



## World Cup Information Pack

# INFORMATION PACK

WORLD CUP 2013

INFORMATION PACK FOR PLAYERS INTERESTED IN COMMITTING  
TO THE 2013 WORLD CUP SQUAD

Private and Confidential

OCTOBER 2011

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## I. INTRODUCTION

The New Zealand Women's Lacrosse Association is proud to launch the 2013 Campaign and invite you to apply for the 2013 World Cup Squad.

The World Cup will be held in Oshawa, Canada, 11 – 20<sup>th</sup> July 2013.

NZ are currently ranked 12<sup>th</sup> in the World.



2009 World Cup Team



## II. THE CAMPAIGN

The New Zealand Squad will commence it's preparations for the 2013 World Cup in November 2011.

Preparations will include several squad weekends held in Auckland and some tournaments in Australia.

The Campaign Schedule:

2011	November:	Application process and Information Pack issued
	December:	Strength and Conditioning Program for Dec, Jan and Feb
2012	January:	Training diaries to Coaches
	February:	Squad weekend
	March:	Squad weekend
	April:	Squad weekend or U21 Nationals in Australia
	May:	Squad weekend
	June:	Squad weekend or Down Under Cup Tournament in Australia
	July:	Squad weekend or Australia Senior Nationals
	September:	Squad weekend and WC Squad selection (26 – 30 players)
	October:	Squad weekend
	November:	Squad weekend
	December:	Squad weekend and WC Squad selection (22 - 24 players)
2013	January:	Southern Crosse Tournament and WC Team Selections (18 + 2 alternates)
	February:	WC Team weekend
	March:	WC Team weekend
	April:	WC Team weekend
	May:	WC Team weekend
	June:	Down Under Cup / Senior Nationals or ASPAC tournament
	July:	World Cup



In December 2011 each successful applicant will be provided with a Training Program by the squad Strength and Conditioning Coach. Each squad member must begin to complete training journals which must be emailed to the coaching staff fortnightly to monitor progress and any injuries. It is likely that this training journal will require you to have a heart rate monitor and an initial fitness assessment as well as a physical examination by your physiotherapist.

Squad members are expected to train together where geographically possible. The NZWLA will attempt to gain group membership to training facilities with discounted rates where possible.

For squad members living in the Auckland area we are looking at providing group weekly timed running sessions and fitness tests.



### III. THE COSTS

Getting a team of 18 players plus a staff of 3 to a World Cup is not cheap. Canada is likely to cost each player in the region of \$15,000NZD. Whilst funding grants will be applied for and Sponsorship agreements sought, you should be aware that as a selected player you will be paying to play. Until lacrosse is recognised by SPARC, lacrosse is not eligible for any Government funding.

Costs that you will be expected to pay will be for the following:

- Cost Share for each training weekend (coaching staff, pitch hire)
- Kit costs for Training Gear, Tournament and World Cup Playing Kit
- Flight & Accommodation costs for tournaments

Payments are closely monitored so that if funding and sponsorship applications are successful players can be reimbursed. Additionally, if you do your own fundraising, this will be detailed in your personal record.

As an idea of what you will be paying for please see the table on the next page:



Year	Month	Activity	Costs*
2011	November:	Application Form	\$0
	December:	First Training Schedule	
2012	January:	Training Gear / tournament playing kit	\$500
	February:	Cost share for squad weekend	\$150
	March:	Cost share for squad weekend	\$150
	April:	Cost share for squad weekend + flights and accommodation costs IF attend tournament in Australia	\$150 \$1500
	May:	Cost share for squad weekend	\$150
	June:	Cost share for squad weekend + flights and accommodation costs IF attend tournament in Australia	\$150 \$1500
	July:	Cost share for squad weekend + flights and accommodation costs IF attend tournament in Australia	\$150 \$1500
	September:	Cost share for squad weekend	\$150
	October:	Cost share for squad weekend	\$150
	November:	Cost share for squad weekend	\$150
	December:	Cost share for squad weekend	\$150
2013	January:	Southern Crosse - Compulsory tournament in Australia	\$1650
	February:	Cost share for squad weekend	\$150
	March:	Cost share for squad weekend	\$150
	April:	Cost share for squad weekend	\$150
	May:	Cost share for squad weekend	\$150
	June:	Down Under Cup / Snr Nationals - Compulsory tournament in Australia	\$1650
	July:	World Cup Costs Registration fee, flights, accommodation, food, transport.	\$4000
<b>TOTAL ESTIMATED COST</b>			<b>\$14,400</b>

If you are selected for the squad you will be asked to sign an agreement with the NZWLA and in return we will help you to budget for these expenses and due dates.

*\*please note that these figures are only an estimate.*



## IV. FUNDRAISING & SPONSORSHIP

The NZWLA makes several applications for funding grants every year for the National team attending a World Cup.

