



**GIPPSLAND
SPORTS
ACADEMY**

Gippsland Sports Academy
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Information Sheet – 2025-26 Hockey Program

Gippsland Sports Academy (GSA) will again be running our Hockey Program in 2025-26

Please see brief overview of the program and register your interest on link below:

Selection	Athletes will be selected from: Gippsland Championships on 18 th Oct and invited to Trial on 2 nd November @ Churchill Synthetic Hockey Field
Induction Day	Sunday 23 rd November 2025 TAFE Gippsland – Yallourn campus
Sessions to be held	All venues are yet to be confirmed: Training sessions to run from 7 th Dec 25 – 29 th March 2026 Proposed Dates: Sunday 7 th December @ SALE Sunday 14 th December @ DROUIN Sunday 1 st February @ BAIRNSDALE Sunday 15 th February @ CHURCHILL Sunday 1 st March @ SALE Sunday 15 th March @ DROUIN Practice Match Day: Sunday 29 th March @ CHURCHILL Sessions times will run as follows: Boys & Girls training - 9am - 12pm Goalkeeper Training – 12pm - 1pm – joint session
Acceptance of Offer	An Invitation letter will be sent to successful athletes by no later than Wednesday 5th November 2025 Enquiries: Jude Bergmann – judeb@sportgippsland.org.au Phone: (03) 51270174
Uniform Requirements	Athletes are to order and wear their GSA uniform at all sessions. No Club uniforms are to be worn at GSA sessions. Additional optional merchandise items are also available. Uniform Information will be provided in the invitation letter.



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Cost & Payment	Athlete Levy – based on 40 athletes the levy is TBD *NOTE: Final costs are determined by the final number of athletes that accept their position with the Academy. Athlete levy does not include uniform costs or travel costs. Fees will be invoiced upon acceptance of position in the program.
Strength and Conditioning sessions (S & C)	A fitness test will be completed at the commencement and at the end of the program. Strength and Conditioning sessions will be: ➤ Face to face – 1 session per month S & C sessions to be held in Bairnsdale, Sale, Traralgon and Warragul (based on athlete home address) from Feb – May 2026 ➤ Individual Home programs based on Musculo Skeletal screenings are given to each athlete and logged through Lumin Sports This is a critical component of the program, attendance is expected.
Musculo-Skeletal Screening	All athletes must undergo a musculoskeletal screening. *More information will be supplied in the athlete invitation
Sport Integrity Australia	All athletes will have a presentation on Sport Integrity Australia ➤ All athletes MUST complete the required Sport Integrity level: • New athletes to complete Clean Sport 101 • 1st year Returning athletes to complete Antidoping Fundamentals • 2nd + year Returning athletes to complete annual update ➤ The link is: https://elearning.sportintegrity.gov.au/login/index.php Completion of Sport Integrity is a requirement by the Victorian Institute of Sport and Sport and Recreation Victoria and therefore must be completed to be eligible for graduation.

Expectations of Athletes	Athletes are expected to attend all Academy activities, where possible, this involves committing to: ➤ Attend all training sessions except athletes who have an agreement with the GSA Head Coach to attend State or National opportunities. ➤ Follow the strength and conditioning program, including completing components at home & face to face sessions. ➤ Attend other Academy functions such as: - ACE Day 14th April 2026 - Awards evening – 1st May 2026 ➤ Register as a member of a Hockey Vic
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To register your interest, please complete form at link below:

<https://tinyurl.com/eoihoc26>

or contact Jude at judeb@sportgippsland.org.au