



## Shrewsbury Hockey Club – A Parents Guide 2022/2023 Season

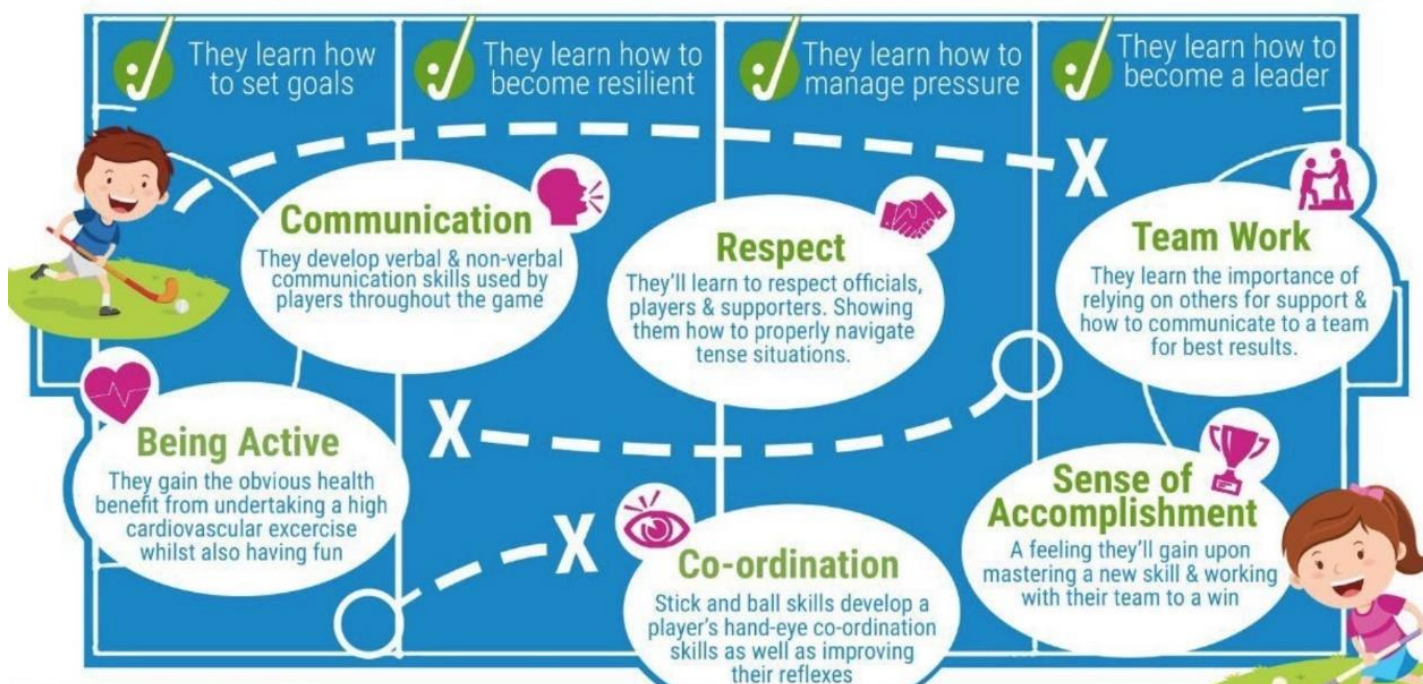
### Introduction

Shrewsbury Hockey Club has a thriving junior section and we aim to offer fun, inclusive and progressive hockey coaching sessions that allow children of all abilities learn, develop and apply their skills.

The club is open to everyone whether they have picked up a hockey stick before or not.

Our aim is primarily to promote a lifelong love for sport and physical activity.

### Why sport is good for your child



## Training

There are three coaching sessions per week held at Roman Road Sport Centre;

- Sunday Mornings - 10:30am to 11:30am and 11:30am to 12:30pm
- Tuesday Evening - 6pm to 7pm
- Wednesday Evening – 7pm to 8pm

All coaching sessions are led by England Hockey qualified coaches.

