

PAULINE FITZGERALD

It is with great sadness and an immense sense of loss that we were informed by Pauline's family that Pauline had passed away on Sunday 18th of February. It was a double blow for the family in a very short space of time. Just over two years ago, her beloved husband, Ian, an Eastcote legend, also passed away. Her children and grandchildren had hoped that Pauline would be around for a few more years at least to enrich and brighten their own lives. Alas! It was not to be!

Pauline Francis Regan was born in Ballinasloe, Co. Galway, Eire on the 3rd of April 1938 to her parents Michael & Margaret Regan. She was the youngest of six children, including her brothers Michael and Benny, and her sisters, Lily, Mary, and Patty.

Life was tough in Ireland in those days. What with eight living in a small room cottage and the unfortunate passing of their brother Benny in childhood. However, it is generally fair to say that they had a wonderful childhood, of which they were all very proud to recollect in later years.

Pauline went to the local convent school with her sisters, which she loved and loathed in equal measure (loathed more!), until at the grand old age of seventeen she and her great friend Lillian left the Emerald Isle for England, to pursue a career in nursing. They ended up in south London doing their nurses training in Dulwich Hospital, where Pauline soon discovered she was **not** cut out to be a nurse - needles, blood, fainting etc!

However, We cannot talk about Pauline without mentioning Ian, her deceased husband. It was at a dance in Dulwich that they first met in 1956. And with a name like Fitzgerald you may assume that Ian was endowed with considerable Irish charm. He was there with his best friend, Ian Gilbert – another Eastcote legend! Having spotted this beautiful girl across the floor Ian abandoned his friend and strode across the hall to ask Pauline for a dance.

Well, they danced the night away and Ian was smitten to the extent that her for a date. Pauline was not quite as smitten as Ian because, she agreed to the date, BUT didn't turn up at the appointed time and at the appointed place! Ian was disappointed but determined! He turned up at Pauline's home the next day and asked for an explanation. "It was raining," said Pauline. But Ian persevered and the rest as they say is HISTORY!

They courted and got married in June 1959. They presented the world with four wonderful children. Susan, John, Mark, and Scott have done their parents proud over the years and are equally proud of their parents! Scott benefited considerably by Pauline helping him on his way to being a professional footballer. She took him everywhere when he was a junior and then went to every Watford home game when he turned pro, which she loved! **The old man was too busy with hockey!!** (John's words)



A lot has been said and written about Ian's contribution to the success of Eastcote Hockey Club. But little has been said of Pauline's own contribution to the needs of the club, especially when Eastcote Hockey club was in its' infancy and needed all the help it could get. (in CASH terms!) Pauline formed a quartet with a certain Alan Barraclough, Dorothy Pearson and Margaret Stephenson and together they poured money into the "one-armed bandit" that the club had cleverly installed in the bar area! Ian did try to get the machine removed from the club. But he was out voted!

Pauline was a wonderful person – loved by all who knew her! She was full of fun and frolic and enjoyed all the social functions held at the club which Eastcote is renowned for! And when the Veterans started to visit Europe for pleasurable tournaments and social functions – She was there at the side of Ian enjoying every minute of it. And the group enjoyed every minute of her company.

We shall all miss her – we have lost a very special person!
Des

From The Chair

It is with much sadness to hear about the passing of Pauline Fitzgerald, many of you would have seen her at the clubday presenting the winners with their trophy. She was a lovely joyful person who brightened up any room she was in. Our deepest condolences to the family at this time.

Jackie

Last Week's Results

Sat 17 Feb

Ladies 5s	Imperial Medics	13:30 H L Drew 1 - 1
Men's 1s	Oxford Hawks 3	12:00 H L Won 4 - 1
Men's 3s	Reading 4	13:00 A L Lost 2 - 4
Men's 4s	Oxford University 4	15:00 H L Won 4 - 1
Men's 5s	Phoenix Reading 2	16:30 H L Drew 2 - 2
Men's 6s	Wallingford 4	14:45 A L Won 4 - 3

Forthcoming Fixtures

Sat 24 Feb

Ladies 1s	PHC Chiswick W2	15:00 H L Eastcote
Ladies 2s	Wapping W3	13:00 A L Lee Valley
Ladies 3s	Southgate W5	12:00 H L Eastcote
Ladies 4s	Winchmore Hill & E W2	12:00 A L Southbury Leisure Centre
Ladies 5s	PHC Chiswick W4	16:00 A L Liverpool Vict Spts Grd
Men's 1s	Oxford University 2	13:30 H L Eastcote
Men's 2s	Windsor 1	10:00 A L Windsor Girls School
Men's 3s	Oxford Hawks 5	15:30 A L Banbury Road North
Men's 4s	Windsor 2	16:30 H L Eastcote
Men's 5s	Henley 4	15:00 A L Henley Hc
Men's 6s	Marlow 6	10:15 H L Eastcote
Men's 7s	Reading 7	00:00 A L Postponed

Sun 25 Feb

Lady Masters	Oxford Hawks O45	00:00 A L Postponed
Ladies 2s	West Hampstead 2	14:00 H L Brunel

Work At The Club

A few updates on the Clubhouse and surrounds improvement works that will be taking place in the coming months.

The public car park refurbishment at the Clubhouse is provisionally scheduled to take place in May. We have asked that this be done outside of our normal playing season as it will take 3-4 weeks to complete.

