



Wellington Underwater Hockey Association Inc

2023
WUHA
U18
WELCOME PACK

Coaches:

- U18 Women:
 - A - James Keating
 - B - Abigail Burdon
 - Assistant coach - Kathryn Davies
- U18 Men:
 - A - Clark Samuel
 - B - James Davies
 - Assistant coach - Fergus Bewley
- Coach development support
 - Nick Healy
 - Angela Whiteman

Table of Contents

1. Welcome to the U18 Squad.....	3
2. What you need to do now.....	3
3. What your commitment to U18s will involve.....	3
You must pay your Trial Fee before the first training session.....	4
You must be available for the U18 Tournament and Training nights.....	4
You must complete a minimum of TWO Mini UWH League nights.....	4
You need to budget for and pay all expenses when invoiced by WUHA.....	4
4. Training and selection.....	4
Training.....	4
Selection.....	5
5. Schedule.....	5
6. Draft Budget.....	6
Trial Fee.....	6
Playing Squad Fees.....	6
Payment.....	6
Mini UWH League.....	7
7. Code of Conduct and Expectations.....	7
Squad Rules.....	7
Goals.....	7
What to expect from the Coaches:.....	8
What is expected from the Players:.....	8
Behaviour.....	8
8. Training: Fitness Sessions – 2 sessions per week.....	9
9. UWHNZ Tournaments.....	10
International Tournaments.....	10
10. WUHA Social Media.....	10
WUHA Squad Member Uniform Form.....	11
Delfina Togs Size Charts.....	12
WUHA Squad Member/Parent Code of Conduct Form.....	13

1. Welcome to the U18 Squad

Congratulations on your selection to trial for the Central Zones U18 squad!

WUHA is delighted to be supporting the players, coaches and managers to prepare for the national tournament. Selection for the U18 squad is a great recognition of the work that you have done, along with your coaches and team members to develop fitness, skills and playing experience. Well done! And we'd also like to thank your family and other support crew who get you and your gear to the pool and support you to be at your best for training and competitions – you're going to need them as you train for the next few months.

2. What you need to do now

Please read this document carefully and share it with your parents/bill-payers.

You and your parent/bill-payer must fill out the:

- WUHA Squad Registration Form (google form)

You and your parent/bill-payer must fill out and sign the:

- WUHA Squad Member/Parent Code of Conduct Form

This must be provided to Annette Jarvis (WUHA Schools lead) at or before the first training session.

3. What your commitment to U18s will involve

There are four key steps ahead:

1. Full squad trials
2. Selection of the Playing Squad
3. Selection of the A and B Teams
4. Competition

WUHA and your coaching teams have high expectations of you, based on the work you have already done to be selected. However, you will need to work hard, attend your training sessions and do additional fitness work to reach the level required for competing at the national level. Competing at this level, against the best age group players across Aotearoa New Zealand requires you to develop new skills and a higher level of fitness – and we want every team to compete well in every game.

We also expect you to take responsibility for yourself, to know your training requirements (and keep your parents informed), to talk to your coach if you are injured or unwell, and to always abide by the UWHNZ Code of Conduct.

Some of the key expectations are set out below. If you are unsure about whether you can commit to the expectations and requirements of squad members, please talk to your coach. Wherever

possible, WUHA will work with you and your family to support your involvement in the squad. However, if you know now that you have other commitments that mean you will not be able to participate fully, please let your coach know – they may still want you to participate in the squad to help your future development at this level.

You must pay your Trial Fee before the first training session

The Trial Fee is \$60.00. This covers the cost of pool hire for trialling. All squad members must pay before the first training session and the Trial Fee is not refundable.

You must be available for the U18 Tournament and Training nights

The Tournament dates and training schedule are provided below. You must be available to attend the scheduled activities, unless injured or unwell. Your coach may grant you an exemption from training in exceptional circumstances, so talk to them if there is a genuine need to be absent. If you have other academic, sporting or family commitments that impact on your ability to train or attend the tournament, please discuss with your coach as early as possible, so that you don't adversely affect the Central Zone teams' development and competition.

You must complete a minimum of TWO Mini UWH League nights

WUHA provides funding for the Team Entry Fee and Referee Fee for the U18 Tournament. We expect all squad members to support the development of our younger players by coaching at Mini UWH League nights. This is a great opportunity to be a role model for future players and to have some fun teaching the kids what a great sport UWH is. Players who do not complete TWO Mini UWH Leagues may not be eligible for selection, so we encourage everyone to book in and complete your Leagues before exams and other pressure come on.

