



NEW JUNIOR PROGRAMS 2024

Monday nights for Juniors at Donny will now focus on specialised programs and trainings and will change each Term to address different skills. These sessions are an additional cost and must be paid for prior to commencement via Majestri. (Please note these sessions are optional and will not influence selection into a particular team.)

Please note these sessions will be open to other clubs too (at a higher cost) so if you want to invite any friends you are welcome.

Term 1 2024

1. Strength and Conditioning Coaching - MONDAYS

Coach – Provided by Your Athlete Hub

Dates – Session 1 Free information session and athlete fitness testing then
5th, 12th, 19th, 26th Feb
4th, 18th, 25th March
15th, 22nd April

Time – 5 – 6pm

Cost: \$130 Donny member \$165 non-Donny

NEW, AMAZING OPPORTUNITY!!!

Get ahead of the season and start preparing now.

Does your child want more speed, more acceleration, more agility, more strength????

Doncaster Hockey Club junior section is excited to announce our collaboration with Jayden and his crew at YAH (Your Athlete Hub).

YAH will be bringing Strength and Condition sessions to our kids. These sessions are made especially for kids and teenagers with their growth and development in mind.

The sessions will include running coaching for technique and speed as well as strength and conditioning. Strength and conditioning training has been shown to:

- Improve overall fitness, endurance and sports performance.
- Help to protect children's muscles and joints from sports related injuries
- make bones and muscles stronger
- improve mental health
- improve coordination and increase mobility

We are offering the first session for free, Monday 5th Feb, which includes an introductory and information session for parents and children as well as FREE fitness testing for all kids who attend with an adult.



2. U18 Draft Camp Preparation

****Please note these sessions are on various days ****

Coach – Maria Romagosa

Dates: 23rd, 25th, 30th, Jan, 1st Feb. Cost \$80 Donny member \$100 Non-Donny member

Time 6-7 pm

Are you attending the draft camp? Do you want some small group trainings to help you get ready? Would you like to improve some specific skills before the trial?

We will help you to prepare and be more confident facing the trials.

3. U12-U14 JSC Get Ready

Coach – TBD

Dates: 4th, 18th, 25th March Cost: \$60 Donny \$80 Non-Donny

Time - 6-7pm

This program is aimed to help our players be more confident to face the trials for JSC.

We will explain the trial process for those attending trials for the first time.

We will talk about and practice hockey 5's for the U12's. We will explain the changes of rules and dynamics of the game.

If you have been in JSC before but you would like the extra training to practice some specific skills, we will help you be more confident.