



St Paul's
COLLEGIATE SCHOOL



TURNING
POSSIBILITIES
INTO REALITY

INTERNATIONAL HOCKEY PROGRAMME

stpauls.school.nz/internationalhockey



ST PAUL'S HIGH PERFORMANCE HOCKEY PROGRAMME

ST PAUL'S COLLEGIATE SCHOOL IS THE TOP SCHOOL-BOY HOCKEY TEAM IN NEW ZEALAND.

In 2014 and 2015 St Paul's finished a respectable fourth place in New Zealand. In 2016 the school reached the number one spot. The continued success of the school's hockey is a result of specialised coaching and mentoring provided to athletes through St Paul's High Performance Hockey Programme.

HIGHLIGHTS

- 1st XI boys team won the Rankin Cup, national secondary schools competition (2016)
- 1st XI boys team won Midland's intercity boy competition (2016)
- 1st XI boys team held on to the Matt Allen Trophy (2016)
- 1st XI girls team won the Midland's intercity B competition (2016)
- Under 15 – 5th in the Tanner Cup (2016)

Members of the international hockey programme are placed into a school team according to their level and ability. They are also provided with:

- Daily one-on-one, mini group and team training
- An individual strength and conditioning programme
- Full-time support around the six pillars of development
- Access to regional training sessions
- ESOL assistance plus a timetable of mainstream academic subjects
- Full-time boarding or homestay accommodation

All members of the international hockey programme have access to St Paul's world-class facilities including our international spec hockey turf, state-of-the-art classrooms for tactical analysis and game preparation, heated 25m swimming pool, weights room and gymnasium.

NEW ZEALAND HOCKEY SEASON

- Term One (February-April) Pre-Season
- Term Two (May-July) In-Season
- Term Three (August- September) National tournaments and representative hockey
- Term Four (October- December)





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TYPICAL WEEK FOR PROGRAMME MEMBERS (IN-SEASON)

- **Monday** - Rehab and recovery, video analysis, ESOL and mainstream classes, fitness, skills
- **Tuesday** - Strength and conditioning, ESOL and mainstream classes, team training
- **Wednesday** - ESOL and mainstream classes, hockey game
- **Thursday** - Rehab and recovery, ESOL and mainstream classes, individual skills, team training
- **Friday** - ESOL and mainstream classes
- **Saturday** - Possible club game
- **Sunday** - Rest, boarding house activities

SIX PILLARS OF PLAYER DEVELOPMENT

- **Physical** - Strength, power, speed, agility, nutrition
- **Mental** - Self-awareness, self-reliant, focus under fatigue, goal setting
- **Positional** - Game sense
- **Holistic** - Life balance, time management, communication
- **Technical** - Trap, pass, push, dribble, slap etc
- **Tactical** - On-field decision making, video analysis

COACHES

CRAIG HARDMAN

High Performance Hockey Coordinator/ 1st XI Coach

Craig Hardman has coached at various levels from school through to Waikato and Midlands Hockey. "My philosophy around coaching is developing the whole player. It is important a player develops in the sport they love, but also the other important areas of being a man or woman of good character and developing their areas of academic ability."

REINER VELLINGA

1st XI Girls' Coach

Reiner Vellinga comes from the Netherlands, a nation renowned for producing some of the world's top hockey teams in recent years. After finishing university, Reiner was successful in gaining a full time job as a coach. He believes that by developing the individual athlete the team results will follow. This philosophy has led to several successes with Dutch regional representative teams, U18 club teams and senior women's teams. More recently, Reiner has had excellent success with Midlands U18/U21 at a national league level.





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DAN HARPER

High Performance Hockey Coordinator/ Development XI Coach

Dan Harper is a physical education teacher with a keen interest in hockey. Having coached a number of teams, he enjoys what impact a positive team culture can have on an athlete. He believes this is the primary reason why St Paul's have achieved great success over a number of national tournaments.

MICHEL BADENHORST

Strength and Conditioning Coach

Michiel Badenhorst works with St Paul's flagship teams and students who show great potential in their chosen sport. Michiel is qualified in musculoskeletal exercise and rehabilitation. In 2005 he worked with Grey College, South Africa, as the sports conditioning and gym manager. During this time a number of students went on to become professional athletes.

HOCKEY AT ST PAUL'S

Hockey is offered to St Paul's students during the winter sports season. St Paul's hockey programme helps students develop the fundamental skills required to be an elite hockey player. Hockey is also offered as a high-performance sports option throughout school life at St Paul's.

To support this objective, St Paul's engages high quality coaching staff throughout all grades. Students have direct access to St Paul's strength and conditioning coach who creates individual strength training programmes that enable students to reach their goals. Midlands Hockey, a high-performance hockey association, is also located on-site.

All students train at least twice each week at Craig's Investment Partners St Paul's Hockey Centre. St Paul's 1st XI boys train more often with sessions focused on strength, fitness, skill and video analysis. The centre is located on-site at St Paul's and boasts an international-grade water turf and newly-built practice turf. Craig's Investment Partners made a significant contribution towards developing this high-class turf.

HOW TO APPLY

To enrol as an international student at St Paul's Collegiate School contact:

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