



Reintroduction of the NZWLA U15 Academy Programme February 2020

What is the NZWLA U15 Academy?

As part of our continued goal of developing future NZBLAX Players and women's high performance players, the NZWLA is excited to announce the re-introduction of the NZWLA U15 Academy Programme in 2020.

The NZWLA U15 Academy is an entry level high performance programme aimed to:

- Introduce young players to opportunities within the national lacrosse programmes
- Support our future high performance players develop in a way that is aligned with our overall high performance strategy and values
- Give young players a taste of high performance and cover topics such as nutrition, lacrosse IQ, skills, fitness and well being in a fun-focused environment
- Inspire our future national representatives

How can I/my player get involved?

Players who are under 15 years old as of 31 August 2020 are eligible to participate although the cut-off date will be flexible.

Players need to be nominated by their regions. The regional representative contacts are below if you would like to discuss a nomination with your regions:

Auckland - admin@aucklandlacrosse.nz

Canterbury - lacrossecanterbury@gmail.com

Manawatu - mikaeremete@gmail.com

Waikato - treasurer@waikatolacrosse.co.nz

Wellington - lacrossewellington@gmail.com

What is the structure of the Academy?

The curriculum of the camps will provide a positive, confidence-building day of training along with a presentation designed to get players excited about possibly playing for NZBLAX someday.

The Academy will be one-day camps with the following approximate format:

- Two hours of training in the morning
- A lunch presentation
- Two hours of training in the afternoon

Costs for each camp will be \$50 per player to assist with field hire, equipment and coaching expenses.

The first camp will be held on **Sunday 15 March** from 10am-2:30pm at College Rifles, Auckland. This will be during the 2020 Senior Nationals and give players a chance to watch the country's best players in the final (held at 3pm, Sunday 15 March).