

# meet Fetch...



**Fetch is the newest member of Midlands Hockey and is here to "teach new dogs old tricks!"**

Midlands Hockey would like to invite you, yes you, to be part of the 2010 Midlands **Fetch** Hockey training programme

## What is Fetch?

- Fetch is a pre-season hockey coaching programme, designed by Midlands High Performance coach Lincoln Churchill, to help you reach your potential as a hockey player
- Fetch is an initiative that aims to provide better feedback for developing hockey players
- We have come to appreciate the time pressures on team coaches in providing one-to-one coaching and feedback for players
- The idea of the sessions is to train in small groups with a heavy focus on skill development
- Players involved in the trainings sessions will include a high standard of representative players wanting to launch themselves into the 2010 season
- You will receive top coaching and individual player feedback after each session from Black Sticks past and present as well as current Bayleys Midlands NHL players
- These Fetch sessions will also prepare those players wishing to become representative players in 2010 with a great start to their season. Players must be between year six and year 13 in 2010 inclusive

## How will it work in 2010?

- During the last week of February and all of March, players attend a one hour session per week for five weeks at their home association
- Training groups will operate on Monday, Tuesday and Wednesday evenings
- The night you attend will depend on your age
- Group numbers are kept small to maximize coaching feedback, with players working in groups of 5-6 with others of similar playing ability
- Groups will train separately for most of each session but will combine sometimes to make small game exercises possible
- Heavy focus will be placed on basic skills and applying these to game situations



## Registration

Registration is simple:

- Click on the Fetch page located at [www.midlandshockey.co.nz](http://www.midlandshockey.co.nz)
- Download and complete the one page registration form
- Post** this with a cheque for full payment (\$100) to the postal address supplied on the Fetch page
- Your place in the Fetch programme will be confirmed by an email once we receive your registration form and cheque
- You will receive an email detailing your training schedule including session dates and times

**Note:** Automatic payments can be made through separate arrangement with Midlands Hockey

## Need more information?

Click on the Fetch page located at [www.midlandshockey.co.nz](http://www.midlandshockey.co.nz)

or

Contact Midlands High Performance Coach Lincoln Churchill on

027 2433824, or via email

[lincoln@midlandshockey.co.nz](mailto:lincoln@midlandshockey.co.nz)

## Schedule

Click on the Fetch page located at [www.midlandshockey.co.nz](http://www.midlandshockey.co.nz) to view the full training schedule including dates and times for each of our five associations



## Principal sponsors



Please support our growing list of Midlands sponsors

### Gold Level

Bayleys  
NZCT  
Lion Foundation  
University of Waikato  
New World Rototuna  
Suno  
Ebbett Waikato  
Convex  
Trust Waikato  
Aber Gas Ltd  
R & J Bird Family Trust  
Nielsen Law

### Silver Level

David Kana  
Thames Pak n Save  
Hey Consulting (Taupo) Ltd  
Bay Radiology Ltd  
Global Fitness Club

### Bronze Level

Ross Tritt & Jeanette Adams  
Warren Storm Lifebrokers Ltd  
Richardsons Real Estate – Ngatea  
Quinn Family  
M G Poole  
The Steel Family  
Ken Bartels Electrical Ltd  
Quantum Motor Inn  
Greg Tims & Associates  
Bombay Brasserie  
Ellice & Tanner  
Triton Hearing  
AC Solutions

Midlands Hockey Inc, c/o Waikato Mail Centre, PO Box 1461, Hamilton 3240, NEW ZEALAND

Casey Henwood Executive Officer Ph/Fx 09 524 0832 M 021 121 0098 E [casey.henwood@midlandshockey.co.nz](mailto:casey.henwood@midlandshockey.co.nz)

Darren Smith High Performance Director M 027 224 2216 E [darren.smith@midlandshockey.co.nz](mailto:darren.smith@midlandshockey.co.nz)