

Dear Parents and Players

We hope you enjoyed the 2018 season at TKU.

We wanted to provide a summer update on plans and logistics for 2019, so everyone is fully up to speed going into the new year.

## REGISTRATION

Registration for 2019 will open mid to late January. Go to <http://www.threekings.org.nz/> then REGISTRATION (under quick links on right hand side)

## GRADING and TRIALS:

2019 details, dates and times for Junior, Youth and Senior reserve teams to fit nicely into your diary <https://www.threekings.org.nz/events/trials/>

## MIXED FOOTBALL (BOYS & GIRLS): USEFUL INFO TO KNOW FOR 2019

Grade	Year of Birth	Required to trial?	Internal option? (play other teams at TKU)	External option? (play against other clubs in Auckland)
5 <sup>th</sup>	2014/15	No	Yes	No
6 <sup>th</sup>	2013	No	Yes	No
7 <sup>th</sup>	2012	No	Yes	No
8 <sup>th</sup>	2011	No (There are development teams that are formed in May that do require players to attend trial.... Details can be found on the grading and trials section of the website (under events)	Yes	No
9 <sup>th</sup>	2010	Internal – No External – Yes	Yes	Yes
10 <sup>th</sup>	2009	Internal – No External – Yes	Yes	Yes
11 <sup>th</sup>	2008	Internal – No External – Yes	Yes	Yes
12 <sup>th</sup>	2007	Yes	No	Yes
13 <sup>th</sup>	2006	Yes	No	Yes
14 <sup>th</sup>	2005	Trials will take the form of pre season training. Players wishing to make the Metro/ Conference, will be required to attend training sessions to be assessed there Division 1 and below are NOT required to trial. Players can inform the Grade Coordinator which team they'd like to play in.	No	Yes

15 <sup>th</sup>	2004	Trials will take the form of pre season training. Players wishing to make the Metro/ Conference, will be required to attend training sessions to be assessed there Division 1 and below are NOT required to trial. Players can inform the Grade Coordinator which team they'd like to play in.	No	Yes
17 <sup>th</sup>	2003/2002	Trials will take the form of pre season training. Players wishing to make the Metro/ Conference, will be required to attend training sessions to be assessed there Division 1 and below are NOT required to trial. Players can inform the Grade Coordinator which team they'd like to play in.	No	Yes

## GIRLS ONLY FOOTBALL: USEFUL INFO TO KNOW FOR 2019

Grade	Year of Birth	Required to trial?	Girls only option?	Mixed (boys and girl) option?	Girls Internal option? (play other teams at TKU) (mixed only @ 10/11 <sup>th</sup> grade)	External option? (play against other clubs in Auckland)
5 <sup>th</sup>	2014/5	No	No	Yes	No	No
6 <sup>th</sup>	2013	No	Yes	Yes	Yes	No
7 <sup>th</sup>	2012	No	Yes	Yes	Yes	No
8 <sup>th</sup>	2011	No (There are development teams that are formed in May that do require players to attend trial... Details can be found on the grading and trials section of the website (under events))	Yes	Yes	Yes	No
9 <sup>th</sup>	2010	No (There are development teams that are formed in May that do require players to attend trial... Details can be found on the grading and trials section of the website (under events))	Yes	Yes	Yes	No
10 <sup>th</sup>	2009	Internal mixed – No External – Yes	Yes	Yes	Yes	Yes
11 <sup>th</sup>	2008	Internal mixed – No External – Yes	Yes	Yes	Yes	Yes
12 <sup>th</sup>	2007	Yes	Yes	Yes	No	Yes
13 <sup>th</sup>	2006	Yes	Yes	Yes	No	Yes

14 <sup>th</sup>	2005	Yes	Yes	No (but we would advocate on behalf of any girl wishing to play mixed)	No	Yes
16 <sup>th</sup>	2004/2003	Yes	Yes	No (but we would advocate on behalf of any girl wishing to play mixed)	No	Yes

## TKU DEVELOPMENT PROGRAMMES:

All details about **the 2019 Development Programmes**, can be found here <https://www.threekings.org.nz/academy/>

We will continue the Development Programmes throughout the year and build on the huge successes of 2018.