This will include new drainage, hardcore base, tarmac surface, curbs and marked parking spaces including disabled bays, cycle racks, plus a new fence and gate along the boundary of the clubhouse. This is being funded by Hillingdon Council through their Chrysalis regeneration scheme and a £75k grant awarded to Eastcote HC by HS2 which we will donate to Hillingdon for this project.

We continue to press the Council to repair and upgrade the public car park at the Astro pitch which we know is in a poor and dangerous state.

Additionally the Environment Agency will be undertaking work at the Clubhouse to provide us with flood resilience measures that will include removable door barriers, internal pump, improved waterproof cladding and sealant to some walls and sealant to door frames. All this work is funded by the Environment Agency. We expect this work to be undertaken during the Spring although we await an exact start date. We have been working with the EA over the last couple of years

Rob Riddleston

CHAIR CHAT

Dear all

We have a few dates to note for socials - come along, let's regroup and enjoy being with each other socially
Bingo
Club agm and champagne night
End of season dinner and dance
It's going to be special make sure you book your place - we need someone there from every team.

Let's play this weekend with a good spirit in our hearts, sadly I'm hearing too many situations recently of abuse and dissent (not all Eastcote) but let's not react, rise above it and enjoy your games. You may have seen I posted a note on Spond this week following reports of comments on the sidelines about one of our ladies teams.... I personally love playing in that team when I get chance and they are simply the most fabulous team ever...for some

This is a leap pad into the higher teams and for some it's a team to enjoy playing the game - remember when we put on the red shirt - we are all one family and I will not tolerate poor spirit against any other Eastcote team!

Jackie



BINGO NIGHT 2024

March 2nd 8pm

£2.50 PER TICKET

- 3 rounds of bingo
- Quirky prizes to be won
- Confirm attendance on Spond

The poster features a red and white checkered pattern, a central shield with a red and white checkered pattern, and a blue background with white text.



LADIES SECTION CAPTAIN NEEDED

It has been a privilege to be your Ladies Section Captain for the past 7 years but I think it's time for a fresh take at the role. I'll be stepping down at the end of the season.

It's a great role, it is mainly supporting the captains and ensuring that everything is done for the good of the Section and the Club.

No specific skills required!
Please see Neets if you're interested

CONGRATULATIONS TO LAST WEEK'S WINNERS

Men's 1 Oxford Hawks 3 John Cadman
Postponed from 02/12/2023



Good Luck To The

Bubbly Challenge Teams This Week

Team	Oppo	Sponsor
Men's 1	Oxford University 2	Al Moore
Men's 4	Windsor 2	Lisa Curtler
Men's 6	Marlow 6	Jane Carter
Women's 1	PHC Chiswick W2	Chunky

Northwood Musculoskeletal Medicine & Physiotherapy Clinic



**Diagnostic Ultrasound
Ultrasound Guided Injections
Sports Injury Rehabilitation
Joint, Muscle & Spinal pain**

'Avoid lengthy NHS waiting lists, no referral required'

I am a consultant physiotherapist with more than 15 years' experience in elite sport, and the NHS. As a musculoskeletal sonographer, and non-medical prescriber I can accurately diagnose, treat and manage your rehabilitation.

www.mskphysioclinic.co.uk
mskphysioclinic@hotmail.com



**10% discount on all treatments
to all Eastcote HC members.**

EASTCOTE HOCKEY CLUB'S VOLUNTEERS NIGHT

A NIGHT TO CELEBRATE ALL THE WONDERFUL VOLUNTEERS
THAT KEEP THE CLUB RUNNING



INVITE ONLY - RSVP ON SPOND
FRIDAY 1ST MARCH
7PM @ THE CLUBHOUSE
FOOD INCLUDED



//PASS WITH LAZ

Your Local Driving School

My name is Andy LAZ and I have played and coached hockey at Eastcote since 1996 and have always enjoyed helping others develop new skills.

From January I am starting a new venture, by setting up a driving school. I have a number of slots still available and would like to offer them to Eastcote players. If you want to learn to drive, contact me via

passwithlaz@gmail.com

or call me on 07811 574370.



'A Natural Healthcare System based on ancient principles & Chinese Medicine'

Treatments tailored to the individual
For a truly unique experience...
Aiming to restore the body's natural equilibrium & wellbeing.

Treatments can assist with sports injuries, arthritis, headaches, insomnia, nausea/vomiting, gynaecology & so much more...

Contact me today for more information
Or to make an appointment...
1st Apt. - 1.5hrs (full consultation + treatment) = £60.00
Follow up Apts. - 1hr = £50.00
(10% discount for Eastcote Hockey club Members)

Abbots Langley, Hertfordshire
01923-263975
clairemashacupuncture@outlook.com
<https://www.clairemash-acupuncture.com>

*Member of the BAC
Fully insured*



**FIH Pro League is underway,
but have you got your London
2024 tickets yet?**

**Lee Valley Hockey and
Tennis Centre, London**

01-12 June 2024

Tickets are now on general sale for Great Britain's FIH Hockey Pro League 2024 home games.

This year, enjoy more world-class hockey games per day, whilst an FIH Hockey Pro League trip remains cheaper than most other sporting and London days out.

