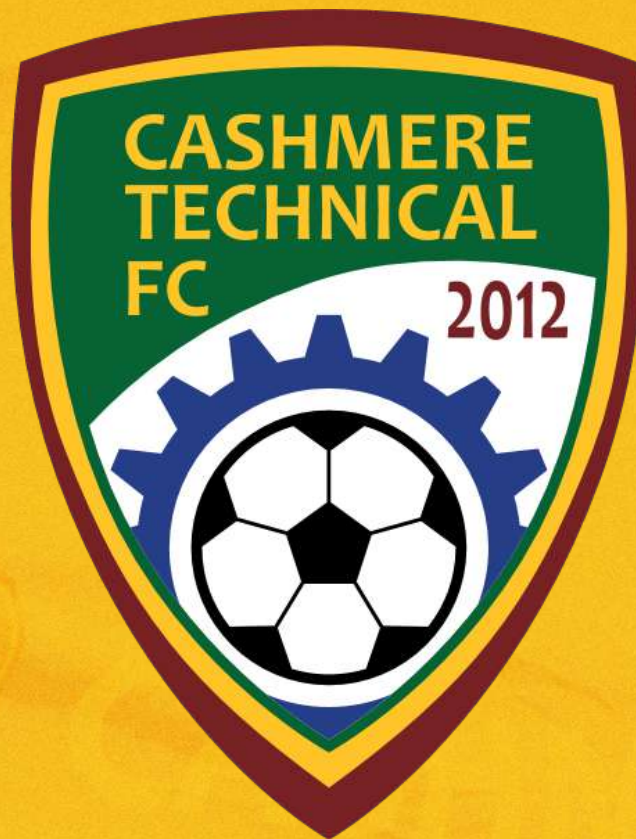


CASHMERE TECHNICAL *ACADEMY INFORMATION*



CTFC

CONTENTS

ACADEMY INFORMATION

04	WELCOME
05	2025 ACHIEVEMENTS
06	ACADEMY PATHWAYS
07	ACADEMY STAFF
08	BOYS PLAYER PATHWAY
09	GIRLS PLAYER PATHWAY
10	MENTAL SKILLS
11	SPORTS SCIENCE
12	FACILITIES
14	CLUB PATHWAY
16	ACADEMY PATHWAYS
20	CLUB NZ REPRESENTATIVES

ACADEMY VALUES

No Secrets
No Shortcuts

Challenge
every person

Develop
people

Fun!

Leave it
better than
you found it



WELCOME TO THE CASHMERE TECHNICAL ACADEMY!

Welcome to the Cashmere Technical Academy where we have created a Talent Development Program that provides players with a pathway to accelerate their development through their teenage years.

With a strong history of producing top-level players and coaches, Cashmere Technical has become a leading environment for football development in the South Island.

Over the years, our programmes have consistently supported players to reach the highest levels of the game, from New Zealand age group representation to National League football and professional opportunities. Our vision is to provide the best football development environment in New Zealand, one that shapes not only outstanding footballers but also outstanding people.

At the heart of the Academy is a focus on growth, character, and high performance. We emphasise life skills, player standards, and personal accountability, ensuring our players are equipped to succeed in football and in life.

Cashmere Technical offers multiple player pathways, including; New Zealand National League Football, US University Scholarships, Professional Football Opportunities, as well as Coaching and Leadership Development

Through a clear structure and a player-centred approach, the Cashmere Technical Academy continues to raise the bar for youth football development in New Zealand.

2025 ACHIEVEMENTS

Reta Fitzpatrick Cup - Cashmere Technical Women's First Team
English Cup - Cashmere Technical Men's First Team

Mixed TDP Youth League 2025
U13 - 3rd Place, U14 - 3rd Place, U15 - 3rd Place, U17 - 1st Place

Girls TDP Youth League 2025
U14 - 2nd Place, U16 - 1st Place



ACADEMY PROGRAM

PROFESSIONAL COACHING

A team of qualified staff delivering elite coaching.

