportunity to develop their technical & tactical skills in a competitive environment.

Each Academy age group is structured around an athlete’s annual performance & development timeline to include adequate training & recovery time throughout different periods of the year.



REGIONAL ACADEMIES

In 2021 the Fire Academy will continue to provide Regional athletes the opportunity to excel and develop both their technical & tactical skills in a competitive environment whilst in their regionally based daily training environment.

Hockey South Australia is extremely proud of the impressive representation of country-based athletes in both junior State Teams and Australian squads. We are striving to continue this long-standing tradition of developing quality regional athletes in South Australia.

In 2021, Hockey South Australia's High-Performance Department will be visiting each Regional Fire Academy throughout the duration of the year and assisting Regional Fire Academy Staff in delivering a weekly training session in their Daily Training Environment.

Please note, Regional Academy Programs will be delivered in similar time frames to the Metro Academy, although have potential to offer additional sessions pending on budget and facility availability throughout 2021.

An extended training program in 2021 will play a critical role in continuing to develop country-based athletes in a high-performance environment. As per the Academy in 2020, athletes from each individual region will combine to train and will have a high degree of focus on strength & conditioning, movement capabilities and technical & tactical skill development through a wide range of competitive scenarios & match play.

Regional Programs will be coordinated by local association management and volunteers. Regional Academy Coaches will be selected by Hockey SA High-Performance Department in collaboration with each Regional Association. The HSA High-Performance department will be working closely with each Regional Academy to ensure the program aligns with the current Hockey SA "Way of Play".

HP Staff Regional Visits

HOCKEY SOUTH AUSTRALIA'S HIGH-PERFORMANCE DEPARTMENT WILL LIAISE WITH EACH REGIONAL FIRE ACADEMY TO ORGANISE AN APPROPRIATE TIME TO VISIT AND ASSIST IN DELIVERING A WEEKLY TRAINING SESSION.



SELECTION CRITERIA

HOW TO GAIN SELECTION INTO THE 2021 FIRE ACADEMY

	Athlete Age Eligibility	Entry Point	Automatic Entry	Additional Information
UNDER 13 ACADEMY	The athlete is 11 - 13 years of age. Born between 2008 - 2009	Attend and be identified at either the Regional or U13 Metro Talent Identification Camp.	There will be NO automatic entry in 2021 due to State Selection & National Championships being held later on in 2021. *Athletes selected in the 2021 SA U13 Teams will gain automatic entry into 2022 U13 Fire Academy.	Athletes who physically cannot attend the relevant TID camp may apply for an exemption. Please note this does not guarantee selection. Alternatively, athletes may attend a different TID Camp of the same age group.
UNDER 15 ACADEMY	The athlete is 13 - 15 years of age. Born between 2006 - 2007	Attend and be identified at either the Regional or U15 Metro Talent Identification Camp.	Athletes selected in the 2021 SA U15 State Team gain automatic entry into the Fire Academy and do not need to attend Talent ID Camp. *This only applies for touring athletes. Train-on athletes must attend Talent ID Camp.	Athletes who physically cannot attend the relevant TID camp may apply for an exemption. Please note this does not guarantee selection. Alternatively, athletes may attend a different TID Camp of the same age group.
UNDER 18 ACADEMY	The athlete is 15-18 years of age. Born between 2005 - 2003	Attend and be identified at either the Regional or U18 Metro Talent Identification Camp.	Athletes selected in the 2021 SA U18 State Team gain automatic entry into the Fire Academy and do not need to attend Talent ID Camp. *This only applies for touring athletes. Train-on athletes must attend Talent ID Camp	Athletes who physically cannot attend the relevant TID camp may apply for an exemption. Please note this does not guarantee selection. Alternatively, athletes may attend a different TID Camp of the same age group.

*State Athletes with Automatic Entry do not need to attend the TID Camp, however athletes are welcomed to attend. Athletes will receive an email with their Academy invitation.