- U18 tickets from only £8
- Adult tickets from just £25
- Get 4 games per day instead of 2

**Buy now to avoid
disappointment!**

Bubbly Challenge 2023 - 24

Contact Leo Barber
to sponsor a team

leobarber.lb@gmail.com



Number of bottles won so far

24

Sponsors commit to paying for a bottle of bubbly for the team if it wins* the sponsored game. Last time the bottles were £13.50 for a very nice crémant. The cost will be <£20 & the club aims to get the best tasting bottle within this price range.

All are home games, all Saturday league teams are in the list. There are 7 games per team a total of 84 games to sponsor.

The club will provide the bubbly and the sponsor of a winning game will pay the club for the bottle. Bottles will be provided on the night and payment will be asked for in the weeks before the Bubbly Challenge party. Sponsors are encouraged to join the teams on the bubbly celebration evening to help celebrate the win.

*In the event the match is postponed the result of the fixture on the new date will be used to determine the status of the win. In the event the match is cancelled by the opposition it will be deemed to be won, as a walkover. If the match is cancelled by Eastcote it is deemed a loss.

WINNERS IN RED

Team	Fixture slot	Oppo	Sponsor	Team	Fixture slot	Oppo	Sponsor
M1	07/10/2023	Amersham & Chalfont 1	Rob Riddleston	W1	21/10/2023	East London W3	Jane Antony
M1	04/11/2023	Basingstoke	Colin Barber	W1	11/11/2023	Harrow W1	Anita M
M1	18/11/2023	Wycombe 1	Josie Spencer-Pell	W1	25/11/2023	West Herts W2	Els Lunt
M1	02/12/2023	Oxford Hawks 3	John Cadman	W1	09/12/2023	Spencer W3	Reedy
M1	13/01/2024	Maidenhead 1	Luke Tucker	W1	03/02/2024	Wapping W3	Kim Spencer-Pell
M1	24/02/2024	Oxford University 2	Al Moore	W1	24/02/2024	PHC Chiswick W2	Chunky
M1	09/03/2024	Witney	Els Lunt	W1	09/03/2024	West Hampstead W2	Rob Riddleston
M2	30/09/2023	Bicester 1	Monty	W2	14/10/2023	Hampstead & W W5	Keith Antony
M2	14/10/2023	Henley 2	Lucy Carter	W2	04/11/2023	Wapping W3	Deffy
M2	11/11/2023	Windsor 1	Graham Maunder	W2	18/11/2023	East London W3	Lucy Carter
M2	20/01/2024	Sonning 2	Neets	W2	02/12/2023	PHC Chiswick W2	Jackie Ripley
M2	03/02/2024	Marlow 3	Deffy	W2	27/01/2024	West Hampstead W2	Sam C
M2	02/03/2024	Oxford University 3	Al Moore	W2	10/02/2024	West Herts W2	Josie Spencer-Pell
M2	06/04/2024	Amersham & Chalfont 2	Ian Sadler	W2	16/03/2024	Spencer W3	JSP
M3	07/10/2023	Wallingford 2	Monty	W3	23/09/2023	West Hampstead W5	Pam Townsend
M3	11/11/2023	Oxford Hawks 5	Dylan Kelly	W3	21/10/2023	West Herts W3	Lili D
M3	25/11/2023	Wycombe 2	Freddie Lavers	W3	18/11/2023	PHC Chiswick W3	Jackie Ripley
M3	27/01/2024	Buckingham 1	Byrney	W3	09/12/2023	Winchmore Hill & E W2	Irene Hall
M3	02/03/2024	Amersham & Chalfont 3	Jane Antony	W3	03/02/2024	Old Merchant Taylors W2	Imogen
M3	16/03/2024	Reading 4	Lesley Lavers	W3	24/02/2024	Southgate W5	Lesley Lavers
M3	06/04/2024	BA Men's 1	Leo Barber	W3	16/03/2024	Hendon & Mill Hill W1	Helen Stoddart
M4	30/09/2023	Leighton Buzzard 2	Asbo	W4	23/09/2023	Southgate W5	Christina
M4	14/10/2023	Amersham & Chalfont 4	Ninja	W4	07/10/2023	PHC Chiswick W3	Mel Carter
M4	28/10/2023	Reading 5	Tom Gwynne-Evans	W4	04/11/2023	Winchmore Hill & E W2	
M4	02/12/2023	Abingdon 2	Wrighty	W4	09/12/2023	West Herts W3	Danielle
M4	10/02/2024	Berkhamsted & H H 2	Donna Fletcher	W4	27/01/2024	PHC Chiswick W3	Steve Riddleston
M4	24/02/2024	Windsor 2	Lisa Curtler	W4	02/03/2024	West Hampstead W5	Steve Riddleston
M4	09/03/2024	Marlow 4	Nick Smith	W4	23/03/2024	Old Merchant Taylors W2	Luke Baker
M5	30/09/2023	Amersham & Chalfont 5	Els	W5	23/09/2023	PHC Chiswick W5	Graham Pile
M5	07/10/2023	South Berkshire 5	Dylan Kelly	W5	07/10/2023	Hendon & Mill Hill W2	Steve Riddleston
M5	28/10/2023	Wycombe 3	Robin White	W5	21/10/2023	West Hampstead W7	Neha Sandhu
M5	11/11/2023	Henley 4		W5	20/01/2024	Old Uxonians W1	Terry (Gardner?)
M5	20/01/2024	Marlow 5	Phil Day	W5	03/02/2024	Old Merchant Taylors W3	Neets
M5	10/02/2024	Stoke Green 1	Clurr	W5	02/03/2024	Ealing W2	Wrighty
M5	09/03/2024	Maidenhead 3	Dave Tipper	W5	06/04/2024	West Herts W4	John Cadman
M6	23/09/2023	Slough Swifts	Keith Antony	Eagles	30/09/2023	Slough Despondents	Graham Pile
M6	04/11/2023	Staines 4	Colin Carter	Eagles	28/10/2023	Wycombe 5	Jas
M6	18/11/2023	Windsor 3	Patrick Carter	Eagles	25/11/2023	Marlow 7	Tony G
M6	13/01/2024	Amersham & Chalfont 6	Luke Tucker	Eagles	20/01/2024	Sonning 5	Dave Tipper
M6	24/02/2024	Marlow 6	Jane Carter	Eagles	10/02/2024	Yately 4	Rob Riddleston
M6	16/03/2024	Wallingford 4	Graham Maunder	Eagles	02/03/2024	Henley 5	
M6	06/04/2024	Yately 3		Eagles	23/03/2024	Wallingford 5	