REPORTING AND FEEDBACK

All players and parents participate in three formal feedback meetings each year, providing clear recognition of strengths, identifying areas for improvement, and setting individual development goals.

FOOTBALL EDUCATION

Players receive a comprehensive off-field football education through workshops, video analysis and classroom sessions. These develop their understanding of the Academy's playing philosophy, tactical principles, decision-making and the behaviours required to maximise their development.

S&C PROGRAMMES

Individualised Strength and Conditioning programmes, designed by our qualified S&C coach, help players develop the physical qualities required to perform, compete and reduce injury risk.

HUDL

All players receive education via Hudl Analysis. Players will be able to access their game footage to review and clip for personal development.

VEO

All TDP games will be filmed for review

GPS/ CATAPULT

GPS technology will be used during selected matches throughout the season to monitor key physical performance metrics, including distance covered, top speed and sprint distance. Players will receive individual performance reports to review their data, track progress and identify areas for improvement.

PHYSICAL TESTING

Led by our qualified S&C coach, all Academy players complete regular physical testing to assess key performance areas, monitor development and support individual training goals

ACADEMY STAFF

Garbhan Coughlan - Director of Football

OFC/NZF B-Licence (Currently completing A-Licence)

Lyle Matthysen - Football Development Officer

OFC/NZF C-Licence (Currently completing B-Licence)

Kailey Short - Community Football Development Officer

OFC/NZF C-Licence (Currently completing B-Licence)

Sam O'Neil - Head of Sports Science

Bachelor of Sport and Exercise Science

Danny Knight - Head of Goalkeeping

OFC Goalkeeper B-Licence

HEAD COACHES

U17 Boys - Adam Searle

OFC/NZF B-Licence

U17 Girls - Jorgia Roberts

U15 Boys - Craig Stewart

OFC/NZF B-Licence

U15 Girls - Ella Jackson

OFC/NZF C-Licence (Currently completing B-Licence)

U14 Boys/Mixed - Josh Dray

OFC/NZF C-Licence (Currently completing B-Licence)

U13 Boys/Mixed - Alex Ballard / Ewan Hyndman

(Currently completing C-Licence)

(Currently completing Junior Level 3)