Selections of athletes will be based on the following criteria:

THE CRITERIA USED BY THE SELECTION PANEL FOR ALL ACADEMIES WILL BE

- Performance
- Physical Capabilities
- Technical Competence
- Game Knowledge - Tactical Ability
- Coachability
- Potential to improve
- Competitive Ability
- Attitude and Behaviour
- Team / Squad orientation
- Communication



ACADEMY OVERVIEW

AGES 12-18 (U13, U15 & U18)

AIMS:

- Holistically develop athletes as hockey players and as people through Hockey SA's 3 Pillars of Development:
 - Skill development & Decision Making
 - Fundamental Movements (Strength & Conditioning)
 - Character Development
- Continue to develop a broader and deeper base of talent across South Australia in both Regional & Metropolitan areas.
- Offer High quality training environments for aspiring talent with High Performance coaches.
- Provide athletes the opportunity to play in their own age groups to enhance leadership & development opportunities.
- Program is specifically designed around an athlete's annual calendar which leads into Key events i.e. State Trials or National Championships
- Provide education & athlete development in:
 - 12-month Strength & Conditioning tailored program which includes 3 phases. Pre-Season, In-Season & Post-Season. Each phase will include Cardio, Strength & Prehab exercises.
 - Character Development sessions through guest speakers and seminars
- To develop a broader range of high-quality coaches State-wide
- To provide quality Regional development opportunities through program support and Camp visits.

PROGRAMMING:

Each Academy has been designed to align with an athlete's annual calendar with key events throughout the year. The programming gives athletes the opportunity to continue their development across a longer training period to maximise the ability to retain information and develop core skills.

Programs are age group specific. They have been designed in relation to an athlete's long-term development plan.



PLEASE NOTE

Being in the **Fire Academy** is not a prerequisite for **State Selection** nor does it guarantee future selection. All athletes wishing to nominate for State selection will need to do so by completing the separate State Team selection process. The selection process for all State Teams will be conducted through trials independent of each Academy program.

PROGRAM INCLUDES:

- High performance training environment in both Regional and Metropolitan areas which involves the best athletes in each age group across the state.
- High quality training sessions designed and run by HSA High Performance Department & experienced South Australian coaches.
- Continual development in injury prevention & fundamental movements through warmups.
- 12-month Strength & Conditioning program designed around an athlete's annual calendar (Pre-Season, In-Season & Post-Season). The program will focus on Cardio, Strength, Prehab & movement skills.
- Regular fitness testing to assist athletes in creating elite training habits and developing mental toughness.
- Technical skill development including but not limited to; Receiving, passing, leading, shooting and specialist skills.
- Tactical and structural awareness utilising match play and competitive scenarios.
- Technical & Tactical development to be aligned with Hockey South Australia's "Way of Play"
- Small sided games – Developing game sense in confined spaces
- High intensity full field match play
- State Team trial & selection preparation
- Local competition preparation and In-Season training.
- Athlete & Parent educational seminars to align with age specific needs.



FIRE ACADEMY TOUR

In 2020, all age groups (U13 – U18) completed a number of High-level matches against quality opposition ranging from U13 City v Country, U21 and Senior LSE Team of the Year & Super League teams.

These experiences were created to allow exposure to more high-quality matches whilst also replacing the missed opportunity of Nationals being cancelled.

Hockey South Australia is extremely excited in continuing these experiences in 2021 and beyond to allow exposure to high-level matches, new structures, play styles and friendships.

Due to the uncertainty of Hockey and the relevant events in 2021, official dates and times for the Fire Academy Tours are not yet confirmed. The Hockey South Australia High-

Performance Department will be monitoring the health restrictions and providing more details closer to the events.



U13

U13 AGE SPECIFIC PROGRAM DETAILS

ACADEMY INFORMATION	
Age:	(U13)
Metropolitan Placements:	Approx. 30 Male / 30 Female (incl GK's)
Academy Cost:	\$400.00 incl. GST
Contact Hours:	Over 20+ Hours
Regional Placements:	As deemed necessary from selection Criteria
Regional Academy Cost:	\$250.00 incl. GST
Contact Hours:	Over 20+ Hours



HOW DO I GET SELECTED INTO THE ACADEMY?

- Attend and be identified at either the Regional or U13 Metro Talent Identification Camp.
- Or
- Athletes born in relevant years who physically cannot attend the TID camp may apply for an exemption. Please note, this does not guarantee selection.

*Automatic selection is not available for U13 in 2021.

Uniforms: Athletes will have access to purchase uniform which is sold separately. Playing uniform will be compulsory whilst walkout gear is optional for purchase. 2021 uniforms will have the same design as last year, so families will not need to purchase playing kits that still fit.