Match Reports

Ladies 5's v Imperial Medics

Saturday 17th February

Drew 1 - 1

Short Measures

We started the game in good spirits, with Rhea and her awesome positive attitude and Bradders singing. With last weekend's double-win and Imperial with only 9 players and no goalie, this should be easy right? Wrong!

Imperial were a really strong side, they were all over us! We kept the score 0-0 for quite a while, with a couple of saves from Bradders, but then they got a cracking goal from a short. We kept going and had a close miss from Millie. Our half-time talk from Terry helped, we were all trying hard, but the strategy wasn't there. Right, get our game faces on!

We kept fighting them off, we had much better team play, and there was almost a goal from Phoebe. Then Rhea was sent off for too many stick tackles. Is all lost? Two mins on the clock... Phoebe scores! Making the score a well pulled back 1-1 draw. Well done ladies!

Alex

Men's 6's v Slough Swifts

Saturday 19th February

Lost 0 - 6

A very forgettable loss hence

I forgot to send in the match report, again!

A very well drilled Slough side were too strong in the first half and benefited from 3 quickly taken goals getting behind the Eastcote defence and some clinical finishing. Eastcote were far more disciplined in the second half stepping up and pressing as a team and were unlucky to concede 2 goals (PC, PF) right at the end of the match which flattered the home side.

MVP was a close vote between Tom, Oscar and Pav with Tom edging it with some great interceptions and strong ball carrying out of defence. This week's match report should make better reading for the team.

AC

Men's 5s v Reading Phoenix 2s

Saturday 17th February

Drew 2 - 2

Pulled Back

Men's fives stepped out for an expected hard game against the fifth placed team. Eastcote went one goal down after a set of errors handed the opposition the lead. Up stepped youth Theo and Ben who had great games getting stuck in against the adults and Oscar with three players round him magically coming away with the ball each time.

The game was generally good tempered even with a second half, BAFTA Award (can't use Oscars as that will cause confusion!) winning display from the opposition captain rolling on the floor crying foul play.

Leading League Goal Scorers

Compiled from scorers listed on bar results board & League websites. E. & O. E. Only goals scored for player's regular team will be recorded.

Contact ldefanis@hotmail.co.uk with any queries

Ladies

Pheobe G	13		
Lesley Reedy	11		
Macca Paige	8		
Emma D	5	Erin M	5
Laila	5	Laura S	5
Clurr	4	Els	4
Holly D	4	Jane A	4
Mya	4	Rhea	4
Arshia	3	Eliza	3
Sophie	3		
Anisa	2	Ella C	2
Isha	2	Lily W	2
Lucy C	2	Mala	2
Millie H	2	Pam	2
Phoebe W	2	Zoe	2
Abbie L	1	Anna M	1
Ashana	1	Christina	1
Danielle	1	Emily W	1
Erin C	1	Kailei	1
Kim SP	1	Neets	1
Ruby	1	Wicksy	1

**NOT UPDATED
THIS WEEK AS
LUKE IS ON
HIS HOLS**

Men

Gabs	15		
Zac A	15		
Conor	10		
Jas	10		
Sadler	9		
Reuben	8		
Ali P	7	Chunky	7
Des	7		
Freddie Lavers	6	John Fitz	6
Ninja	6	Vishnu	6
Jasdip	5	Keith Antony	5
Max S	5		
Jat	4	Neal	4
Robin	4	Sahir	4
Deffy	3	Luke	3
Paul Lota	3	Samir	3
Tom G-E	3		
Ayuj	2	Eshan	2
Joe C	2	Monty	2
Monty Antony	2	Nick	2
Peter Phillips	2	Sham	2
Al Moore	1	Alasdair	1
Andy Child	1	Andy Innes	1
Arian R	1	Armin	1
Bosco	1	Byrney	1
Charlie	1	Dan Meyrick	1
Fil	1	James C	1
Jamie Waller	1	Jay B	1
John Lau	1	Laz	1
Leo F	1	Max G	1
Miles	1	Oliver	1
Sai	1	Sherwin	1
Sleeman	1	Sunny	1
Theo	1	Tom Axton	1
Vivek	1	Wrighty	1
Zia	1		



Eastcote Hockey Club Juniors

wants to raise

This Year
£500



All you need to do is...

