



PRESS RELEASE

Academy Launches Accelerator 2010

Having just completed a successful summer programme that included our two residential camps, Future Elite 18's & Champs Camp, and our three-day Hockey Fantasticks Camp, the Kelt Capital Hockey Academy is launching the new **Accelerator 2010 training programme**.

Having focused primarily on developing school hockey players for the past 3 years, the Academy has now developed a comprehensive training programme, which caters for elite players leaving school. The programme begins in February and is designed to provide the athletes with the tools to Accelerate their hockey development over the course of the year. This yearlong training programme not only caters for the technical hockey needs of these athletes but includes a strength and conditioning programme, a leadership training programme, a coaching qualification as well as many other life skills initiatives. As with all Academy sessions the players will be exposed to the highest level of coaching and mentoring as they embark on the next phase of their hockey and lives. Former Olympians Greg Nicol and Caryn Paewai will be running the programme and although this year is an extremely busy one for both Black Sticks Teams, current Black Sticks players, Kayla Sharland, Emily Naylor, Shea McAleese and Nick Wilson will also assist at various stages throughout the year. Both National Teams are playing at three major tournaments during the year, a World Cup, a Champions Trophy and a Commonwealth Games.

"This new project will provide elite players from across New Zealand with a focused individual programme that will accelerate their hockey development over the next 11 months. Athletes will be put through their paces, both physically and mentally throughout the year to ensure they make the necessary gains to press for higher honours at the end of the programme." Director of Coaching: Greg Nicol

The Academy would like to thank our Accelerator 2010 partners for their significant contribution to the programme and their ongoing support of the Academy and hockey in the region.

Accelerator 2010 Partners



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