



Annual Training Academy Weekend

Underwater Hockey Australia
2020 Annual Training Academy Weekend
for Age Games Players – U19 & U24

For junior and young adult athletes who are
currently or aiming to represent

Coaching, Theory, Nutrition, Mentoring

Applications will be open during Nationals 2020

Saturday 30th – Sunday 31st May
Gold Coast Aquatic Centre



ANNUAL TRAINING ACADEMY WEEKEND FOR AGE PLAYERS

Saturday 30th & Sunday 31st May, 2020
GOLD COAST AQUATIC CENTRE, QLD

IMPORTANT INFORMATION

- PLAYER APPLICATIONS TO ATTEND CAMP ARE TO BE SUBMITTED VIA YOUR STATE REP OR AGE GAMES (UHA APPOINTED) COACHES DURING NATIONALS JANUARY 2020 (LATER NOMINATIONS WILL BE ACCEPTED)
- BOOK FLIGHTS TO ARRIVE **FRIDAY AFTER 12NOON** AND TO DEPART AFTER **5PM> SUNDAY**
- PLAYERS MAY STAY SUNDAY NIGHT AND FLY HOME MONDAY (WA = PUBLIC HOLIDAY, THIS WILL COST \$35.00 FOR THE EXTRA NIGHT)
- PLAYERS ARE RESPONSIBLE FOR BOOKING AND PAYING FOR THEIR OWN FLIGHTS
- PAYMENT OF THE WEEKEND IN FULL TO BE MADE BY THE **15TH APRIL 2020**
- ALL PLAYERS ARE TO SIGN A CODE OF CONDUCT FORM
- PARENTAL CONSENT WILL BE REQUIRED FOR U18
- COACHES TO SUBMIT CAMP ITINERARY/OUTLINE TO THE COORDINATOR BY END OF APRIL TO ENSURE THE REQUIRED RESOURCES ARE ORGANISED
- U18 ATHLETES WILL TRAVEL IN THEIR STATE GROUPINGS WITH A CHAPERONE

ATHLETE PACK LIST

- ✚ HOCKEY EQUIPMENT (2 of each colour bats + spare mask + fins)
- ✚ BATHERS / 2 X TOWEL
- ✚ WATER BOTTLE
- ✚ HYDRALYTE & SUNSCREEN
- ✚ NOTE PAD
- ✚ SPENDING MONEY (\$40)

PRELIMINARY COSTINGS

Location: Gold Coast Aquatic Centre *Based on 40 players

ITEM	TOTAL (2 DAYS)	INDIVIDUAL COST (2 DAYS)
Pool Hire	\$1,364.00	\$34.10
Room Hire (\$50 per hour x 6hrs approx.)	\$300.00	\$7.50
Transport / 25 seater Bus	\$960.00	\$24.00
Accommodation (Alpha Hotel, \$142 4ppl per night)	\$2,840.00	\$70.00
Food @ \$30per person per day	>	\$60.00
COACH LEVY (\$154 X 4 Coaches) accom/meals/transport	\$616.00	\$15.40
COACH LEVY (4 Coaches) flight subsidy	UHA	UHA
COST PER PLAYER NOT INCLUDING FLIGHTS		\$211.00

Athletes must book and pay for their own flights. Coach attendance will be subsidised by the UHA.

ATHLETES ARRIVE FRIDAY EVENING. DINNER PROVIDED.

FRIDAY EVENING: MENTOR SESSION

DRAFT SCHEDULE Saturday		Group 1 – U24 Men	Coach: TBA
		Group 2 – U24 Women	Coach: TBA
		Group 3 – U19 Men	Coach: TBA
		Group 4 – U19 Women	Coach: TBA
TIME	TWO COURTS + MEETING ROOM + ALLOCATED LUNCH / SNACK TIMES		
07.00 – 08.00	Breakfast		
08.00 – 09.00	Transport to pool		
09.00 – 10.00	Welcome : Program : Expectations		
10.00 - 04.00	IN WATER TIME / THEORY / LUNCH (6 hours)		
04.00 – 04.30	Get changed		
04.30 – 05.00	Presentation: <i>Nutritionist</i>		
05.00 – 05.30	Presentation: <i>Physio</i>		
06.00 – 06.30	Transport to accommodation		
07.00 – 08.00	Dinner		
08.00 – 08.30	Clean up & Free Time		

DRAFT SCHEDULE Sunday		Group 1 – U24 Men	Coach: TBA
		Group 2 – U24 Women	Coach: TBA
		Group 3 – U19 Men	Coach: TBA
		Group 4 – U19 Women	Coach: TBA
TIME	TWO COURTS + MEETING ROOM + ALLOCATED LUNCH / SNACK TIMES		
06.00 – 07.00	Breakfast		
07.00 – 07.30	Transport to pool		
08.00 – 02.00	IN WATER TIME / THEORY / LUNCH (6 hours)		
02.00 – 02.30	Get changed		
02.30 – 03.00	DEBRIEF		
04.00 onwards	Transport to Airport AND/OR Accommodation		
TIME ALLOCATION SUMMARY		WATER TIME	THEORY
ALL GROUPS (ESTIMATE ONLY)		8hrs	4hrs
			PRESENTATIONS
			1hr

Note: WA Players may wish to stay an extra night and fly home on Monday as it is WA Public Holiday.
NOTE: SCHEDULE SUBJECT TO CHANGE DEPENDING ON COACH REQUIREMENTS AND NUMBERS.

WEEKEND COORDINATOR: SEAN HARTLEY – shart52@eq.edu.au
 FURTHER INFORMATION: EDEN BROWN edenbrown63@yahoo.com OR
 NICK MARTYN director@underwaterhockeyaustralia.org.au