You need to budget for and pay all expenses when invoiced by WUHA

You should expect to pay between \$300-620 if selected for a playing team (depending on optional items such as uniform and bags). The tournament is in Wellington, so we won't have to budget for travel and accommodation, but we will have a travel equalisation cost to share the overall costs for travelling teams.

4. Training and selection

Training

Your commitment to training will be a key factor in how well you do through the trials. Your coaches will see very quickly if you are not completing the fitness work that they set for you, or the skills drills that are essential for the level and game plan that the coaches set.

You can add to the trial nights and fitness work with schools' training/competition and club competition. If you are not already playing for a club, we would encourage you to join a club and get the additional support and game time with more experienced players. Competing in the National Club Championships can also be a good opportunity to get additional competition game time (but maybe skip the tournament social event to avoid covid!).

If you are keen and enthusiastic and put the effort in, you will see the results and will be in the running for selection to the Playing Squad and ultimately the team that you aspire to play for. Only

you can decide how much work to put in – your coaches will give you plenty of feedback, it’s up to you how you use it.

Selection

The coaches will have core expectations that they are looking for:

- **Fitness:** are you fit enough to be constantly competitive in the pool, with strength and speed appropriate to your position
- **Skills:** do you have an excellent set of core skills, particularly in terms of puck control, clean tackling (and back tackling) and strong turns while protecting the puck and passing
- **Decision-making:** are you fit enough and focused on the game plan so that you make good decisions on attack and defence
- **Team tactics/game plan:** can you stick with the game plan and formation and build the teamwork so that you are consistent and reliable under pressure
- **Managing yourself:** are you managing good nutrition and keeping hydrated, balancing rest/recovery with training, being organised and keeping in a good headspace

There will be some trialists who won’t make the Playing Squad and some trialists who might not end up in their preferred team. The coaches will have some hard decisions to make, based on creating the strongest teams for the national competition. We want you to get the most you can out of trialling – to learn lots and even if you don’t get selected, to take new skills and experiences into your next level of UWH.

5. Schedule

Acceptance of Squad Selection:	Have filled out the Squad Registration Form (google form), Code of Conduct Form and paid the trial fee of \$60 (this fee is non-refundable). NOTE that this trial fee covers all costs up until the teams are named. The form can be handed in at Schools to a WUHA committee member or emailed to chair@wuha.org.nz
Mini UWH League:	You are required to coach at two of these evenings. Mini UWH league runs from 4pm-9pm on a Saturday at Huia. Please make sure you sign up for 2 leagues. If you do not do your 2 minis you may not be eligible for selection. Records of attendees are kept. If you opt to do a mini held after the U18 tournament and you don’t show up, you will be charged for your share of the tournament fees (approximately \$150)
Trial/Training nights:	Trial/Training nights will be on Tuesdays and Fridays until Tournament. Coaches may organise separate fitness sessions. Players will be advised if these sessions go ahead. Those players who do not turn up without contacting their coach with a valid reason at least 24 hours before the session may not be eligible for selection.
Tournament: 21-23 October	NZ U18 Interzones Tournament to be held in Wellington

6. Draft Budget

This is prepared at the maximum levels so that the players know the highest amount of money required for the tournament. This is a draft budget and full costs will not be known until after the tournament.

Trial Fee

All trialists must pay the Trial Fee before the first training session. The Trial Fee is not refundable.

Playing Squad Fees

All players will be invoiced before the Tournament for togs, uniform and bag, as well as an initial amount for other squad costs. Final invoices will be sent out once the full Tournament costs have been confirmed.

We appreciate your help in paying these fees as soon as you receive your invoices – we try to keep the costs as low as possible, and all the coaches, managers and WUHA Committee members are volunteers who are working in their own time to support UWH and the players. Chasing up unpaid invoices is a job we really prefer not to have to do! If financial circumstances are going to be a barrier to your participation, please discuss this with your coach or with the WUHA Treasurer as soon as possible.