U13 Girls Pre-Academy - Saskia Pelham

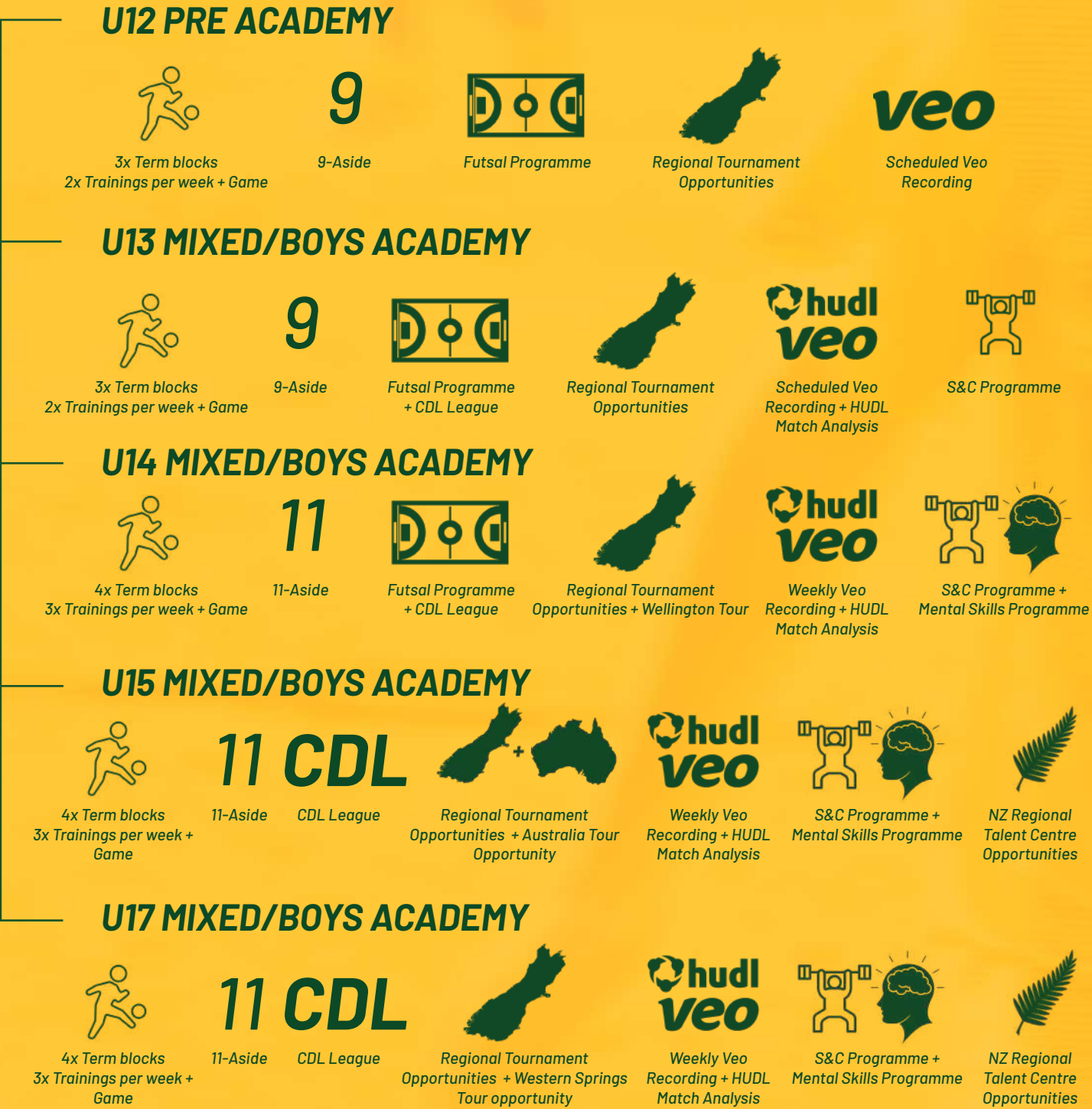
OFC/NZF C-Licence.

U12 Boys/Mixed Pre-Academy - Yusi van Dam / Jack Denison

(Both Currently completing C-Licence)