Join and raise free donations every time you shop online and help us hit our fundraising target with easyfundraising!



1. Join



2. Shop



3. Raise

Not signed up? Join here:

www.easyfundraising.org.uk/causes/eastcotehc/



HIRE THE HALL & BAR FOR AN EVENT

Club members can book the hall and bar for parties (adults & children) and special occasions.

If you are interested please contact Delia on delia.barber@ntlworld.com for Clubhouse availability and pricing.

PLEASE REPLACE ALL ASTRO PITCH EQUIPMENT AFTER USE

A reminder please to all adult and junior coaches / captains that the goals, nets and pipes should always be returned to their normal positions after each session.

We have a number of non EHC users who hire the pitch during the week and we need to ensure the pitch is ready for them and also to ensure the pitch is ready on Friday morning to allow the weekly maintenance to take place.

Thank you.
Rob Riddleston

Kit or Other Club Wear Available At Hawkinsport



Go to

<https://www.hawkinsport.co.uk/clubs/hockey-clubs/eastcote-hockey-club>

or via the Club Kit page on our website



Eastcote HC Women's Home Shirt
£30.00



Eastcote HC Women's Away Shirt
£30.00



Eastcote HC Women's Short
£35.00



Eastcote HC Men's Home Shirt
£30.00



Don't forget to get or check your shirt number before you order:

Ladies – Neets: ahuntley112@gmail.com

Men's – Mark: mdefanis@me.com



**VOLUNTEERS:
WE NEED YOU!**

LEAGUE TABLES

London Women's Division 2 North

Team	P	W	D	L	F	A	GD	Pts
1 Spencer W3	15	11	3	1	35	12	23	36
2 Harrow W1	15	11	0	4	43	13	30	33
3 West Hampstead W2	14	10	2	2	41	17	24	32
4 Eastcote W1	14	10	1	3	42	14	28	31
5 Hampstead & W W5	14	8	2	4	29	18	11	26
6 East London W2	15	7	2	6	29	33	-4	23
7 PHC Chiswick W2	14	5	2	7	19	22	-3	17
8 East London W3	14	3	3	8	12	19	-7	12
9 Wapping W3	14	4	0	10	20	37	-17	12
10 West Herts W2	15	1	2	12	15	62	-47	4
11 Eastcote W2	14	0	1	13	13	51	-38	1

London Women's Division 4 North West

Team	P	W	D	L	F	A	GD	Pts
1 PHC Chiswick W3	16	16	0	0	81	8	73	48
2 Hendon & Mill Hill W1	15	11	3	1	45	18	27	36
3 Hampstead & W W6	15	11	1	3	51	15	36	34
4 Eastcote W3	16	9	2	5	35	23	12	28
5 Southgate W5	16	7	2	7	26	33	-7	23
6 Hampstead & W W7	16	7	1	8	57	46	11	22
7 Eastcote W4	16	5	2	9	25	29	-4	17
8 West Herts W3	16	4	2	10	28	46	-18	14
9 Old Merchant Taylors W2	16	3	5	8	20	45	-25	14
10 West Hampstead W5	15	3	4	8	22	44	-22	13
11 Old Millhillians W1	16	3	5	8	27	59	-32	13
12 Winchmore Hill & E W2	15	1	1	13	13	64	-51	4

London Women's Division 5 North West

Team	P	W	D	L	F	A	GD	Pts
1 PHC Chiswick W4	16	15	0	1	74	11	63	45
2 Ealing W2	16	13	0	3	66	27	39	38
3 Imperial College SM W1	16	9	1	6	63	61	2	28
4 Eastcote W5	16	9	1	6	32	23	9	27
5 West Herts W4	16	8	1	7	43	41	2	24
6 West Hampstead W6	16	8	0	8	27	26	1	24
7 Old Uxonians W1	16	7	2	7	40	31	9	21
8 Harrow W2	16	7	0	9	35	37	-2	21
9 Hendon & Mill Hill W2	16	7	0	9	28	35	-7	21
10 PHC Chiswick W5	16	5	1	10	15	37	-22	16
11 West Hampstead W7	16	3	1	12	17	52	-35	10
12 Old Merchant Taylors W3	16	1	1	14	6	65	-59	-1

South Masters Women's O45 Premier

Team	P	W	D	L	F	A	GD	Pts
1 South Berkshire O45	3	1	1	1	3	4	-1	4
2 Eastcote Ladies O45	3	1	1	1	3	6	-3	4
3 Oxford Hawks O45	2	1	0	1	7	3	4	3
4 Wycombe O45	2	1	0	1	3	3	0	3

South Central Men's Premier Division 2

Team	P	W	D	L	F	A	GD	Pts
1 Amersham & Chalfont 1	16	13	1	2	74	25	49	40
2 Basingstoke	15	13	1	1	68	28	40	40
3 Fareham 2	16	11	2	3	51	29	22	35
4 Witney	16	9	3	4	56	38	18	30
5 Andover 1	16	9	2	5	49	33	16	29
6 Marlow 2	16	7	2	7	42	36	6	23
7 Wycombe 1	16	7	1	8	42	38	4	22
8 Eastcote 1	16	6	0	10	33	42	-9	18
9 Milton Keynes 1	16	4	3	9	31	55	-24	15
10 Oxford University 2	15	4	2	9	21	33	-12	14
11 Oxford Hawks 3	16	2	2	12	21	62	-41	8
12 Maidenhead 1	16	0	1	15	9	78	-69	1