New to the Fire Academy range in 2021 will be:

- Women's shorts
- Hoodies
- Jackets
- Tracksuit pants
- Beanies

Coaches: The Metro Academy coaching staff will consist of:

- 1-2 High Performance Staff
- 1 Lead Coach
- 3-4 Assistant Coaches (number will depend on 1:10 player / coach ratio)
- 1 Specialist GK Coach
- Developing Coaches

METROPOLITAN CALENDAR:

U13 MALE										
January	February	March	April	May	June	July	August	September	October	November
Wednesday 13th - Talent ID	Monday 1st - Squad announcements	Wednesday 10th 5:00pm - 7:00pm	Wednesday 21st - Academy Game Day	Wednesday 19th 6:00pm - 8:00pm		Tuesday 13th - Academy Game Day	Monday 23rd 5:00pm - 7:00pm	Wednesday 8th 6:00pm - 8:00pm		
				Monday 31st 5:00pm - 7:00pm		Monday 26th 6:00pm - 8:00pm				

U13 FEMALE										
January	February	March	April	May	June	July	August	September	October	November
Wednesday 13th - Talent ID	Monday 1st - Squad announcements	Wednesday 10th 6:00pm - 8:00pm	Wednesday 21st - Academy Game Day	Wednesday 19th 5:00pm - 7:00pm		Tuesday 13th - Academy Game Day	Monday 23rd 6:00pm - 8:00pm	Wednesday 8th 5:00pm - 7:00pm		
				Monday 31st 6:00pm - 8:00pm		Monday 26th 5:00pm - 7:00pm				

REGIONAL ACADEMY CALENDAR:

U13 Male & Female attend Regional Talent ID Camp in January School Holidays.

U13 Male & Female attend the Academy Game Days at the State Hockey Centre.

Please note, regional academy date and times will be confirmed by Regional Academy Coordinators. These dates will run similar to Metropolitan Academy.

U15

U15 AGE SPECIFIC PROGRAM DETAILS

ACADEMY INFORMATION	
Age:	(U15)
Metropolitan Placements:	Approx. 30 Male / 30 Female (incl GK's)
Academy Cost:	\$500.00 incl. GST
Contact Hours:	Over 28+ Hours
Regional Placements:	As deemed necessary from selection Criteria
Academy Cost:	\$250.00 incl. GST
Contact Hours:	Over 28+ Hours



HOW DO I GET SELECTED INTO THE ACADEMY?

- Attend and be identified at either the Regional or U15 Metro Talent Identification Camp.

Or

- Athletes born in relevant years who physically cannot attend the TID camp may apply for an exemption. Please note, this does not guarantee selection.

*Athletes selected in the 2021 SA U15 Teams (this does **NOT** include train-on players) will gain automatic entry into the Academy and will NOT need to attend Talent ID.

Uniforms: Athletes will have access to purchase uniform which is sold separately. Playing uniform will be compulsory whilst walkout gear is optional for purchase. 2021 uniforms will have the same design as last year, so families will not need to purchase playing kits that still fit.

New to the Fire Academy range in 2021 will be:

- Women's shorts
- Hoodies
- Jackets
- Tracksuit pants
- Beanies

Coaches: The Metro Academy coaching staff will consist of:

- 1-2 High Performance Staff
- 2 Assistant Coaches (number will depend on 1:10 player / coach ratio)
- 1 Specialist GK Coach
- Developing Coaches

METROPOLITAN CALENDAR:

U15 MALE										
January	February	March	April	May	June	July	August	September	October	November
Thursday 14th - Talent ID	Monday 1st - Squad announcements	Wednesday 3rd 7:00pm - 9:00pm			Monday 7th 7:00pm - 9:00pm	Monday 12th 5:30pm - 7:30pm	Monday 9th 7:00pm - 9:00pm		Monday 18th 5:30pm - 7:30pm	Monday 8th 5:30pm - 7:30pm
	Wednesday 17th 5:30pm - 7:30pm	Wednesday 24th 5:30pm - 7:30pm				Wednesday 14th - Academy Game Day			Monday 25th 7:00pm - 9:00pm	Monday 15th 7:00pm - 9:00pm
	Sunday 28th - Academy Game Day									

U15 FEMALE										
January	February	March	April	May	June	July	August	September	October	November
Thursday 14th - Talent ID	Monday 1st - Squad announcements	Wednesday 3rd 5:30pm - 7:30pm			Monday 7th 5:30pm - 7:30pm	Monday 12th 7:00pm - 9:00pm	Monday 9th 5:30pm - 7:30pm		Monday 18th 7:00pm - 9:00pm	Monday 8th 7:00pm - 9:00pm
	Wednesday 17th 7:00pm - 9:00pm	Wednesday 24th 7:00pm - 9:00pm				Wednesday 14th - Academy Game Day			Monday 25th 5:30pm - 7:30pm	Monday 15th 5:30pm - 7:30pm
	Sunday 28th - Academy Game Day									

REGIONAL ACADEMY CALENDAR:

U15 Male & Female attend Regional Talent ID Camp in January School Holidays.

