

WAIKATO SENIOR PROGRAMMES



Purpose

- Establish a robust supportive training environment for players within the Waikato.
- Provide development and performance pathways for our WHA athletes.
- Grow the base and increase the quality of players
- Provide performance coaching within the region
- Develop a two tiered approach to increase training support for more players across our region.
- Tier 1 - Performance based players
- Tier 2 - Potential Performance /Development Players / Club players



Tier 1

- Provide players with a Regional Training Environment (RTE) with alignment to Blacksticks training and fitness concepts
- Possible Blacksticks coach visits and input.
- Provide athletes with access to support & services (IPP, Mental skills, S&C Physio)
- Prepare athletes for NHC Trials/ Campaign



Tier2

- Provide club and a developing players with an extra quality training session weekly.
- Develop technical skills and tactical knowledge
- Provide athletes with access to support & services (IPP, Mental skills, S&C Physio)
- Prepare athletes for NHC Trials/ Campaign



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 1



Timeline - 2024



March

Coach appointments made.



April - June

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, Whitiara and 105 Thomas Road, Rototuna.

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

www.activehealth.co.nz



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

S&C Support

Wintec S&C Programme

Gym Use * Specific times in the week only.