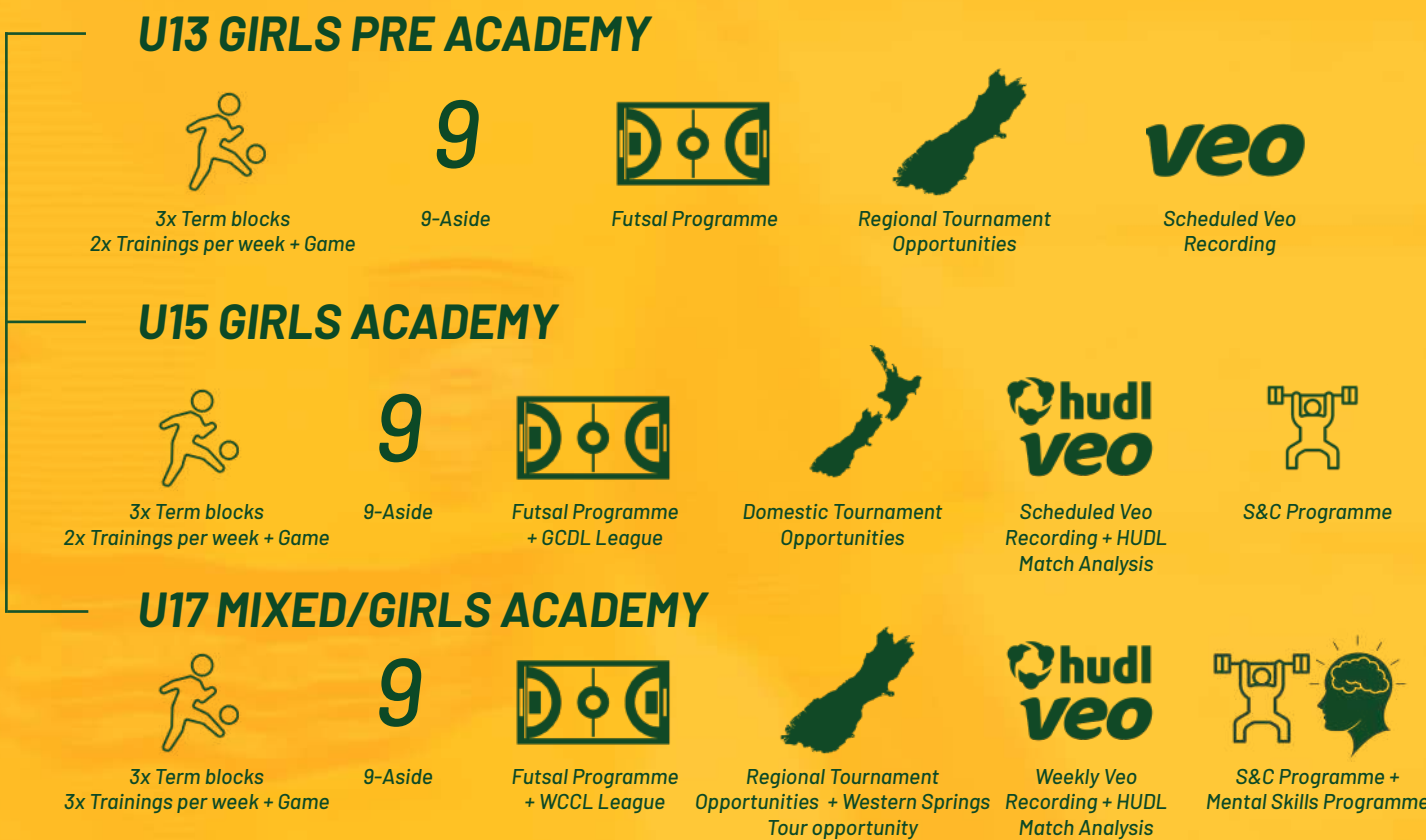
BOYS PLAYER PATHWAY

The Cashmere Technical FC academy provides pathway to national league and professional football.



GIRLS PLAYER PATHWAY

The Cashmere Technical FC academy provides pathway to national league and professional football.



MENTAL SKILLS

ERIK PANZER

This year, we are excited to introduce Mental Skills Workshops as a key component of our academy programme, delivered in partnership with Panzer Performance and led by mental performance coach Erik Panzer.

These workshops are designed to support the whole athlete, focusing not only on performance on the field but also on the habits, mindset, and behaviours developed off the field. Players will learn practical strategies to build confidence, manage pressure, stay focused, and develop resilience in both training and match environments.

Sessions will also explore key areas such as goal setting, motivation, self-awareness, and creating positive daily habits - helping players better balance sport, school, and life commitments while developing a strong sense of identity and purpose.

Through this partnership, our aim is to equip players with the mental tools to perform consistently, overcome challenges, and continue growing both as athletes and individuals.



SPORTS SCIENCE

SAM O'NEILL

The goal of the strength and conditioning programme is to support the academy players' physical development within the club with a view on long-term development.

Long-Term Athlete Development focuses on steps to help develop players within their sporting endeavours.

Within the regular academy schedule, athletes will receive coach-led S&C specific sessions targeting various aspects of health and performance.

Gym-based sessions focus on developing strength & power, movement quality, coordination, and injury resilience. Pitch-based sessions focus on athletic qualities that directly enhance football performance, including sprinting, acceleration, deceleration, change of direction, jumping, and landing mechanics.

Players will also have access to strength and conditioning software, providing individualised programmes and resources to encourage continued development outside of scheduled academy sessions.

Throughout the season progress and performance in physical qualities will be measured across testing sessions and in-game physical output via GPS units worn by the players during the match.