We encourage players (6-14) to attend, to supplement their development and become more skilled players by attending these sessions.

(Coaches and game leaders are strongly encouraged to support the programme by training on alternate evenings to the academy)

NB Registrations open via [ClubHub](#) in the months leading up to the start of a programme

## TKU HOLIDAY PROGRAMMES:

Visit <https://www.threekings.org.nz/academy/holiday-programmes/> for all details and dates.

TKU offers 2 different options for players over the holiday period.

1. **Fun Football Holiday Camps (5 – 15 grade)**

For players wanting to have fun and play football

2. **Select Holiday Camps (8 – 15 grade)**

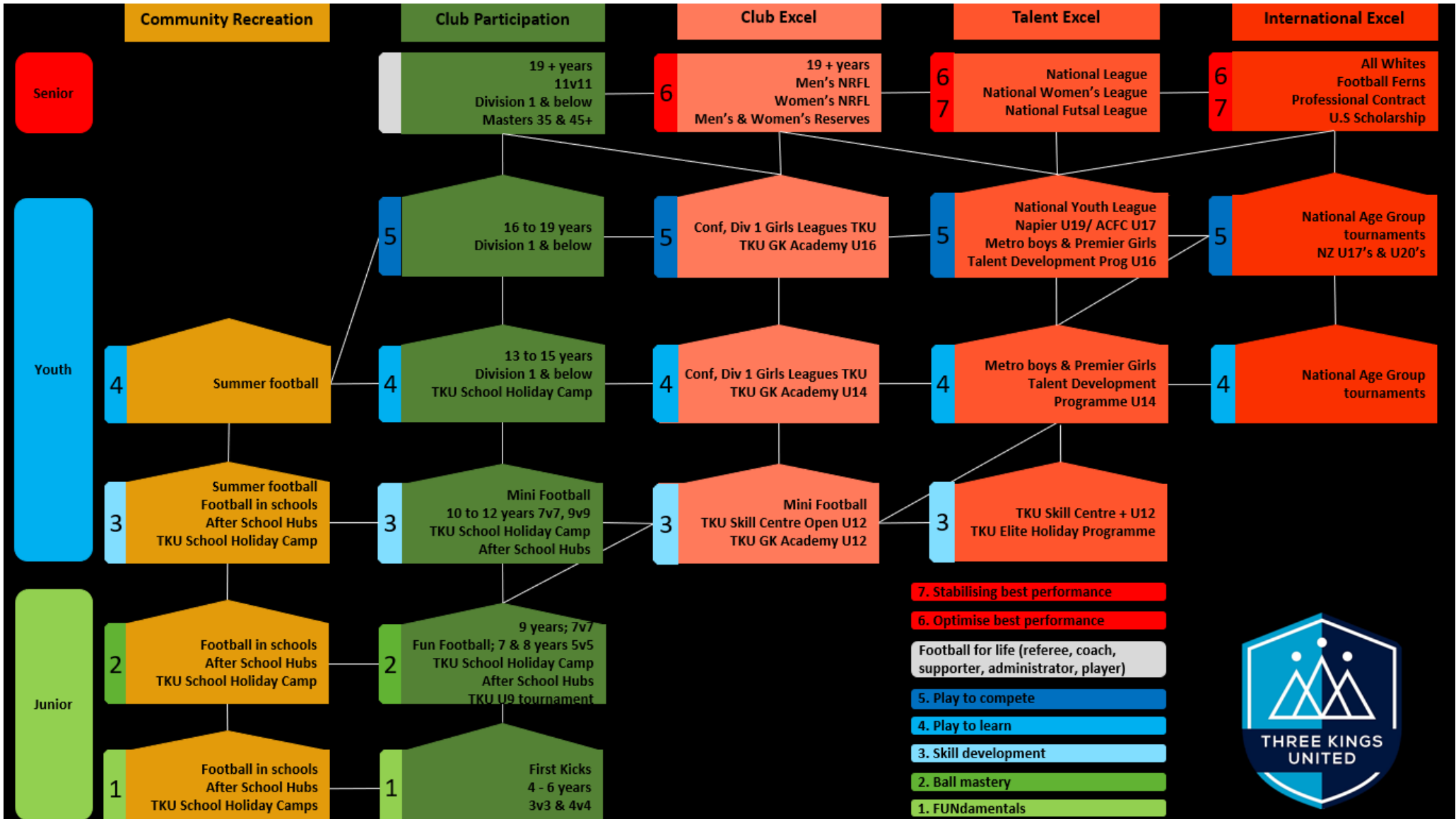
For aspiring and highly motivated players wanting to work hard on their game and play with and against other highly motivated players.

