



## **Junior Squad Nomination Terms & Conditions**

If you would like to submit a Nomination please consider the following; and sign below:

1. Juniors must maintain a moderate level of fitness:
  - You must be able to run the perimeter of a Polocrosse field in 1minute 10 seconds to 1 minute 20 seconds.
  - You must reach a Level 5 when undertaking the Multistage fitness test' or 'beep test - in this test, you run to and fro along a 20 metre track keeping up with a series of beeps that sounded; the timing of the beeps gradually increases until you can no longer keep up and this defines the level achieved.
  - Must be able to commit to a fitness program whilst at home.
2. Juniors must be available to travel to attend Training Sessions.
3. Juniors must be current registered playing members of a Polocrosse Club.
4. Juniors will be required to pay a Squad Entrance Fee of \$100 to assist with Coaching & training Costs, payable to the PAA within 14 days upon announcement of a Juniors acceptance into the Squad.
5. Juniors must at all times abide by the Players Code of Conduct, the Rule Book and the Member Protection as endorsed by the Polocrosse Association of Australia to be eligible for nomination to the Australian Junior Squad.
6. Juniors may be required to provide Horse Pool Horses (this will be dependant upon proximity to the Boot Camp).
7. Upon acceptance into the squad Juniors will be required to sign and abide by the Junior Squad Code of Conduct. Any breach of the Code of Conduct will result in removal from the squad and sent home at the families expense.

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**Name of Junior**

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**Name of Parent**

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**Signature of Junior**

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**Signature of Parent**

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**Date**

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**Date**