FACILITIES

Our Academy is based at Garrick Park, the home of Cashmere Technical Football Club.

Players have access to a range of high-quality training environments, with sessions also delivered at Whittington Ave and Nga Puna Wai Sports Facility which includes Futsal Courts. Academy players also utilise Cashmere High School's gym for dedicated Strength and Conditioning sessions



CLUB PATHWAY

TFL TFL TFL





ACADEMY PATHWAYS

KIAN DONKERS

Kian's journey is a true reflection of what our club stands for.

Starting out in First Kicks, he progressed through every stage of the club pathway. First kicks, Junior Football, the Academy, and into the First Team, before heading overseas to the Netherlands to pursue his ambition of playing professionally.

While a First Team player, Kian played 38 games, scoring 18 goals. Kian also won the Southern League and Chatham Cup in 2021 with the club.

After gaining valuable experience abroad, Kian has returned home and taken the next step in his career with a professional contract at Auckland FC. This is an outstanding achievement and a powerful example for all our young players of what is possible through commitment, resilience, belief and most of all, hard work.



ACADEMY PATHWAYS

KATE TAYLOR

Kate Taylor (03') first represented the club in 2018, competing in the U17 tournament. Around that time, she progressed into the senior setup, going on to represent the First Team shortly afterwards. Notably, she made the step up without featuring for the Reserve side – a testament to her ability and potential.

Earlier in her development, Kate played at U15 Boys level while also spending a period training with the U17 Boys squad, consistently challenging herself against older age groups and demonstrating her commitment to growth.

Kate's professional career began with Wellington Phoenix, where she played from 2021 to 2024, before moving to Dijon to compete in the French Première Ligue, continuing her progression at the highest level of the women's game.

On the international stage, Kate has represented New Zealand at U17 and U20 level, as well as earning selection with the Football Ferns. She was named as a reserve player for the 2023 FIFA Women's World Cup, recognising her status among the country's emerging senior internationals.



CLUB NZ REPRESENTATIVES

NZ WOMEN'S WORLD CUP/INTERNATIONALS

Amber Bennett	2024 U20 World Cup
Maddie Iro	2024 U20 World Cup
Annalie Longo	2007, 2011, 2015, 2019, 2023 World Cup
Kate Taylor	2022, U23 World Cup

NZ MEN'S WORLD CUP/INTERNATIONALS

Aaron Clapham	2010 World Cup
Kian Donkers	2024 U20 World Cup
Matt Ford	2023 U17 World Cup
Jordan Spain	2017 U17 World Cup

PRO CLUB OPPORTUNITIES / US SCHOLARSHIPS

At Cashmere Technical, we are committed to helping players maximise their potential both on and off the field.

While our primary focus is developing better footballers and better people, we also provide opportunities for players to explore pathways beyond our Academy. Throughout the year, players may have the chance to be identified for professional club opportunities, and overseas experiences where appropriate.

For those interested in combining football with further education, we work alongside **Platform Sports** to provide guidance and support for players considering football scholarships in the United States. Through this partnership, players and families can access expert advice on the recruitment process, university pathways, academic requirements, and scholarship opportunities.

While these pathways are available, selection and progression are based on a range of factors including football ability, attitude, commitment, academic performance, and the individual requirements of clubs and universities.

Our role is to support each player's journey, helping them explore the opportunities that best align with their ambitions, whether that is playing at the highest level in New Zealand, pursuing football overseas, or continuing to enjoy the game for life.

"Development is not measured by where you are today, but by the habits you build, the standards you keep, and the commitment you show when no one is watching.

It is found in the extra repetition when others stop, in the willingness to listen and learn, and in the courage to respond to setbacks with effort, not excuses. Progress is rarely obvious in the moment but over time, those daily choices compound into something powerful.

Great players are not discovered, they are developed, day by day, session by session, decision by decision.

At this academy, our role is to guide, challenge, and support that journey. Your role is to take ownership of it. Because in the end, the player you become will always reflect the work you were willing to do when it mattered most."

Garbhan Coughlan
- Director of Football