Item	Per Male Player	Per Female Player	Note
Trial Fee	\$60.00	\$60.00	Paid by all trialists
Team Entry and Referee Fee	\$150.00	\$150.00	Covered by WUHA*
Togs	\$60.00	\$90.00	If you have the new yellow Central Zone togs you will be able to use these again.
Team Uniform	\$105.00	\$105.00	Team uniform consists of a tee (compulsory) and singlet and hoodie (both optional): Tee - \$30, Singlet - \$25, Hoodie - \$50
Food	\$35.00	\$35.00	
Manager/coaches uniform and gift	\$30.00	\$30.00	
Other	\$40.00	\$40.00	
UWH Bag	\$110.00	\$110.00	Optional
Maximum cost per player	\$590.00	\$620.00	* Including entry/referee fee – this will be reduced by \$75 if you do 1 mini or \$150 if you do 2 minis

Payment

Please pay the Trial Fee and other invoices to:

Account Name: Wellington Underwater Hockey Association
Account Number: 38 – 9011 – 0872374 – 00
Reference: Your name U18

Mini UWH League

Coaching at Mini UWH League is compulsory. Players who do not turn up to coach Mini UWH League will either be dropped from the squad or you will be charged \$150 (if you don't do any minis and \$75 if you do 1). The earlier you complete your Mini UWH League the easier it will be. We do record Mini UWH League attendance so we will know if you haven't done your 2 slots.

Term 3

Date	Event Description	Venue	Time
Sat 5th August 2023	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 19th August 2023	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 26th August 2023	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 9th September 2023	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM

Term 4

Date	Event Description	Venue	Time
Sat 28th October 2023	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 4th November 2023	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 18th November 2023	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM
Sat 25th November 2023	Mini UWH League Night	Huia Pool, Lower Hutt	4:30PM till 9:30PM

7. Code of Conduct and Expectations

We want to support you to have a great experience trialling and playing for the Central Zone.

Squad Rules

- You are a Wellington UWH representative – bring a great attitude every day
- Be on time, prepared, with all your kit, food and water
- Treat all players, coaches, officials and pool staff with respect
- Pay your bills on time

Goals

- Perform to the best of your ability
- Improve individual and team performance
- Win games
- Win the tournament
- Enhance everyone's reputation as a player
- Honour the reputation of the Central UWH Teams
- Set the behavioural standard for Underwater Hockey teams
- Have some fun!

Take the time to think about what these goals mean to you. We will discuss them further at the trials and set individual and team goals. Let's have fun and enjoy ourselves – but not at others expense. Having fun is one of our goals but will be a hollow success if we fail on all the others.

What to expect from the Coaches:

- Leadership
- Developing the team with a planned approach
- Provide direction for the team, and for individuals
- Communication
 - listen to suggestions
 - give feedback to team/individuals
 - up front
 - develop player/coach relationships
- Consistency of decision making
- Encouragement and a positive attitude
- Personal dedication
- Social cohesion, build team spirit
- Honesty and integrity
- Motivation, provide purpose for the team /individuals
- Don't carry people if they aren't doing the work

What is expected from the Players:

- Do all the training – be totally fit
- Prepared to make sacrifices/compromises and be dedicated
- Full cooperation with coaches
- Accept criticism
- Honesty – in training/effort
- Total commitment/focus on what they are doing and trying to achieve
- Respect for Coaches, Managers, and other players
- To give 100% – set personal goals to achieve (push yourself)
- Open minded to new ideas/do what is asked/ be willing to learn
- Have confidence in the coaches and other team members after all you can't succeed as a team without them!
- Perform to the best of your ability at the competition and do your very best to win gold in your competition

Behaviour

There are some specific areas of behaviour that are completely unacceptable and violate our Code of Conduct:

- **Drinking** – These teams are U18, as such the drinking of alcohol, by minors, is against the law and will not be tolerated in any way. As this is an U18 tournament, we expect ALL players selected for the teams to abstain from drinking, particularly in the lead up to tournament, and especially at the tournament.
- **Drugs** – Drugs are illegal and will not be tolerated in any way.
- **Other illegal behaviour** – Including driving offences (taking passengers while on Learners or Restricted licence) or aviation laws when travelling for competitions
- **Bringing the Game of Underwater Hockey into Disrepute** - Any player deemed by the WUHA committee to have brought the game of Underwater Hockey into disrepute will be suspended from playing in WUHA and UWHNZ Sanctioned events for a minimum period of 2 years. You have been warned!!