U15 Male & Female attend the Academy Game Days at the State Hockey Centre.

Please note, regional academy date and times will be confirmed by Regional Academy Coordinators. These dates will run similar to Metropolitan Academy.

U18 AGE SPECIFIC PROGRAM DETAILS

ACADEMY INFORMATION	
Age:	(U18)
Metropolitan Placements:	Approx. 30 Male / 30 Female (incl GK's)
Academy Cost:	\$500.00 incl. GST
Contact Hours:	Over 28+ Hours
Regional Placements:	As deemed necessary from selection Criteria
Academy Cost:	\$250.00 incl. GST
Contact Hours:	Over 28+ Hours



HOW DO I GET SELECTED INTO THE ACADEMY?

- Attend and be identified at either the Regional or U18 Metro Talent Identification Camp.
- Or
- Athletes born in relevant years who physically cannot attend the TID camp may apply for an exemption. Please note, this does not guarantee selection.

*Athletes selected in the 2021 SA U18 Teams (this does **NOT** include train-on players) will gain automatic entry into the Academy and will NOT need to attend Talent ID.

Uniforms: Athletes will have access to purchase uniform which is sold separately. Playing uniform will be compulsory whilst walkout gear is optional for purchase. 2021 uniforms will have the same design as last year, so families will not need to purchase playing kits that still fit.

New to the Fire Academy range in 2021 will be:

- Women's shorts
- Hoodies
- Jackets
- Tracksuit pants
- Beanies
- Coach polo tops

Coaches: The Metro Academy Coaching staff will consist of:

- 1-2 High Performance Staff
- 1 Lead Coach
- 2-3 Assistant Coaches (number will depend on 1:10 player / coach ratio)
- 1 Specialist GK Coach
- Developing Coaches

METROPOLITAN CALENDAR:

U18 MALE										
January	February	March	April	May	June	July	August	September	October	November
Thursday 14th - Talent ID	Monday 1st - Squad announcements	Wednesday 17th 7:00pm - 9:00pm			Monday 21st 7:00pm - 9:00pm	Thursday 15th - Academy Game Day	Monday 16th 7:00pm - 9pm		Wednesday 20th 5:30pm - 7:30pm	Wednesday 10th 5:30pm - 7:30pm
	Wednesday 24th 5:30pm - 7:30pm	Wednesday 31st 5:30pm - 7:30pm				Monday 19th 5:30pm - 7:30pm			Wednesday 27th 7:00pm - 9:00pm	Wednesday 17th 7:00pm - 9:00pm
	Saturday 27th - Academy Game Day									

U18 FEMALE										
January	February	March	April	May	June	July	August	September	October	November
Thursday 14th - Talent ID	Monday 1st - Squad announcements	Wednesday 17th 5:30pm - 7:30pm			Monday 21st 5:30pm - 7:30pm	Thursday 15th - Academy Game Day	Monday 16th 5:30pm - 7:30pm		Wednesday 20th 7:00pm - 9:00pm	Wednesday 10th 7:00pm - 9:00pm
	Wednesday 24th 7:00pm - 9:00pm	Wednesday 31st 7:00pm - 9:00pm				Monday 19th 7:00pm - 9:00pm			Wednesday 27th 5:30pm - 7:30pm	Wednesday 17th 5:30pm - 7:30pm
	Saturday 27th - Academy Game Day									

REGIONAL ACADEMY CALENDAR:

U18 Male & Female attend Regional Talent ID Camp in January School Holidays.

U18 Male & Female attend the Academy Game Days at the State Hockey Centre.

Please note, regional academy date and times will be confirmed by Regional Academy Coordinators. These dates will run similar to Metropolitan Academy.

ACADEMY PILLARS OF DEVELOPMENT

SKILL DEVELOPMENT & DECISION MAKING

- Hockey Specific Technical Skills
- Hockey Specific Tactical Understanding
- Game Sense and Decision Making under pressure
- Adapting to new challenges

STRENGTH AND CONDITIONING

- Physical Performance Testing
- Adapting and overcoming mental challenges
- Injury Prevention Program
- Fundamental Movement Skills
- Core and Balance



CHARACTER DEVELOPMENT

Resilience: The courage and ability to overcome adversity.

