



Last updated June 2024

## Juniors Playing Seniors Policy

### PURPOSE

The Waverley Hockey Club Junior Playing Seniors policy aims to protect the interests of both the young players themselves, and the hockey club itself.

### POLICY

- Players must be at least 14 years of age as of January 1st to register for senior competition that year. Any exception to this must be approved by the Hockey Director.
- All players that are of junior age (U16 or below) must be available to play for Waverley in a junior competition (including training) as a priority over playing in a senior competition. Players may not prioritise their Senior commitments over their Junior playing commitments. Failure to respect this requirement will lead to a player being removed from senior selection contention.
- Upon registration for senior competition, junior players will be given the opportunity to play for a senior team in at least 75% of the remaining rounds of that competition.
- Junior players will not be discriminated against in senior competition with regards to team selections and field-time irrespective of age, fees, or the playing of an additional (junior grade) match in the same round.
- It is preferable that junior players will play the majority of their senior games in a team which features at least one “peer” player, of similar age and experience level. Whilst we aim to make the senior playing experience competitive, fun and social, there is no guarantee that a player will be selected to be with friends or other players of the same age. If a player wishes to play with a friend, it may require them to drop down a grade so they can play together.
- Senior coaches may invite juniors to train with a team that is a higher grade than they are selected to play in. This is an opportunity for that player to be exposed to a quicker pace and higher skill level.
- Juniors will be selected under the same criteria of the senior players.
- Juniors playing at a high senior level can ask to be exempt from training with the senior group twice a week given they are making up the session through juniors or school hockey. This should be discussed with the relevant senior coach. Attending junior training should be the priority over training with the seniors.
- Juniors playing in a seniors completion are expected to be playing at least 2 games per week, and therefore must plan to manage load, injury prevention, fatigue, and nutrition accordingly. The senior coach may liaise with the junior coach and any



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external coaches (school, representative) to agree a training plan to assist in this management.

### **MORE INFORMATION**

For more Information, or for questions or concerns, please contact our Hockey Director at [on-field@waverleyhc.org.au](mailto:on-field@waverleyhc.org.au)