

# NATIONAL U18 WOMEN'S PROGRAM

## MEDIA RELEASE

The National U18 Women's Team has been created as a development initiative for Ice Hockey Australia Women's Program. Its focus is to develop/teach young talent and provide these players with opportunities to gain value international playing experience through competition in regional youth tournaments and hopefully qualify to compete in an IIHF U18 Women's World Championship soon. The players who develop their skills through this team will also act as a feeder group to the NWT.

The inaugural Australian U18 Women's Talent Identification Camp was held in Adelaide, SA from September 21st – 24th, 2012. All registered female players aged 12 to 18 were invited to attend. The camp comprised of on and off ice training sessions, exhibition game, technical talks, on and off ice testing, recovery sessions, team building activities and individual player meetings.

More recently, a National U18 Women's Squad Training Camp was held in Brisbane, QLD from January 13 – 19<sup>th</sup>, 2013. A selection of 19 players and 2 goalies; aged 12-18 attended. This camp comprised of on and off ice training sessions, 2 exhibition games, technical talks, classroom sessions, sports psychology workshops, recovery sessions, team building activities, guest speakers, and individual player meetings.

### PLAYER PERFORMANCE

The focus of the on-ice training sessions was to measure the players' basic skills and provide opportunity for them to demonstrate competitiveness and game sense understanding. Their exposure to common terminology and familiarity with specific drills was critical for their transition to more structured, mature aged hockey.

The players learned about what the expectations and demands on and off the ice are to play at the highest level. The off-ice training introduced and provided individual feedback regarding their strength, conditioning, flexibility, and recovery requirements. Nutrition & sports psychology classroom sessions provided players with valuable information to support their development.

A player training manual inclusive of resources to support all these areas was provided for the players to guide their on-going development independently at home. Team building activities promoted player interaction across States and provided an important link of familiarity for ongoing participation in the National Program.

It was evident new friendships were formed and player bonding was furthered by many players.

### TESTING

Testing was conducted on and off the ice at both camps based on IIHF and ice hockey specific testing conducted globally. The on-ice tests included measurements of forward and backwards skating, both with and without the puck, stickhandling, and shooting. The off-ice tests included measurements of strength, conditioning, flexibility, power, agility and speed.

The top five players ranked overall for their on-ice testing were:

1. Kristelle Van Der Wolf – VIC
2. Kate Tihema - SA
3. Tiffany Samain-Venning – QLD
4. Sarah Turbach - VIC
5. Christiarn Hall – NSW



The top five players ranked overall for their off-ice testing were:

1. Ruby Gibson – SA
2. Tiffany Samain-Venning – QLD
3. Kate Tihema – SA
4. Kristelle Van Der Wolf - VIC
6. Karly Coonan – SA

## PLAYER SELECTION

Based on their performance in the training camps held to date, 14 players and 1 goalie have been selected to the 'official' National U18 Women's Team. The coaching staff follow a specific selection process for player selection which evaluates player's skating (balance, power and agility), puck handling, passing/receiving, shooting, checking, game sense, psychological qualities (work ethic, attitude, thinking) and coachability. 5 player and 2 goalie positions remain open for potential selection based on future performances, from all remaining players who are members of the National U18 Women's Training Squad.

## NATIONAL U18 WOMEN'S TEAM MEMBERS

### **Goaltender**

Jenelle Carson '98 VIC

### **D (Defence)**

Tiffany Samain-Venning '96 QLD

Kate Tihema '98 SA

Bec Aldridge '98 SA

Carol Riley '97 SA

### **F (Forwards)**

Kristelle Vanderwolff '96 VIC

Sarah Turbach '96 VIC

Alex MacDonald '97 QLD

Danni Roberts '95 QLD

Meg Ayris '95 SA

Nat Ayris '98 SA

Christiam Hall '98 NSW

Karly Coonan '98 SA

Anna Santilli '96 QLD

Courtney Poole '99 WA

## NATIONAL U18 WOMEN'S TRAINING SQUAD MEMBERS

### **GK (Goalies)**

Monnique Bain '97 NSW

Alexa Lee '00 NSW

Jayde Hodge '98 SA

Keesha Atkins '99 WA

Naomi Petering '00 VIC

### **Players**

Hollie McFadden '97 NSW

Ella Berthold '00 NSW

Natalie Chen '99 NSW

Grayson Allport '99 NSW

Tianna Elawa '99 NSW



Helen Ratcliff '00 NSW  
Ruby Gibson '98 SA  
Sarah McConnery '99 SA  
Olivia Hall '97 QLD  
Ashlinn Theroux '00 QLD  
Ellis Jock '00 QLD  
Madison Poole '00 WA  
Isobel Cantril '00 VIC  
Erin Olerhead '97 QLD  
Emily Brown '97 VIC  
Jaclyn Borg '96 VIC  
Madeline Danecek '96 VIC

Should you be interested in becoming a member of the National U18 Women's Training Squad, please register your interest at [auswomensu18@gmail.com](mailto:auswomensu18@gmail.com) to receive more information regarding how.

## THANK YOU SPONSORS!

Thank you to the **sponsors** who have and continue to graciously financially support our program. Should you be in a position to offer sponsorship of some form, please contact us at [auswomensu18@gmail.com](mailto:auswomensu18@gmail.com) for more information.

- Mark Weber from Aussie Pucks
- Judy Gardner
- Tracey Hocutt - Red Apple Design & Development
- John Gardner

## THANK YOU VOLUNTEER STAFF and SUPPORTERS!

Thank you to the **volunteer staff and administrators** who are actively supporting the development of this program. Should you wish to be involved, please contact us at [auswomensu18@gmail.com](mailto:auswomensu18@gmail.com) for more information.

Head Coach: Tamra Jones  
Manager: Ainslie Gardner  
Assistant Coach: Jo Frankenberger  
Support Coach: Tash Farrier  
Goalie Coach: Claudia Tom  
Strength & Conditioning Coach: Scott Corrigan from Healthy Lifestyle Clinic  
Chefs: Robin and Teresa Tihema  
Photographer: White Devil Photography  
Support Staff: Beth Bowshall  
Support Recruitment: State Women's Directors, AWIHL Teams, IHA Women's Director, NWT staff, IHA and local junior league female coaches

## CONCLUDING REMARKS

The targeted areas for player development are:

- Improve level of basic skills with a primary focus on skating
- Develop 'hockey sense' (how to think and play the game)
- Educate about the value and importance of nutrition and hydration for performance
- Educate about the value of sports psychology (mental training) for performance
- Educate about the value of off-ice strength, conditioning, flexibility, injury prevention/management, and recovery training sessions
- Education and promotion of team unity values to ensure positive team bonding



**BAUER**



The goal is to have all local coaches and AWIHL coaches support their U18 players' development and remain in regular communication with the U18 staff regarding their progress.

This is a historical time for women's hockey in Australia but a challenging journey to be able to attend and win required qualifiers to enable our inaugural participation in an official U18 Women's World Championship within a time frame of having most of the core players, still eligible. We, as a staff, have all embraced this opportunity and are fully committed to doing everything we can to make this happen. We thank the parents for their continued support and commitment to this program. The ongoing dedication from players and parents is to be commended.