We continually face challenges and often fail. Embracing challenges and understanding failing is the first step to improving is an essential when we are striving for excellence.

Citizenship: To be a good citizen in a team environment which enhances The Culture of Hockey SA and in result, improves performance.

The ability to embrace yourself and the team in an environment that will ultimately lead to success. These qualities include;

- Integrity
- Honesty
- Mateship
- Strong Morals

Creativity & Freedom: The license to have creativity and freedom in speech and action. Developing leadership qualities in young people; individuals have the responsibility and freedom to make decisions.

To feel comfortable showing individual flare and creativity whilst staying within a framework. Combining individual strengths as a collective in a team environment will ultimately lead to enjoyment and success.

Excellence: To strive for excellence as a team and individual.

As an individual and collective, we must strive for excellence in everything we do. The ability to push ourselves and each other with a shared goal whilst staying united at all times.

JUNIOR FIRE ACADEMY PROGRAM

AGE 8-12

AIM:

The core focus of the program is to develop every participant's basic hockey skills in preparation for pathway programs such as U13 Fire Academy and junior State Teams. This includes thorough technical skill development in a range of passing, receiving, shooting, ball carrying, elimination and defending techniques.

Young Goal Keepers will have an opportunity to develop saves in a range of scenarios such as shots, in close saves, slides/ dives and clearances. Goal Keepers will have a key focus on preparation/ positioning, decision making, balance/ readiness, technique in save and recovery.

The sessions will have specific technical skill focuses, ensuring athletes have fluency in their movement capabilities in areas such as footwork, balance, body position, acceleration and change of pace.

In addition, the program will include practicing skills in small/ modified game situations to ensure athletes develop experience performing skills with 'game like' pressures to enhance awareness, ability to adjust according to time/ space, deception and decision-making skills.

Coaches

This program will be delivered by Adelaide Fire Players and Hockey SA Coaches. Club/ Association hosts are encouraged to supply volunteer assistant or helper coaches to support the program and management of young players.

How do clubs/ associations deliver a Junior Fire Academy?

Clubs and Associations will be sent an email in January. They must complete the survey by Feb 28th.

METROPOLITAN CLUB

6-Session (1.5 hour) program

*Note this may not be delivered in 6 consecutive weeks due to coach and pitch availability. Calendars to be a collaboration between HSA and Clubs.

Metro Club Cost per player: approx. \$120

*Note costs may be increased due to individual club/ association pitch hire costs.

REGIONAL ASSOCIATION

Program TBC

*Note this may be delivered in various formats such as once off sessions, over a weekend or on consecutive days to line up with Coach availability. Training Calendars to be a collaboration between HSA and Clubs.

Regional Association Cost: TBC

*Costs will vary, dependant on number of sessions and coach availability

TALENT ID CAMPS

Talent ID Camps are a 1-day program which combines intensive skill & tactical development in a competitive environment. Throughout the camp there will be skill development drills & modified games. The camp provides athletes the opportunity to not only improve as a player, but to be identified by Academy Selectors and the High-Performance Staff for selection into the Fire Academy.

HOW DO I REGISTER FOR TALENT ID CAMPS?

Talent ID Camp information and link to registration portal will be available on the Hockey SA website and other social media channels. An email will be sent to all clubs & associations with relevant Talent ID Camp Information.

REGIONAL TALENT ID CAMP DATES:

Academy	Gender	Gender	Location	Date	Time
LSE	U13	Male & Female	Mount Gambier	Friday, January 15th	10:00 am – 1:00 pm
LSE	U18	Male & Female	Mount Gambier	Friday, January 15th	2:00 pm – 5:00 pm
Naracoorte	U13	Male & Female	Naracoorte	Wednesday, January 20th	8:00 am – 11:00 am
Naracoorte	U15 & U18	Male & Female	Naracoorte	Wednesday, January 20th	12:00 pm – 3:00 pm
Port Lincoln	U13	Male & Female	Port Lincoln	Sunday, January 24th	8:00 am – 11:00 am
Port Lincoln	U15 & U18	Male & Female	Port Lincoln	Sunday, January 24th	12:00 pm – 3:00 pm
Whyalla	U13, U15 & U18	Male & Female	Whyalla	Sunday, January 10th	9:00 am – 12:00 pm
Barossa	U13	Male & Female	Nuriootpa	Saturday, January 16th	8:00 am – 11:00 am
Barossa	U15 & U18	Male & Female	Nuriootpa	Saturday, January 16th	12:00 pm – 3:00 pm
Riverland	U13, U15 & U18	Male & Female	Berri	Sunday, January 24th	5:00 pm – 8:00 pm
Yorke Peninsula	U13, U15 & U18	Male & Female	Kadina	Sunday, January 17th	8:00 am – 10:30 am
Port Pirie	U13, U15 & U18	Male & Female	Port Pirie	Wednesday, January 13th	5:00 pm – 8:00 pm