South Central Men's Division 2 North

Team	P	W	D	L	F	A	GD	Pts
1 Bicester 1	15	12	2	1	77	29	48	38
2 Amersham & Chalfont 2	16	10	4	2	53	20	33	34
3 Windsor 1	15	10	1	4	40	28	12	31
4 Newbury & Thatcham 2	16	10	0	6	36	23	13	30
5 Eastcote 2	16	9	1	6	53	40	13	28
6 Sonning 2	17	8	0	9	41	51	-10	24
7 Phoenix Reading 1	15	7	0	8	33	49	-16	21
8 Oxford University 3	19	5	3	11	27	36	-9	18
9 South Berkshire 2	15	4	5	6	37	43	-6	17
10 Henley 2	17	5	2	10	27	54	-27	17
11 Marlow 3	17	5	1	11	30	37	-7	16
12 Milton Keynes 2	16	2	1	13	23	67	-44	7

South Central Men's Division 3 North

Team	P	W	D	L	F	A	GD	Pts
1 Buckingham 1	16	14	0	2	76	15	61	42
2 Thame 1	16	12	2	2	63	29	34	38
3 Oxford Hawks 4	16	9	0	7	37	32	5	27
4 Leighton Buzzard 1	15	8	2	5	44	35	9	26
5 Amersham & Chalfont 3	16	7	4	5	35	35	0	25
6 BA Mens 1	15	7	0	8	41	45	-4	20
7 Aylesbury 2	16	6	2	8	34	39	-5	20
8 Reading 4	16	5	4	7	36	39	-3	19
9 Eastcote 3	15	6	0	9	47	62	-15	18
10 Wycombe 2	15	4	2	9	23	34	-11	14
11 Wallingford 2	15	2	3	10	24	52	-28	9
12 Oxford Hawks 5	15	2	3	10	28	71	-43	9

South Central Men's Division 5 North

Team	P	W	D	L	F	A	GD	Pts
1 Abingdon 2	16	14	1	1	61	16	45	43
2 Marlow 4	16	12	1	3	54	22	32	37
3 South Berkshire 4	16	11	3	2	65	27	38	36
4 Slough 2	17	8	1	8	39	45	-6	25
5 Eastcote 4	17	7	2	8	34	50	-16	23
6 Yateley 2	16	5	6	5	42	42	0	21
7 Oxford University 4	18	7	1	10	42	54	-12	21
8 Amersham & Chalfont 4	16	6	2	8	32	34	-2	19
9 Windsor 2	16	6	1	9	38	44	-6	19
10 Berkhamsted & H H 2	16	5	3	8	35	47	-12	18
11 Leighton Buzzard 2	16	3	1	12	26	54	-28	10
12 Reading 5	16	3	0	13	21	54	-33	9

South Central Men's Division 1 Thames

Team	P	W	D	L	F	A	GD	Pts
1 Marlow 5	15	12	1	2	50	17	33	37
2 Wycombe 3	16	10	3	3	40	20	20	33
3 Newbury & Thatcham 4	16	10	3	3	37	21	16	33
4 Phoenix Reading 2	16	7	4	5	44	25	19	25
5 Stoke Green 1	16	7	3	6	35	26	9	24
6 Wallingford 3	16	5	7	4	35	28	7	22
7 South Berkshire 5	16	5	5	6	27	41	-14	20
8 Henley 4	16	5	4	7	41	36	5	19
9 Amersham & Chalfont 5	16	4	3	9	28	48	-20	15
10 Eastcote 5	15	3	5	7	19	43	-24	11
11 Reading 6	16	2	4	10	25	48	-23	9
12 Maidenhead 3	16	3	2	11	23	51	-28	8

South Central Men's Division 2 Thames

Team	P	W	D	L	F	A	GD	Pts
1 South Berkshire 6	14	9	2	3	31	21	10	29
2 Slough Swifts	15	8	2	5	44	23	21	26
3 Yateley 3	15	8	1	6	46	40	6	25
4 Windsor 3	14	7	4	3	34	29	5	25
5 Phoenix Reading 3	15	8	0	7	40	24	16	24
6 Wycombe 4	15	7	2	6	38	35	3	23
7 Newbury & Thatcham 5	14	5	4	5	30	32	-2	19
8 Marlow 6	14	5	2	7	37	39	-2	17
9 Eastcote 6	14	5	0	9	28	40	-12	15
10 Wallingford 4	15	4	3	8	26	43	-17	15
11 Amersham & Chalfont 6	15	3	2	10	21	49	-28	11
12 Staines 4	0	0	0	0	0	0	0	0

South Central Men's Division 3 Thames

Team	P	W	D	L	F	A	GD	Pts
1 Slough Despondents	14	12	2	0	60	20	40	38
2 Sonning 4	12	8	0	4	35	16	19	24
3 Marlow 7	12	7	2	3	45	25	20	23
4 Wycombe 5	14	7	3	4	28	25	3	23
5 Wallingford 5	13	6	2	5	29	26	3	20
6 Henley 5	12	5	4	3	25	18	7	18
7 Yateley 4	14	4	2	8	17	30	-13	14
8 Newbury & Thatcham 6	14	3	2	9	25	37	-12	11
9 Sonning 5	13	2	3	8	14	42	-28	9
10 Eastcote 7 Eagles	12	1	0	11	16	55	-39	2
11 Reading 7	0	0	0	0	0	0	0	0
12 Maidenhead 4	0	0	0	0	0	0	0	0

The EastColtsNet 24th February 2024



The Eastcote Hockey Club Junior Section Newsletter – 68th Season

Editor: Grahampile@aol.com Website: EastcoteHockeyClub.com

Some great successes and hard fought games last week

This week at the Eastcote pitch-

U14 Flames v Ealing (Tier 3 league)

U14 Razorbacks v W Herts (Tier 3 league)

U12 boys v Ealing away in the performance league.
Good luck everyone .

