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New Zealand Olympic Ambassador

Emily Naylor

Olympian number:

936

Discipline:

Hockey

Position:

Midfielder/defender

Emily Naylor was born in Palmerston North in 1985. While at secondary school, Emily played for the New Zealand under-18 women's hockey team. In an under-18 series against Australia, she competed with a broken hand. New Zealand's national women's hockey coach Ian Rutledge was watching the series and was impressed by the injured player's determination and courage. So in 2004, he selected Emily to participate in an Olympic qualifying training camp.

This training camp was an important milestone for the young athlete. Initially, Emily was chosen to participate in the camp for her own training and development, with a small chance of actually making the Olympic team. But at the end of the camp, she was the only newcomer that Rutledge selected for the Olympic qualifier squad.

“She is extremely talented. Emily is technically proficient, has a good training attitude and has performed well under pressure,”

said the coach about Emily's selection (*New Zealand Herald*, 10 February 2004, http://www.nzherald.co.nz/sport/news/article.cfm?c_id=4&objectid=3548440).

Quick facts

Favourite food: Thai

Favourite movie: *Forrest Gump*

Favourite music: Love all music, especially old-school rock and Kiwi music (Six60)

Childhood heroes: Moira Senior and Skippy Hamahona (local Manawatu NZ hockey players)

Current favourite athlete: Usain Bolt

Most rewarding moment in sport: Qualifying for the top 4 in London 2012

Talents other than sport: Tennis, golf, dancing

Biggest injury: Bulging disc in my back

Biggest sacrifice: Social life and financially

Job outside sport: Event marketer and personal trainer

Other fun facts: Party trick is the caterpillar



**New Zealand
Olympic Education**

Emily played her first match for New Zealand against Great Britain at the 2004 Olympic qualifying tournament in Auckland. She was subsequently selected for the Black Sticks Women Athens Olympic Games team.

Emily stood out at the 2004 Athens Olympic Games. Her performance led to the International Hockey Federation nominating her for the 2004 World Junior Women's Player of the Year award.

Emily was only 18 years old when she joined the Black Sticks Women and she has since matured into a world-class player. She is a central part of the team, bringing exceptional skills and invaluable experience to the field. Her teammates know they can count on her speed and her skilful approach in deep defence.

Since her Black Sticks debut, Emily has competed in several international campaigns. One of her early career highlights was the Women's Champions Challenge in 2005 at Virginia Beach. The Black Sticks Women won Gold. The following year, the team came fourth at the Melbourne Commonwealth Games, losing the Bronze Medal match to England. Emily played at her second Olympic Games in 2008 in Beijing, where the Black Sticks Women lost every game, placing twelfth.

The Black Sticks Women underwent an extreme overhaul as a result of their disappointing performance in Beijing. Ten new players were promoted to the squad but Emily remained a key player. She gained valuable overseas experience when she played club hockey in the Netherlands from 2008 to 2010.

In 2009, the Black Sticks Women redeemed themselves by winning the Women's Champions Challenge in Cape Town, South Africa. Emily was also in the team that won Silver at the 2010 Delhi Commonwealth Games and won Bronze at the 2011 Amstelveen Women's Champions Trophy. At the London 2012 Olympic Games, the Black Sticks Women came fourth.

Emily is the most experienced player in the Black Sticks Women and she is presently the co-captain alongside Kayla Sharland. London 2012 was her third Olympic

Career highlights

- 2012** London Olympic Games (Fourth)
- 2011** Amstelveen Women's Champions Trophy (Bronze)
- 2010** Delhi Commonwealth Games (Silver)
- 2009** Cape Town Women's Champions Challenge (Gold)
- 2005** Virginia Beach Women's Champions Challenge (Gold)
- 2004** Athens Olympic Games (Sixth)

Honours

- 2010** New Zealand Women's Player of the Year
- 2009** New Zealand Women's Player of the Year
- 2007** Voted Oceania Player of the Century, ABCD Hockey Magazine
- 2004** Nominated for World Junior Women's Player of the Year award, International Hockey Federation



Games. She played her 200th game for New Zealand in London, in the 3–2 win against the United States. She is the second New Zealand woman to reach this milestone, which is called a ‘double century’. Suzie Muirhead is the only New Zealand woman with more caps than Emily – 238 caps.

“Playing 200 games is pretty special, especially when it happens at an Olympics,”

said Emily, when interviewed about her double century in London (<http://www.stuff.co.nz/sport/olympics/hockey/7438129/Black-Sticks-eye-historic-win-over-Netherlands>).

Emily currently lives in the Hawke’s Bay and plays for the Central Mysticks in the National Hockey League. She has a degree in sports and exercise from Massey University. She is an active member of the Central Districts community. In 2011, she was the ambassador for the Arohanui Hospice ‘Give it Up’ campaign. The campaign encouraged people to support the hospice by donating quality designer gear to be sold at hospice op-shops.

Emily was appointed a New Zealand Olympic ambassador in 2012.

Links

Emily Naylor’s Olympic Museum profile:
<http://imuseum.olympic.org.nz/museum/athlete/profile/25127>

Follow the NZ Olympic Team here:

 **NZ Olympic Team**  **@nzolympics**

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Official Olympic Sport

Hockey

Men's field hockey first appeared at the 1908 London Olympic Games. It was dropped from the Olympic Games in 1924, because there was no international governing body for the sport. After the founding of the International Hockey Federation (FIH, *Fédération Internationale de Hockey*), men's hockey reappeared at the 1928 Amsterdam Olympic Games. It has featured at the Olympic Games ever since. Women's field hockey first featured at the 1980 Moscow Olympic Games.

