### SENIOR PROGRAMMES









## Programme

### PERFORMANCE TIER 1

- 6 Week Training Block (1.5hr sessions)
- Aligned with HNZ RTE Content.
- Possible Blacksticks coach visits and input
- S&C Support
- Options for small group sessions
- Active Health Physiotherapy
- Discounts\*
- Access to support services

### **DEVELOPMENT TIER 2**

- 6 Week Training Block (1.5hr
   Session)
- Preparation towards NHC Tier 2
   Trials / campaign aligned with Tier
   1 content
- Extra quality session per week
- S&C Support
- Active Health Physiotherapy
- Discounts \*
- Access to support services
- Opportunities to train with Tier



https://www.waikatohockey.org.nz/

# **Timeline - 2024**





#### March

April - June

Coach appointments made.

Programme Invites/ Registrations 6 week training block -6th May - 17th June @ WHA



#### June / July

NHC Trials - 24th June & 1st July NHC Programme starts - July



#### September

NHC Tournament 15th - 21st Palmerston North



# Timeline - Extra Performance



October

FBS Camp / U21 international Competition



November

PHL Competition



December

International Competitions, JWC, BSM & BSW



# Mens Coaches

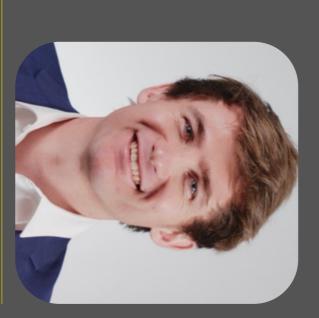
Coach - James Grant

Coach - Stu Pitu

Coach - Ben Tanner









# Womens Coaches

Coach - Natasha Brill

Coach - Carla Johl

Coach - Jo Scott









Register to be part of Men's Senior
Programme

Tier 1 - Register/Selected

Tier 2 - Register/ Selected

Register on Play HQ

Registrations close Thursday 2nd May
Cost: \$75





Register to be part of Women's Senior Programme

Tier 1-Register/ Selected

Tier 2 - Register / Selected

Register on Play HQ

Registrations close Thursday 2nd
May

Cost: \$75



### **ACTIVE HEALTH**

Active Health's partnership with Waikato Hockey means that you get a FREE initial consult on any ACC related issue and 20% off ACC surcharges thereafter. The 20% discount also relates to any Private consultations.

Active Health has 2 locations in Hamilton – 243 Ulster St, Whitiora and 105 Thomas Road, Rototuna.

Contact them on 07 838 3262, thomasrd@activehealth.co.nz

www.activehealth.co.nz



#### S&C Support

Gym Use \* Specific times in the week only. Wintec S&C Programme

