Central Hockey has a short but proud history. The Central region boasts 8473 players across ten different provinces. Central Hockey contains the 2nd most playing numbers from the eight identified regions from New Zealand Hockey. Central Hockey is made up of the district hockey federations in the region from Taranaki in the West to Poverty Bay in the East. The constituent associations are as follows: Taranaki Hockey, Rangitikei Hockey, Wanganui Hockey, Manawatu Hockey, Hawkes Bay Hockey, Horowhenua Hockey, Poverty Bay Hockey. There are three major competitions in Hawkes Bay, Manawatu and Taranaki.

From the outside, Central Hockey looks like most other regions, however, Central Hockey has never won a title at Under 21 or Under 18 level, and in comparison to other Regions has had minimal success at the National Hockey League level across both Men and Women. Central Hockey only has 6 current Black Stick's Men's and Women's players ranking 7th out of the seven regions and four of the other regions have double this number.

Having teams competing at the national level provides the pathway and the inspirational goals for young players and encourages youngsters to play hockey and get active. Elite level teams are an integral part of promoting an active sporting culture in its community.

Central Hockey is an incorporated society and is governed by a Board of six, representing the constituent organizations. While the individual Franchise Boards will develop their own strategies, the overarching philosophy of Central Hockey is to develop the sport in the community for the long term, to encourage participation and provide opportunities and pathways for their young players.

Central Hockey believes that in order to achieve this long term development and sustainability they need to approach the sport from both a top down and a bottom up perspective. Having an elite team competing successfully in the national competition is essential to provide the inspirational goals and role models for their young athletes.

However for the elite team to remain competitive over a sustained period requires a development program that produces a pipeline of individual players who can successfully compete at the highest level. This in turn is the product of high participation rates and a strong "grass roots" sporting infrastructure followed on by a quality High Performance Program.

Central Hockey has a strong presence in the wider community and has competed well nationally and produced players capable of going on to higher representative honours. As well as providing an opportunity for many young players to compete with colleagues from across the wide geographical spread of the region.

But to regularly reach the desired results at National tournaments and have players from the region consistently make National squads then the need for a quality High Performance Program is needed.

In light of this the Central Hockey Board and Otago Polytechnic Review Panel have given permission for Central Hockey's High Performance Program to be reviewed.

The consultation process was very thorough, it started in November 2013 with Central Hockey's High Performance athletes (National Hockey League, Under 21, Under 18), club athletes, coaches, support services and administrators and board members within Central Hockey. This interview process was concluded towards the latter part of April. It involved over 75 hours of consultation and interviewing individuals representing a cross section of Central Hockey's High Performance community.