8. Training: Fitness Sessions – 2 sessions per week

Endurance	Extra for Expert	Solid Foundations	Learning the Ropes
Warm Up			
FLABs - 100m broken into each length (Freestyle, Legs, Arms, Bumps)	4 x through 6-7mins to finish	4 x through 6-7mins to finish	4 x through 7-8mins to finish
Main Sets			
100m half'n'halves	10 x leaving on 1:30 Aim 1:00-1:10	10 x leaving on 1:30 Aim 1:10-1:20	8 x leaving on 1:45 Aim 1:15-1:25
50m kick	8 x leaving on 1:00 Aim 40-45	8 x leaving on 1:00 Aim 45-50	8 x leaving on 1:15 Aim 45-50
100m single arm free (left there, right back)	6 x leaving on 1:45 Aim <1:20	5 x leaving on 2:00 Aim 1:20-1:30	4 x leaving on 2:15 Aim 1:30-1:40
200m under/overs	4 x leaving on 3:00 Aim 2:15-2:25	4 x leaving on 3:00 Aim 2:25-2:35	4 x leaving on 3:30 Aim 2:35-2:50
Warm Down			
200m no fins, any stroke	smooth and slow	smooth and slow	smooth and slow

Speed	Extra for Expert	Solid Foundations	Learning the Ropes
Warm Up			
FLUBs (Free, Legs, Under, Bumps)	4 x through 6-7mins to finish	4 x through 6-7mins to finish	4 x through 7-8mins to finish
Main Sets			
100m sprints @90-95%	8 x on 2:30 Aim 55-60s	8 x on 2:30 Aim 60-65s	8 x on 2:30 Aim 65-75s
50m sprints (25m surface sprint, tumble turn, 25m UW Fast) @90-95%	6 x leaving on 1:15 Aim <25-30secs	6 x leaving on 1:15 Aim 30-35secs	6 x leaving on 1:15 Aim 35-40secs
50m surface kick @90-95%	10 x leaving on 1:00 Aim <30s	10 x leaving on 1:00 Aim 30-35s	10 x leaving on 1:00 Aim 35-40s
UW's fast	10 on 45 Aim <12s	10 on 45 Aim 12-13s	10 on 45 Aim 13-15s
Warm Down			
200m no fins, any stroke	smooth and slow	smooth and slow	smooth and slow

Underwater	Extra for Expert	Solid Foundations	Learning the Ropes
Warm Up			
FLUBs (Free, Legs, Under, Bumps)	4 x through 6-7mins to finish	4 x through 6-7mins to finish	4 x through 7-8mins to finish
Main Sets			
100m under/overs	6 x leaving on 1:30 Aim 1:05-1:10	6 x leaving on 1:30 Aim 1:10-1:15	5 x leaving on 2:00 Aim 1:10-1:15
10 Lengths Whales Continuous UW swimming AS SLOW AS POSSIBLE within the breath limit	1 breath each end and 1 in middle Aim for >9:00	2 breaths each end and 1 in middle Aim for >9:00	3 breaths each end and 2 in middle Aim for >9:00
10 Lengths Dolphins Continuous UW swimming AS FAST AS POSSIBLE within the breath limit	1 breath each end and 1 in middle Aim for <3:30	2 breaths each end and 1 in middle Aim for <3:30	3 breaths each end and 2 in middle Aim for <3:30
50's UW	5 x leaving on 1:00	5 x leaving on 1:15	4 x leaving on 1:30
10 x UW	10 on 30 1 min rest before starting next set	10 on 35 1 min rest before starting next set	10 on 40 1 min rest before starting next set
10 x UW	6 on 25 4 on 30 1 min rest before starting next set	6 on 30 4 on 35 1 min rest before starting next set	6 on 35 4 on 40 1 min rest before starting next set
10 x UW	10 on 25 1 min rest before starting next set	10 on 30 1 min rest before starting next set	10 on 35 1 min rest before starting next set
Warm Down			
200m no fins, any stroke	smooth and slow	smooth and slow	smooth and slow

9. UWHNZ Tournaments

UWHNZ Schools tournaments:

- 23-25 June: Central Secondary School Championships, Wellington Regional Aquatic Centre
- 31 Aug-3 Sept: National Secondary School Championships, Westwave Aquatic Centre, Auckland

UWHNZ National Club Championships:

- 6-7 October: Baywave Aquatic Centre, Tauranga

UWHNZ U18 Regional tournament:

- **21-23 October: Wellington Regional Aquatic Centre**

International Tournaments

Elite and Masters World Championships

- 18-30 July, Gold Coast Aquatic Centre, Australia

Age Group U19 and U24 World Championships

- July 2024, location tbc

10. WUHA Social Media

Keep up to date with all things WUHA via:

Facebook [Wellington Underwater Hockey Association \(WUHA\) | Facebook](#)

Website [Wellington Underwater Hockey Association Inc \(wuha.org.nz\)](http://www.wuha.org.nz)

WUHA Squad Member Uniform Form

Player's Name: _____

Parent/Bill Payer Name: _____

PLEASE INDICATE YOUR SIZES ONLY FOR THE ITEMS YOU WANT. If you already have the yellow togs or a black Central Zone tee, you don't need to get new ones unless you want to.

Compulsory Items

Compulsory Items Togs: YES / NO - ALREADY HAVE TOGS (delete one)

Togs Size: _____

T-shirt: YES / NO - ALREADY HAVE (delete one)

T-shirt Size: _____

Non-Compulsory Items Hoodie Size: _____

Singlet Size: _____


Bag: YES / NO

Estimated costs*

Item	Per Male Player	Per Female Player	Note
Togs	\$60.00	\$90.00	If you have the new yellow Central Zone togs you will be able to use these again.
Team Uniform	\$105.00	\$105.00	Team uniform consists of a tee (compulsory) and singlet and hoodie (both optional): Tee - \$30, Singlet - \$25, Hoodie - \$50
UWH Bag	\$110.00	\$110.00	Optional

*Note: items will only be ordered and charged for once teams are confirmed

Delfina Togs Size Charts



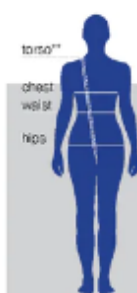
low waist
belt position

MALE SIZES

size	20	22	24	26	28	30	32	34	36	38	40	42	44
AU	2	4	6	8	10	12	14	16	18	20	22	24	26
low waist	60	65	70	75	80	85	90	95	100	105	110	115	120

*All measurements are in cm

Womens tog - light back



torso**
chest
waist
hips

FEMALE SIZES

size	20	22	24	26	28	30	32	34	36	38	40	42	44
AU	0	2	4	6	8	10	12	14	16	18	20	22	24
chest	55	60	65	70	75	80	85	90	95	100	105	110	115
waist	50	53	56	59	62	65	70	75	80	85	90	95	100
hips	65	70	75	80	85	90	95	100	105	110	115	120	125
torso	133	136	140	144	148	152	156	160	164	169	174	179	183

*All measurements are in cm; **Full torso circumference

WUHA Squad Member/Parent Code of Conduct Form

The UWHNZ Code of Conduct can be found here (or search on underwaterhockeynz.com):
<https://www.sporty.co.nz/asset/downloadasset?id=b5b3c4ee-c2e0-45f8-8fbc-4c629c73e5f5>

Please read the Code of Conduct and fill out this form and return to your coach.

Player's Name: _____

Parent Contact Name: _____

Parent Contact Phone: _____

Players will not be accepted for the team unless the Code of Conduct is signed and a copy returned to your coach.

To the best of my ability, I will:

- Play by the rules
- Never argue with an official or strike an official or other player
- Always work hard to do my best and be prepared and ready to train or play
- Be a good sport and recognise good players and good plays by all involved
- Remember to thank my coach, the officials, the opposition, and supporters
- Help others in my team when I can
- Avoid putting people down or bullying them
- Do what is asked of me by the team management
- Stick to the team rules/curfews and support the team goals and ideals
- Play my best so that I (or my teammates) may be recognised for New Zealand Team Selection
- Not use offensive or discriminatory language or behaviour or do anything which may demean another person on the ground of gender, ability, race, cultural background, or religion.

I confirm that my parents and I have read the Welcome Pack and understand what is required of me.

Player Signature: _____

Should a player's behaviour not adhere to either WUHA's or the coaches' expectations and requests, the player will be given a code of conduct warning or, for a serious breach of the code of conduct, the player may be stood down or immediately removed from the squad.

Central Team Management view misbehaviour (including the use of alcohol and illicit drugs even if over 18) of individuals representing the Wellington Underwater Hockey Association seriously. Should individuals break this code a 2-year playing ban will be applied to the individual.

I confirm that I will support the player to participate to the best of their ability and take responsibility for paying the costs of participating and team uniform.

Parent Signature: _____