For the 2022/23 season there will be two sessions on a Sunday morning. The 10:30 to 11:30am session will be aimed at children from reception age up to year 3. The 11:30 to 12:30pm session will be aimed at children in school years 4 to 6.

The Tuesday session will be aimed at boys in school years 6 to 9 and the Wednesday session will be aimed at girls in school years 6 to 9.

Age Group		Under 8s			Under 10s	Under 12s		Under 14s		Adults		
School Year	Rec	1	2	3	4	5	6	7	8	9	10	11
Sunday 10:30am to 11:30am												
Sunday 11:30 to 12:30 pm												
Tuesday 6 to 7pm Boys*												
Tuesday 7 to 8:15pm (Mens)												
Wednesday 7 to 8pm Girls*												
Wednesday 8 to 9:30pm (Ladies)												

*\*We can be flexible around which session the children attend so please speak to one of the coaching team about this*

Where appropriate once a child reaches 13 years they may be invited to attend an adults training session.

Each session is split into groups based on ability to provide the right environment for each child and their development need. We try to be flexible around this to allow as many children play as possible but the sessions are planned for these age groups. If you have any concerns please speak to a member of the coaching team and we'll do our best to accommodate your child.

We do have a dedicated goalie coach on a Sunday morning and goalie coaching will be held in the 11:30 to 12:30pm session.

A booking form will be sent out prior to each session and we ask that you book your child onto a session to help us plan and manage the session. There is a register taken at both sessions, all children must be signed in at each session.

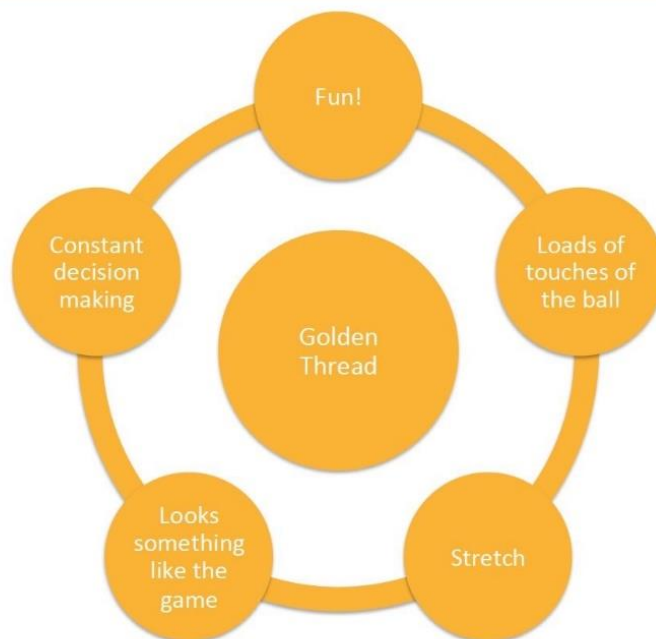
We will only cancel training sessions in extreme circumstances ie frozen or flooded pitch, and we will send an email and use social media to let you know.

## Approach to Coaching

We subscribe to the England Hockey 'Golden Thread' and 'The End In Mind' approach to player development and is reflected through all our coaching sessions.

## **GOLDEN THREAD**

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The most effective way of developing highly skilled players, keeping players coming back to our sessions and delivering fun and engaging sessions is through fun, game-like activities rather than repetitive drills. Games or game-like activity are an essential focus of each session, rather than just played at the end.

With our sessions we want the Children to feel involved and to have lots of touches of the ball. We play fun small simple sided games where everyone plays and winning is not crucial, the aim of which is to challenge the children to achieve a task and hopefully score lots of goals.

## Kit and Equipment

The club kit for juniors is provided by School Shop Direct



<http://www.schoolshopdirect.co.uk/shrewsbury-hockey-club-Juniors>

We can lend hockey sticks if required, a member of the coaching team can offer advice if you are unsure about selecting one to purchase.