This programme is by **invitation only** and is open to players/ teams selected by the Director of Football. Invitations will be sent in the months prior to the programme

### **3. Real Madrid Foundation Clinic**

Real Madrid Foundation Clinics is returning to Three Kings United in April. Click here to find out more <http://www.frmclinicsnz.com/player-clinic-threekings/>

## **THREE KINGS PLAYER PATHWAY**



## **PLAYING (externally) “UP” AGE GRADES**

We understand that some players may need to play “up” for a raft of reasons (technical/tactical, physically, Socially etc) and these cases will be treated on a case by case basis between the player, parent, coach, Grade Coordinator and Director of Football.

Players wishing to play “up” will need to **attend the trial** for the grade they are wishing to play, so the process of selection is fair. We also recommend trialling for their own age grade as a back-up if they don’t make the age group above.

## **TRAINING LOAD:**

Players nowadays play more formal sport than ever before, with the number of free play hours, generally on the decrease. As such, educating yourselves and your child/ren on an appropriate training load can help.

One recommendation is to track [Peak-height-velocity \(for youth only\)](#). From this, you’ll be able to understand an appropriate training load based on the growth and maturation rate of your son/ daughter

The below are just guidelines and should be treated as such. The best person to determine how much football they want to play should be the player, with guidance from parents, coaches and, if needed, by the DoF

### **Youth Premier girls/ Metro boys/ Conference boys**

As a club, we strongly recommend players should train 2 or 3 times a week to ensure their development is truly maximised (being mindful of training frequency/ load in other environments)

- Eg 1 – 1 team training; 1 academy
- Eg 2 - 2 team trainings; no academy
- Eg 3 – 2 team trainings; 1 academy

### **Junior/ youth (9-12) premier players (inc 8<sup>th</sup> grade development players)**

As a club, we strongly recommend players should train 2 or 3 times a week to ensure their development is truly maximised (being mindful of training frequency/ load in other environments)

- Eg 1 – 1 team training; 1 academy
- Eg 2 - 2 team trainings; no academy
- Eg 3 – 2 team trainings; 1 academy

### **Social competitive (Junior and youth) players**

We recommended to train 1 or 2 times a week

- Eg 1 – 0 team training; 1 academy
- Eg 2 - 1 team training; 1 academy
- Eg 3 – 2 team training; 0 academy

## **COACH DEVELOPMENT:**

As a club we pride ourselves in being able to run formal coaching awards at the club. 2019 will be no different

The following is the first in many coach development opportunities to be run at the club

Registrations for the female only, the Intro to junior coaching and Junior level 1 will open in 2019 here <http://www.aucklandfootball.org.nz/GET-INVOLVED/Coaches-1/Course-Calendar-1>

Please keep up to speed with coach news at the [TKU COACHES, MANAGERS AND COORDINATORS](#) Facebook Page. Request to join today