Unfortunately due to low numbers tonight's Juniors social has been cancelled. The last juniors social for this season is on the 22/03 I really hope everyone can make it .

Thanks Sharon

Girls U12s Southgate Tournament - Sun 18/2/24

Last Sunday it was the turn of Southgate to host the latest GU12 tournament between Eastcote, West Herts, Harrow and Southgate. All clubs fielded 2 7-a-side teams - a good effort given it was in the middle of half term.

Eastcote A-team (pictured) had a slow start, losing their first 2 games 1-0 and 3-0. Then after improving their marking and shape, the team performed much better, winning 3 of the remaining 4 games.

The B-Team fared similarly winning 2 of their 6 games and showing a lot of spirit and hard work in the process.

Both teams put in 100% effort, supported each other, and were a credit to the club.

A massive thank you to Laxmi and husband for volunteering as stand-in coaches for the B team - without whom we wouldn't have been able to field a 2nd side.

A-team squad - Bethany (GK), Lara, Eleanor, Soufia, Sienna, Megan & Sahana

B-team squad - Tilly, Mahie R, Aria, Divyanga, Jaya, Maahi B, & Simrit



Sunday saw the second round of the U10s Girls against Harrow. We both had 3 teams and were able to play 3 x 12 min games with finals at the end... The girls had a fab time with some really competitive games . We had support from 3 of our under 8Girls too. The improvements from all of our girls is very clear to see. Well done Girls!



LL

JUNIORS MONTHLY SOCIAL FRIDAY NIGHTS

**TONIGHT'S SOCIAL
CANCELLED DUE TO
LOW NUMBERS**

**LOOKING FORWARD TO SEEING
YOU ALL AT THE
END OF SEASON ONE
MARCH 22nd**

**EASTCOTE HOCKEY CLUBHOUSE,
JUST NEXT TO THE PITCHES**

What

**A MONTHLY GATHERING FOR ALL
JUNIORS
(YR6 & UP BUT SIBLINGS WELCOME).**

STREETFOOD STALL

**MUSIC
GAMES
AND HANGING OUT!**



**PARENTS TO STAY (IN BAR!)
EVERYONE WELCOME - FREE ENTRY.**

LOST PROPERTY

We are accumulating Eastcote kit again, some examples below! If you have lost kit **PLEASE** check the lost property at the clubhouse.
Thank you ☐



Safety of all players

Please remember gum shields and shin pads must be worn at all times by ALL players if not worn you will be asked to leave the pitch.

Face masks for those involved in penalty corners is the responsibility of the parent. The club may only provide masks as back-ups. No U18s are permitted to take part in defending penalty corners unless they are wearing a mask.

VOLUNTEERS- WE NEED YOU!

We are still looking for a Juniors fixtures secretary -
Juniors social / events organiser
Umpires (happy to support through training).

We also welcome any parents/ Guardians who would like to volunteer at the club – coaching or off the pitch- fund raising, newsletter articles, club maintenance the list is long! we would love to hear from you.

DON'T FORGET Club Kit

Eastcote Club colours are a red shirt: navy short or Skorts and red socks.

Please note that you only need to buy the new kit when your child has grown out of their existing kit. We ask for all children to be in club colours

Our kit can be purchased by visiting the website of <https://www.hawkinsport.co.uk/clubs/hockey-clubs/eastcote-hockey-club>

Important: If you are 13 or over and have been invited to play adult hockey by your coach (Only 13yr and above only can play adult hockey) please remember to contact Anita Huntley (ladies section captain) Mark Defanis and Colin Barber (Men's section captains) to get a shirt number before you place your order. Shirt numbers are required in all adult league matches (Not junior leagues)

DON'T FORGET –

We have a Facebook page for selling and donating unwanted hockey kit. Join this private community group for Eastcote Hockey Club members to buy, sell, swap or find hockey equipment:

- So, dust off those AstroTurf shoes that don't fit anymore, take a photo and pass them on...
- Declutter the understairs cupboard and make some money from that old hockey stick...
- Post a wanted ad to see if someone else might have club shirt their child has outgrown...

<https://www.facebook.com/groups/eastcoteownedhockeystuff/>

PLEASE REPLACE ALL ASTRO PITCH EQUIPMENT AFTER USE

A reminder please to all adult and junior coaches that the goals, nets and pipes should always be returned to their normal positions after each session. We have a number of non EHC users who hire the pitch during the week and we need to ensure the pitch is ready for them and also to ensure the pitch is ready on Friday morning to allow the weekly maintenance to take place.

Thank you.
Rob Riddleston

Duke of Edinburgh

Every year we welcome students doing their volunteering through D of E if you are interested in joining us please contact Eastcotejuniors@gmail.com

REDUCE REUSE RECYCLE

DID YOU KNOW ABOUT THE SECOND HAND KIT PAGE ON FACEBOOK?

