

Day one of Camp:

9 am start, seen the players put through some long hours of recapping on a lot of attributes of hockey. From hitting to set plays such as “first hits.”

Smoko and Lunch breaks was a time for all the children to catch up with what they have been doing since Karumba Festival and team building plus to give the coach a “hard time” in the funniest way.

Also time for parents to talk to each other, and with the coach and the young hockey player (U20s Development squad Townsville) who came to help work with the players.

The day finished for the goalkeepers – Zoe O’Brien – for the Girls team and Brian Pickering for the boys. Doing drills in the heat without complaint. The day completed at 6.30pm.

Back for a swim, get rid of some heat and lactic acid, then dinner.

Bed time, I saw some players who were feeling a little sore in the quad muscles, due to not learnt to bend their knees instead of their back. And just put a great effort into doing the drills.

The players said that they all had learnt some new skills, already after this first day.

Putting Drills into a game!



Roneece Cupitt – U13s Gulf Girls State Team Coach
0439757975

18 December 2007



Some action happening???

DAY 2:

8 am start with a jog to the field. Temperature up already!

- The players went through more set plays such as Short Corners;
- Procedures at a State Tournament including umpires, rules and nutrients for athletes who play at these competitions.
- The importance of able to survive the whole week. Informed that it is not just playing the games that drain the body, but the excitement of being there and the sightseeing/shopping all takes toll too.
- Introduced to the penalty stroke, this was greeted with amazement, but some players were very keen to learn. So this we done.

The day concluded with some games to implement skills learnt over the weekend, and conditioning for playing in any hot weather.

“This squad is to be commended on the hard and long hours put in, with the great attitudes. Well done!” was the comment from the coach.

Feedback from Parents; given to Jane (Manager) and direct to myself.

They were very happy with the camp:- how it was organised and progressed over the 2 days. To see the players learning new concepts, and being enthusiastic, about doing this.

They look forward to the next camp in February 2008

I would like to thank the following people would have come together to help give more opportunities in hockey to the children in the Remote Gulf area of Australia.

Jane Stevenson	GRSA, Manager who organised everything to happen.
Ellen	Hockey Player from Townsville, and assisted me in coaching.
Parents	Who transported and helped.
The Players	They gave 100% to this camp.

Go Gulf U13s Hockey Teams!



Hockey Queensland Inc
P O Box 246
Morningside Qld 4170

State Hockey Centre
400-420 Lytton Road
Colmslie Qld 4170

Ph (07) 3399 6577
Fax (07) 3399 6969
office@hockeyqld.com.au
www.hockeyqld.com.au



HOCKEY QUEENSLAND INC