The basics

Field hockey is an outdoor team sport played with a ball and L-shaped sticks. The head of the stick is rounded on one side and flat on the other. Players can use only the flat side to dribble, control, pass, push, stop and hit the ball. Most players wear mouthguards and shin guards to protect themselves from balls or sticks.

A game of field hockey is 70 minutes long (two 35-minute halves). The team that scores the most goals in this time wins. If the score is a draw, and it is

a competition where a winner needs to be decided, the teams will play overtime periods. If it is still a draw, there will be a penalty shootout.

Each team has 11 players on the field at a time and five substitutes on the sideline. There are four different positions:

- attackers (forwards)
- defenders
- midfielders
- goalkeeper

Olympic matches

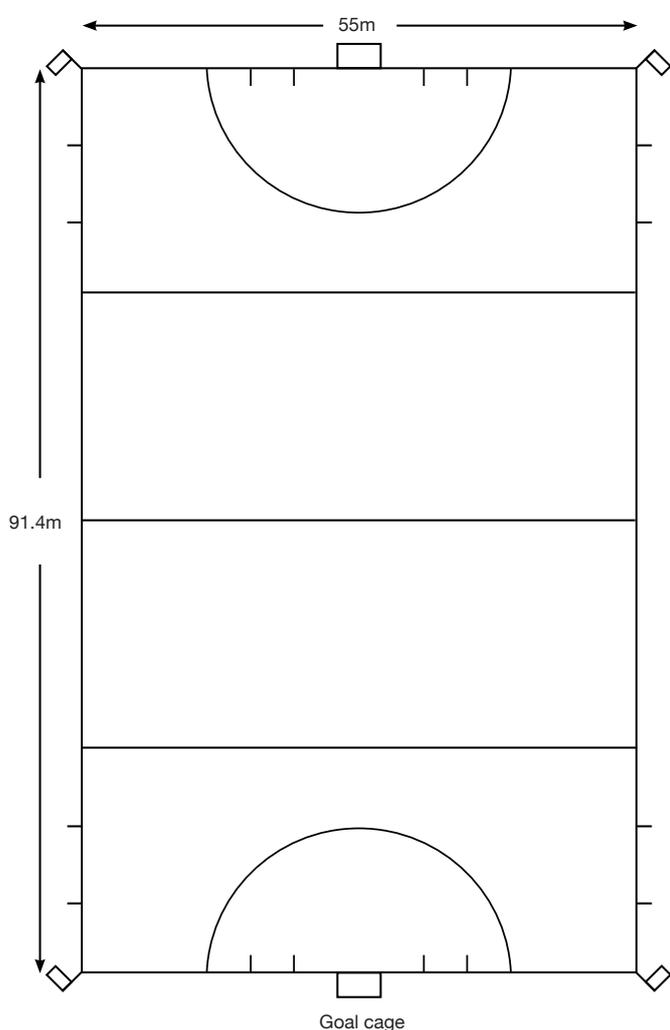
The FIH holds qualifying tournaments for the Olympic Games, because hockey is played in 118 countries. Twelve men's and twelve women's teams can qualify to compete at the Olympic Games.

- The twelve teams are divided into two pools: Pool A and Pool B. There are six teams in each pool. Each team plays against all the other teams in their pool.
- The top two teams in Pool A play against the top two teams in Pool B in the semifinals.
- The teams that don't win in the semifinals play each other for the Bronze Medal.
- The semifinal winners play for the Gold Medal. The team that loses earns the Silver Medal.



The field

Olympic field hockey is played on a field that is 91.4 metres by 55 metres. There are two open-front goal cages facing each other at opposite ends of the field. Each goal has a semi-circle marked in front of it – goals only count if they are scored from inside this circle. Since 1976, all international competitions have been played on artificial turf instead of grass.



Important points

Free hits are awarded to the other team when a hockey player is penalised outside of the circle.

If the defending team is penalised within the circle, the attacking team gets a penalty corner. Only five players from the defending team can defend the goal – the others have to go into the other half of the field. One player from the attacking team hits the ball in from behind the backline (at least 10 metres along from the nearest goalpost), and the rest of the attacking team try to score.

Penalty strokes are given to the attacking team when a defending player makes a deliberate foul to stop a goal being scored, or when they run too soon to defend a penalty corner. For a penalty stroke, an attacking player gets a shot at goal from a spot 6.4 metres in front of the goal.

Some of the rules hockey players have to remember to avoid penalties are:

- do not use hands or feet to control the ball – the goalkeeper in the circle is the only player allowed to use their hands and feet to stop the ball
- how to raise the ball in the air safely – players can't hit the ball into the air, but they can raise it by scooping or pushing it with their stick. It must not go above shoulder height
- do not use sticks dangerously – players have to be careful not to raise their sticks too high in the air or run with them dangerously
- do not hit the ball at or near another player
- do not obstruct other players – players must not use their body or stick to stop another player getting to the ball
- use the right side of the stick – players must only use the flat side.