These funding applications are to help cover the following costs:

- Training Gear
- Playing Kit
- Playing Equipment
- Pitch Hire

We are unable to get funding for accommodation and flights

For items that we can't apply for, we apply for Sponsorship. Proposals are sent out several times to several providers for as much funding as possible.

Each player should be mindful of potential sponsors that the NZWLA can approach and individual fundraising ideas to help minimise the cost.

Team fundraising ideas include:

- Hosting a Quiz
- Hosting a Cinema Evening
- Selling Entertainment books
- Selling NZ Lacrosse T-shirts / gear at International tournaments



## V. WORLD CUP SQUAD SELECTION

In order to represent New Zealand you must be a NZ Citizen or hold a permanent Resident Visa. The NZWLA will require proof of this eligibility to keep on your personal file.

Proof may be provided in the form of:

- NZ Passport
- Other Passport with Residency Visa
- Parental eligibility

World Cup Squad selection will be undertaken at 3 points during the campaign:

- September 2012: total Squad down to 26 to 30
- December 2012: 26 – 30 down to 22 to 24
- January 2013: 22 - 24 down to 18 with 2 alternates (20)

Squad and Team selections will be made by Head Coach, Assistant Coach and the NZWLA Executive (to be announced at AGM in October 2011)



## VI. EXPECTATIONS

As a potential NZ squad member NZWLA expects a high level of commitment to training and competition; a high level of sportsmanship and a desire to play fair and have fun.

### **Player Expectations of NZWLA:**

- NZWLA will provide you with:
  - Coaching Staff,
  - Team Management,
  - Physiotherapy Services (for games and training weekends) and a
  - Strength and Conditioning Coach.
- NZWLA will make every effort to support you in raising money through:
  - fundraising and
  - sponsorship on your behalf.
- NZWLA will manage:
  - travel,
  - accommodation and
  - tournament arrangements on your behalf.
- NZWLA will endeavour to book the best value travel and accommodation options where funding is not available to keep costs to a minimum.
- NZWLA will keep you updated and informed.
- NZWLA will endeavour to make this World Cup program as effective, efficient, fun and involved as possible.

### **NZWLA expectations of players (*in no particular order*):**

- Attendance of all training weekends and compulsory tournaments.
- Timely payment of cost share and other payments.
- Timely provision of all required documentation.
- Timely completion of ALL administration requests.
- Commitment to training schedules provided by the Strength and Conditioning coach with and all team/squad sessions.
- Completion and sending of training and health diaries.
- Team work and respect of other players on and off the pitch.
- Communication with staff and other players.
- Commitment to the squad.
- Pride in self and team mates.
- Take part in individual and team fundraising.



## VII. FAQs & CONTACTS

### 1. Can anyone apply?

- Anyone who is eligible to play under the FIL guidelines is allowed to apply. See Appendix One for details;

### 2. What happens if I can't make a training weekend or tournament?

- You must let the team management know as soon as you know you can't make it. There needs to be a really good reason for non-attendance, especially to the compulsory ones.
- You will still be expected to make a contribution of 50% of \$150 Cost Share for the training weekend.

### 3. I work / study full time and can't get time off to travel to Auckland for training. How does this work?

- NZWLA will make every effort to book you flights that minimise time required away from work / study. We have provided you with as much information as we can at this point and will continue to update you and these dates as soon as practically possible. We will book all of your travel for squad weekends and tournaments.
  - i. A squad weekend starts at 6pm on the Friday night and finishes at 4pm on the Sunday.
  - ii. A tournament starts 2 days prior to first game and one day after last game.

### 4. Who can I talk to if I am having issues with another player?



- Any correspondence or discussion you have with the team management is completely confidential. If you are having issues with another player then first approach the Team Manager or Head Coach.

#### 5. What happens if I can't complete the training program because of injury?

- You must let the Strength and Conditioning Coach know immediately if you are injured so that your training program can be altered or modified to your individual needs. Testing will be amended or postponed so that there is no negative impact on your performance or position in the squad.

#### 6. What if I can't afford it?

- Not many people can afford \$15,000. With funding and sponsorship this amount will be lessened. NZWLA can help out with a payment schedule and budgeting sheets but won't be able to cover the costs entirely. You must do as much fundraising as possible during the campaign. Also, if you know of any potential sponsorship partners you must let the Team Management know so that they can be approached by the NZWLA. Individual sponsors can also be sought.

#### 7. I don't live in New Zealand, how does this work?

- For those players who are overseas for all or part of the campaign there will be a modified campaign schedule. This will consist of the compulsory training weekends and tournaments required for consideration for selection. Please inform us whether this is the case so that we can build your individual campaign schedule.



**If you would like further information please contact:**

Hannah Doney

**E:** [Hannah.doney@gmail.com](mailto:Hannah.doney@gmail.com)

**T:** +64 21 2200290