ECO FRIENDLY - CHILDREN GROW SO FAST THAT OFTEN THEIR KIT IS PRISTINE WHEN THEY'VE GROWN OUT OF IT!

BUDGET FRIENDLY - WHY BUY NEW WHEN YOU CAN SAVE BY BUYING SECOND HAND

COMMUNITY FRIENDLY - HELP EACH OTHER OUT AND RECYCLE

[HTTPS://WWW.FACEBOOK.COM /GROUPS/EASTCOTEPREOWNED HOCKEYSTUFF/](https://www.facebook.com/groups/eastcoteownedhockeystuff/)
JOIN US!



DO YOU KNOW WHERE TO FIND US ONLINE?

SCAN THIS CODE FOR EASY LINKS TO ALL EASTCOTE HOCKEY ONLINE PLACES!



SCAN ME

Need New Kit or Other Club Wear? Now Available At Hawkinsport



EASTCOTE HC Women's Home Shirt £30.00



EASTCOTE HC Women's Away Shirt £30.00



EASTCOTE HC Women's Short £35.00



EASTCOTE HC Men's Home Shirt £30.00



Go to

<https://www.hawkinsport.co.uk/clubs/hockey-clubs/eastcote-hockey-club>

or via the Club Kit page on our website

Don't forget to get or check your shirt number before you order:

Ladies – Neets: ahuntley112@gmail.com

Men's – Mark: mdefanis@me.com

Hawkinsport are still selling off the "old" style shirts which are almost identical. The "old" junior shirts are £15.00, there may be some still available.

You Buy Online?

Money For Nothing!

Buy Online Via Easyfundraising, It Costs You No More & The Club Gets A Donation!

To Start Sign Up At

easyfundraising.org.uk/causes/eastcotehc/

NOW YOU DO NOT NEED TO LOG IN TO EASYFUNDRAISING EVERY TIME YOU BUY, JUST GET THEIR DONATION REMINDER APP AND IT DOES IT FOR YOU

The Donation Reminder makes it easier than ever to raise donations on your laptop or computer for Eastcote Hockey Club. You don't need to remember to start your shop at easyfundraising. Shop as normal and we'll pop up any time a brand will donate. Get your **donation in one quick click** – and never miss a donation again!

To Find Out More Go To:

[donation-reminder-video-how-it-works\(easyfundraising.org.uk\)](https://donation-reminder-video-how-it-works(easyfundraising.org.uk))

Get the Donation Reminder

Get every copy of the newsletter

delivered to your Inbox

Just email your address to

grahampile@aol.com

Eastcote Hockey Club Junior Player Charter

At Eastcote we believe players play the game we love because they enjoy learning new skills, tactics and seeing progress within themselves, their team and by being part of the Eastcote Hockey Family.



At Eastcote we want all our players to enjoy and progress. With ‘Junior Players’ in mind, we see this growth as a partnership between the junior player, the adult section, and their parents or carers. To facilitate this partnership stakeholders have drawn up the following expectations:

The Junior Player will	The Adult Section will	Parents / Carers will
<p>Will attend matches and training on time.</p> <p>Will always play as an attacker and defender.</p> <p>Will give 100% focus and effort.</p> <p>Will respect players, coaches, opponents and the decisions of officials.</p> <p>Will provide and listen to feedback.</p> <p>Will review their own performance.</p> <p>Will take part in target setting.</p> <p>Will ask for clarification if unsure.</p> <p>Will accept that they may be asked to play for a team higher or lower than their current team.</p> <p>Will speak to their Adult Team or Section Captain, Junior Coach or parents if they become frustrated. By doing this they will be looking after their mental health.</p>	<p>Their Junior Coach and Adult Section Coach will share player strengths, areas for development and playing position with the Adult Team Captain.</p> <p>The Adult Team Captain and Club Coaches will talk with the player about their strengths, areas for development and playing positions.</p> <p>The Adult Team Captain will explain to the player where and how they want them to play during the game.</p> <p>Will not shout at the player or direct negative language towards them.</p> <p>Will praise the player for their efforts.</p> <p>Will give the player positive feedback and one area for development.</p> <p>The Junior Coach will undertake a holistic performance by speaking to the player and sharing feedback with stakeholders.</p> <p>The Adult Team Captain will share positive feedback with the player, coaches, Parents and Adult Section Captain and any areas for development or issues.</p> <p>The player may be asked to play for a team higher or lower than their current team. The Adult Team or Section Captain will explain to the player and their parents why this may need to happen.</p> <p>From time-to-time junior players can become frustrated. Adult Team Captains and Junior Coaches must be mindful of their mental health.</p>	<p>Will ensure their child is on time to training and matches.</p> <p>Will ensure their child has the right kit and PPE equipment.</p> <p>Will praise their child for their efforts.</p> <p>Will ask and listen to how their game went.</p> <p>Will support the Adult Team Captain by reinforcing any areas for development.</p> <p>Will listen to their child if they become frustrated and will feed back to the Adult Team or Adult Section Captain or Junior Coach. By doing this they will be looking after their child and their mental health.</p>

The aim of this charter is to further support the development of our junior players and to help nurture them to become even better players than they already are. It is based on a growth model which requires all stakeholders to share, listen and respond.