

Australia Underwater Hockey
Athlete Selection Criteria for the
2023 CMAS World Championships, Gold Coast ~ July 18th to 30th

For Elite Women, Masters Women and Master's Men's

A. Hockey Skills:

- High level of puck control -- Ability to apply skills to games
- Flicking -- Passing under pressure in a wide range of passing situations / with deception
- Maintaining possession in confined area
- Execute team--oriented decisions under pressure;
- Scoring and assisting to score goals
- Closing down opposition players
- Creating support position for team player with the puck
- Tackling skills to create possession turnover
- Read the play and set up passages of play

B. Specific Positional Attributes we will be looking for:

FORWARDS

- Possession
- Puck---line running and double---teaming
- Re---positioning skills to maximise team defence

BACKS

- Initiate drives and able to give your forwards time to position
- Ability to take risks, swim into space and switch under pressure

C. Physical Characteristics:

- Work rate demonstrated during game play
- Speed on and off the puck

D. Personal Characteristics:

- Works effectively within a team unit
- Focused during practices
- Level---headed during games
- Executes game plan
- Positive attitude
- Effective communication
- Demonstrated ability to train effectively
- Commitment to training camps will be highly considered

For Elite Men

Aim: Select the 12 players most likely to win the worlds comp.

Criteria:

- Ability to help the team win UWH games
- Fitness and Speed
- Skills – puck control for team possession, flicking effectively, catching, curling
- Game judgement
- Best connected team in and out of the water
- Mental toughness

Aiming to conduct some individual testing before the start of the RR at nationals 2023.

For all teams Individual Fitness Testing may be implemented as follows (or similar)

The following tests are designed to be objective and gain insight on individual abilities, but unfortunately, they don't necessarily translate to game playing ability. Maybe they are worth approx 20% of the total. We aim to allow a players to demonstrate fitness, speed and skill in a like for like comparison.

- **Fitness – Total time to swim 10 x 25m under water.** Take as much rest as you need for you must complete the full 25m without breath. Elite players should cope with 30secs per 25m including rest (300 sec total). Details of the rules – snorkel under water before fins leave the wall, touch 25 before breathing. It will be more exact in a 25m pool but you can practice it in a 50m pool. Please don't practice this without a friend in case you black out. Replaces the old beep test.
- **Measure the average distance of your flick.** The T line starts 2m from the wall. Count all flicks. No rollers allowed, start again. Flick the puck from where it stops. The other wall is there for 23 (for 25m pool) or 48m distant. Once near the finish end you either need to estimate a portion of a flick remaining (e.g., took 14 and a quarter flicks) or measure/estimate the distance to subtract from 48m (e.g. less 30 cm). You can test your own improvement over time. Once we are all in the same pool with the same puck we can compare more fairly.
- **Puck control.** Selector(s) will watch and score everyone, it's a totally subjective test. The drill is push-pull the puck whilst rotating the body 360deg clockwise, might be 6-8 push pulls. Take some breath then do anticlockwise. Extra point for no breath. We are looking for puck control at speed, watch puck in peripheral vision only (don't move head up and down staring at it). This exercise is a great one to practice before or after each swim session.
- **Agility/speed.** Time trial. Start on the wall touching surface, then touch lane line 2 (on the bottom) then back to the wall at the surface. Repeat for lanes 2,3,4,4,3,2 time stops when you touch the wall.

TRAINING CAMPS & SELECTION TRIALS

Assessment

- Athletes will be evaluated during games at the National Championships and selection trials.
- This evaluation will be based on the above criteria. Selectors may rank the athletes. State coaches may be consulted.
- Attendance to the training camp(s) after squad selections are compulsory except in the case of an emergency.
- Fitness testing will be taken into consideration.
- An Additional Selection Criteria Rating (self-assessment and coach assessment) may be taken into consideration.

Process

- Trials will take place at the Nationals in Bunbury, WA on Saturday 21st January between 2.30 and 5pm.
- All athletes are required to apply before the first game of the National Championships where selection will be undertaken.
- Before trialling all athletes must pay a deposit of \$600.00. Those not selected into the final Squad will receive an immediate refund. **Bank account details: Account Name: UWH Worlds 2020 | BSB: 037-014 Acc Num: 252232**
- Team Managers will circulate a provisional budget and payment schedule at least one month prior to Nationals.
- Trials will comprise selection of 12 players with a maximum of 2 postal votes allowed per team and the naming of 2 reserves. If the 12 players are not clear we may select up to 15 players and finalise the team at Camp 2.
- The Team will be announced at a suitable time following selections
- A ranked list of up to four reserve athletes (including the first 2 emergencies) will be named after the Team has been finalised. Only when the list of ranked reserve athletes has been exhausted can an alternative UWH Commission approved process can be developed and implemented.

Note: there is some discussion about holding a preliminary selection trial pre-comp (on Monday 16th Jan) but this will be confirmed closer to the time. The final trial on the 21st will remain in place either way.

Selectors

- Two UHA approved selectors (preference given to those who can attend any training camps and selection trials however this is not guaranteed, and selectors may change between the two processes).
- The coach will comprise one Selector role.
- Preference will be given to ensure selectors are from different states.

Camp 1 - AUS Training Squad Development (Camp 1 is not compulsory but an opportunity to learn)

Elite Women	3-4 th September 2022	Hobart with billeting
Elite Men	12-13 th November 2022	Perth with billeting
Masters Women	8-9 th October 2022	Perth with billeting
Masters Men	To be advised	

Camp 2 – AUS TEAM TRAINING

Anticipated around February / March – preferred venue: Gold Coast.

Camp 3 – PRE-WORLDS TRAINING

Jul 16th – 18th at venue Gold Coast

Note that all Camp Costs will be equalised by those in attendance.

The aim is to select the players with the highest effectiveness to assist the team to win elite level competition hockey and to do Australia proud with their conduct throughout the journey, in and out of the water.

Elite Women's Coach	Arnold Picolli	Arnie.picc@gmail.com	0417 096 275
Elite Men's Coach	Greg Bush	greg.bush@rpsgroup.com.au	0488 333 694
Masters Women's Coach	Greg Stinson	stino.gp@gmail.com	0403 410 235
Masters Men's Coach	Jason Miezis	miezis@hotmail.com	0408 941 851

Team Managers:

Mike Martyn / Andrew Robert-Tissot manager@underwaterhockeyaustralia.org.au

Eligibility (for Masters)

Minimum age is 32 and players must have attained her 32nd birthday on or before the first match of the competition. There is no upper age limit. Athletes must either: Hold citizenship of the country for which they are intending to play; OR Submit proof that they have been resident in that country for a minimum of 12 months in the previous 18 months (prior to the competition).