



CountyAthletesProgramme Athlete Profile Form

Name Alex Czerniewski

Photo

Sport Field Hockey



How Long have you been doing your sport?

3 competitive Seasons

What influenced you to take up the sport?

I represented Rugby in the Warwickshire Youth Games and was invited to join Coventry and North Warwickshire Hockey Club. I enjoyed it so much that I gave up football so I could play at weekends.

What have you achieved in your sport?

Representative Honors.

- County-Warwickshire U15,U17,U18 and U19.
- Regional-Midland U14 and U15.
- International-Wales U16-2007.
- England U16-2008.
- 2007/2008 season-CNW "Young Player of the Year" and Men's 1st Team "Players Player of the Season."
- March 2008 Four Nations Tournament (Holland/Germany/Spain/England)-England joint "Players Player of the Tournament."

What are your future aspirations in your sport?

Summer 2008-To represent England in the U16 European Championships in Holland and to win a medal.

2008/2009 season-To win The Midlands Premier League with CNW 1st team and gain promotion to The English National League.

Future-To be selected for the England U18 squad and the GB U21 Squad and to compete in the Youth Olympics in Australia.

To play in The GB super League and ultimately to be selected for the England Senior Squad and to represent GB in the Olympic Games.

How often do you train?

School 1st team training 1/week.

Club training 1 or 2/week.



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County/Regional training-regular Sundays.

International training-various training days and camps throughout the year. Individual training regime includes conditioning/strength sessions (2/week) and a weekly 1 on 1 pitch training session.

My training diary is submitted to my international coach every week.

Why do you enjoy participating in sport?

I love playing hockey because it is exciting, fast and skilful.

There is a good development structure from school/club through to international level with plenty of competition opportunities.

It is family centered with a strong social element especially at club level, where member's ages range from 7 to 70.

It is an Olympic sport.