All children must wear shin pads and a gum shield at all training sessions and in matches, we also recommend that a protective glove is also worn.

*School shop will provide you with a squad number, you should keep this number if you ever order further kit.*

## **Matches**

There are a number of matches for the children in their age groups, these tend to be called a CVL which stands for Central Venue League. As the children progress through the age groups the matches tend to be more frequent and as you'd expect become a higher standard. Under 14s and under 12s matches are pretty much fortnightly on a Saturday morning whereas under 10s and 8s are monthly. Where it is believed appropriate for their development, children can get selected to play in a higher age group. This will be balanced with also playing in their age group.

When a child is selected to play you will receive a communication with all the relevant details, an early response to these is always very welcome.

The hockey season generally runs from September to April.

## **Registering with the club**

All children need to be registered on the club's website. There are lots of reasons for this but the main one is so we can contact you in case of an incident.

A guide is available to help with this process if you have any issues.

## **Communication**

It is important that you keep your and your child's details up to date on the website as we use this to contact you. There are also Facebook and Twitter pages where club news published.

## **Membership**

**Junior Member** (£65). All under 18s that play in tournaments or matches and attend training sessions should be club members. Members do not need to pay additional fees to attend a training session. Please note that matches and tournaments may still attract a playing fee.

*We also offer a family discount of 25% for additional family members.*

*If you have any concerns or worries about the membership arrangements please speak to a member of the coaching team.*

## **Sponsorship**

Hockey can be a relatively expensive sport to play and we often receive some sponsorship which allows us to invest in extra equipment and keep costs down. If you know of any local business that may like to support Shrewsbury Hockey Club we would welcome the opportunity to talk about the options available.

Also if you are aware of any grants or support opportunities we are open to hearing about those too.

The club has an account with [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) where you can raise money for free for the club through any regular internet shopping. You don't have to be a member of Shrewsbury Hockey club to use Easyfundraising.org.uk, so please tell your friends and family.



## **Transition to Adult Hockey**

Once a player reaches 13 years old they are allowed to play adult hockey, we recognise that the transition to adult hockey can be daunting but because of the nature of hockey it does lend itself to this than other sports.

To help manage this transition as best we can once a child reaches 13 years old they may be invited to adult training sessions. We also aim to offer as much junior hockey as we can but this does end at under 14s so the only regular hockey for children in school year 10 and above is at an adult level.

*Please note that there is a separate kit supplier for the adult hockey which should be purchased when needed and a new squad number will also issued.*

## **What you can do as a parent for you child**

There are 10 things that require zero talent that you as a parent can support and encourage;

- 1) Being on time
- 2) Good work ethic
- 3) Effort
- 4) Energy
- 5) Body Language
- 6) Passion
- 7) Doing more
- 8) Being Prepared
- 9) Being Coachable
- 10) Good attitude

We recommend that the children attend as many training sessions as possible.

There is a good coverage of hockey on TV and on the internet. There are some great hockey channels on YouTube which offer hints and tips about playing and also watching international matches on TV provides a great insight into how the game is played.

## **County Hockey**

A great way to get more coaching and match time for you child is through the England Hockey Player Pathway and Shropshire Hockey. The Player Pathway provides an environment that helps all junior players realise their potential.

The first stage of this is called The Development Centre (DC) and players take part in a range of training sessions or camp-based activities to develop their skills and begin to stretch them beyond school and club hockey. These sessions are organised through Shropshire Hockey, the dates of which are send to all appropriate junior members at the club. These are usually through the summer months.

The second stage is called The Academy Centre (AC), again run by Shropshire Hockey. Players are usually nominated for this from the DC. This will compromise a number of training and match sessions against other counties

High performing players at the JAC will get nominated for a regional performance centre.

## **Child Protection**

For all child protection concerns please refer to the club website.

<http://shrewsburyhockey.clubbuzz.co.uk/parents>