



To: Clubs/Schools
From: Joe Piggott – Community Participation Manager
Date: 12/05/2023
Subject: Under 18 Representatives – Player Workload Management

Background

It is no secret that the overload on our U18 athletes is an ongoing concern. In this age group, many of the players are involved with both club and school teams, and along with their studies, have a huge commitment during terms two and three. Realistically, if these players were to attend every training session and game for their respective teams, they could be attending up to eight to ten sessions per week, a shocking total of 64-80 hockey contacts throughout an 8-week representative campaign.

As we receive more information from Sport NZ and Hockey New Zealand, as well as listening to the voice of our passionate community, Canterbury Hockey wishes to implement the following framework to ensure that our under 18 representative athletes do not have an excessive workload placed on them over the representative campaign.

Revised Representative Schedule

In 2023, Canterbury Hockey have made further changes to the representative calendar to assist with this issue:

1. Programme reduced to 8-weeks total.
2. Monday evening regular training slot to separate from weekend school/club fixtures.
3. Second team training reduced to alternating weeks (only three weeks throughout campaign of 2 x representative contacts).
4. Each team restricted to two additional practice games outside of Mainland Cup (to be played on a Monday and included as a representative contact).
5. Recovery week introduced following Mainland Cup, with all U18 teams having no training sessions.

2023 Workload Framework

Information from Hockey New Zealand shows that senior athletes within the high-performance programme are advised to participate in a maximum of 5 hockey contacts per week. To ensure that we align with these guidelines, Canterbury Hockey will enforce the rule that all U18 athletes within the representative programme must abide by a **maximum of 5 hockey contact limit per week**.

If followed correctly, this rule will reduce the total number of contacts to 40 throughout the 8-week period.

For clarity, a hockey contact is any organised practical hockey session and includes the likes of a team training, an individual training, penalty corner training, team fitness/gym session, or a hockey game (regardless of minutes played).

Important point to note – on the weeks where a representative team has two contacts in a week, the players will have no training contact for either their Club or School (eg) 2 x representative contact + 1 x Club match + 1 x School match + 1 x Club or School training = 5 contacts.



How will this be managed?

A significant amount of trust and honesty will be required to ensure that the rules are followed. CHA will clearly outline the rules and consequences to all representative players at their training Monday 15th May. Parents will also play a significant part in the process to ensure that the process followed correctly, while also being aware of the framework.

If there is a breach of the 5-contact limit the following process will be followed:

1. Athlete suspended from next match for the team that breached contact limit.
2. If breached again, athlete will be suspended from the next Canterbury fixture.
3. If breached again, team responsible for contact limit will be docked competition points.

Other considerations/recommendations?

The following are various recommendations we wish to provide players/parents/coaches as other ways they can manage their workload throughout this period.

- Where possible avoid multiple hockey contacts on the same day (e.g., club training & representative training within the same evening)
- At a minimum, the athlete must have at least 2 x rest days per week (including one day over the weekend)
- Work with individual athletes to factor in down weeks following Mainland Cup (Kings Birthday) and the week prior to U18 National Tournament
- Where a clash of contacts may occur, the representative contact takes priority.

For U18 representative athletes that only play for one of club or school hockey, they should also ensure they do not breach the recommended hockey contacts of 5 per week.

To ensure that plans can be made during this time, please see the attached calendar which shows campaign plans for all six of the U18 representative teams.

Thanks in advance for your support to protect the wellbeing and best interests of these athletes.

If you have any questions, please do not hesitate to contact me.

Kind regards

Joe Piggott
Community Participation Manager

Canterbury U18 Rep Teams Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
W K 1	May 8th U18B M - Training U18A M - Training	May 9th	May 10th	May 11th U18B W - Training U18A W - Training U18A M - Training U18 Dev M - Training	May 12th Div 1 - Game	May 13th CPL/Div 1 - Game	May 14th
	May 15th U18B W - Training U18B M - Training U18A W - Training U18A M - Training U18 Dev W - Training	May 16th	May 17th	May 18th U18B W - Training U18B M - Training U18 Dev M - Training	May 19th SSP - Game	May 20th CPL/Div 1 - Game	May 21st
W K 2	May 22nd U18B W - Training U18B M - Training U18A W - Training U18A M - Training U18 Dev W - Training	May 23rd	May 24th	May 25th U18A M - Training U18 Dev M - Training	May 26th SSP - Game	May 27th CPL/Div 1 - Game	May 28th
	May 29th U18B W - Game U18B M - Game U18A W - Game U18A M - Game U18 Dev W - Training	May 30th	May 31st	June 1st U18B W - Training U18B M - Training U18A W - Training U18 Dev M - Training	June 2nd (No school hockey)	June 3rd KINGS BIRTHDAY TOURNAMENT (No club hockey)	June 4th KINGS BIRTHDAY TOURNAMENT
W K 3	June 5th KINGS BIRTHDAY TOURNAMENT	June 6th	June 7th	June 8th	June 9th SSP - Game	June 10th CPL/Div 1 - Game	June 11th
	June 12th U18B W - Training U18B M - Training U18A W - Training U18A M - Training	June 13th	June 14th	June 15th U18A M - Training	June 16th SSP - Game	June 17th CPL/Div 1 - Game	June 18th
W K 4	June 19th U18B W - Game U18B M - Game U18A W - Game U18A M - Game U18 Dev W - Game U18 Dev M - Game	June 20th	June 21st	June 22nd U18B W - Training U18B M - Training	June 23rd SSP - Game	June 24th CPL/Div 1 - Game	June 25th
	June 26th U18B W - Training U18B M - Training U18A W - Training U18A M - Training	June 27th	June 28th	June 29th U18A M - Training	June 30th (No school hockey)	July 1st TRAVEL TO U18 NATIONAL TOURNAMENT	July 2nd
W K 5	June 12th U18B W - Training U18B M - Training U18A W - Training U18A M - Training	June 13th	June 14th	June 15th U18A M - Training	June 16th SSP - Game	June 17th CPL/Div 1 - Game	June 18th
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W K 6	June 26th U18B W - Training U18B M - Training U18A W - Training U18A M - Training	June 27th	June 28th	June 29th U18A M - Training	June 30th (No school hockey)	July 1st TRAVEL TO U18 NATIONAL TOURNAMENT	July 2nd
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