***Please note: In the circumstance a session has to be postponed due to heat, the respective RFA will be in contact with a replacement date. (All Talent ID sessions to be completed in January 2021).**

METROPOLITAN TALENT ID CAMP DATES:

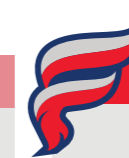
Academy	Gender	Location	Date
U13 Metro	Male & Female	State Hockey Centre, Adelaide	Wednesday, January 13th
U15 Metro	Male & Female	State Hockey Centre, Adelaide	Thursday, January 14th
U18 Metro	Male & Female	State Hockey Centre, Adelaide	Thursday, January 14th

***Please note: Due to the risk of heat being above 36° in January. The following week, Jan 18th – 22nd will be made available for makeup sessions.**



NOTE

NOTE: Talent ID is the only entry point into the Fire Academy if you have not gained automatic entry through selection in the relevant State Teams. State Team athletes are still encouraged to attend.



NOTE

Talent ID Camps will provide athletes the opportunity to showcase their skills & tactical knowledge in front of High-Performance Staff & Regional Fire Academy Staff. Information gathered may be used during State Trial Processes.



NOTE

NOTE: Talent ID Camps are anticipated to sell out as spots are limited.



FREQUENTLY ASKED QUESTIONS

WHAT IS THE FIRE ACADEMY?

The Fire Academy is Hockey South Australia's Development & High-Performance program run by the High-Performance Department.

HOW DO I GET SELECTED INTO THE FIRE ACADEMY?

There are two ways to be selected into the Academy.

- 1) Attend Talent ID Camps.
- 2) Gain automatic selection by being a part of relevant 2021 State Teams

Further details can be found in the Fire Academy booklet.

WHAT OTHER DEVELOPMENT IS AVAILABLE IF I DO NOT MAKE THE ACADEMY?

Skill development days may be organised during school holidays depending on other scheduled events. The Hockey SA High-Performance & Game Development Department will be working closely with local clubs to assist in further development opportunities for athletes.

Talent ID Camps are a regular event in the Hockey SA calendar. We encourage athletes who are currently not successful in selection to participate in future Talent ID Camps.

WHAT IS TALENT ID CAMP?

Talent ID Camp is a 1-day program which combines intensive skill & tactical development in a competitive environment. Throughout the camp there will be small modified games and full field match play. Talent ID Camp is the primary selection point for athletes wishing to be involved in the Fire Academy.

DO GOALKEEPERS ATTEND TALENT ID CAMP?

Yes. Goalkeepers most certainly attend Talent ID Camp. Specialist Goalkeeper coaching will be available at select Talent ID Camps. Goalkeepers will also be involved in field drills/ match play. Selection into the Academy will be made after a performance evaluation.

HOW CAN I BE SELECTED INTO THE ACADEMY IF I CAN'T MAKE TALENT ID CAMP?

In the circumstance that an athlete cannot attend Talent ID Camp, they will need to complete an Academy Exemption Form. This form will need to include appropriate information attached outlining reasoning why you were unable to attend and why selection should be granted. This form can be found on the Hockey SA website.

IS THERE GOALKEEPER DEVELOPMENT IN THE ACADEMY?

Yes. There will be a specialist goalkeeper coach involved in each Metro Academy age group. Regional Academies may have access to a specialist goalkeeper coach, however will always be involved in drills and match play.

HOW WILL THE FIRE ACADEMY HELP WITH MY STRENGTH & FITNESS?

The Fire Academy will incorporate Strength & Conditioning in all sessions utilising gym equipment, programs & facilities (if available).

All age groups will undertake physical conditioning throughout the program, relevant to age group capacity.



