



Kettering Ladies Players Meeting 26/06/2019

Dear All,

Thank you to all those that gave their time to attend the meeting on Wednesday 26/06/2019 at the club and to those who sent their apologies also.

I appreciate time is precious for us all, so I just wanted to send everyone a summary of what was said and ask for a little help so I can get projects in place for the coming season.

Rob

Introduction – For those that don't know me I my name is Rob Mahony and I have been given the opportunity to be the Ladies Chairperson as well as coaching the 1st Team at games and coaching the 1s & 2s on a training night.

I have been coaching hockey in Northamptonshire for about 20 years now, firstly with Kettering then Towcester and now back home again, I have coached in all the Midlands leagues and also in the Northamptonshire County league and even had the privilege to coach the Midlands O40's (for a tournament) and a long time ago with the County age groups.

My Initial Remit – Is to steer the section on three fronts

1. Make the first team successful and play the highest level of hockey we can.
2. To bring the younger players through and create a pathway to encourage their development whilst making sure all senior players have the opportunity to play and enjoy their hockey.
3. To play attractive attacking hockey.

How will this happen –

1. 1st Team - With all the captains but especially Laura, I will chat and identify players of all ages who are hungry to play first team hockey. I will watch as many games as I can so I can quickly learn who is who, and we will plan to develop potential 1st team players over short, mid and long term within the club. We will provide a positive environment where players can grow and improve and have the common goal of succeeding for the club and their team mates.
2. The Youth – To help the younger players the club want to introduce an U16 and potentially U18 team to play in the EHA national competitions. This will hopefully be a really positive approach to giving opportunities for the players who have fallen out of 'junior' hockey and a great step on the ladder to becoming the potential 1st team players of the future. Depending



on numbers there will definitely be one team entered this season, if numbers allow then both teams could run.

3. Play Attacking Hockey – This is a great sound bite, but for me this means playing without fear of making mistakes, and finding a way for each team to score goals.

A number of questions were raised on the night with regard Training and Selection Process.

Training –

Due to the success of the club as a whole and the fact we now have 5 men's and 4 ladies teams, training has had to be split due to the logistics of having the one Astro being used at capacity.

So Training for the 2019/20 Season will look like;

Tuesdays - (Junior (U14's) as before, then Mens 3rd team, 4th team and 5th team

Wednesdays – Mens 1st & 2nd Team

Thursdays – Ladies – All Teams (as per the summary below)

We have also booked ladies **summer training for the whole ladies section**, which will take place at **CBA in Corby from 7-8.30pm** on a **Thursday evening** from **04/07/19 – 08/08/19**. There is unfortunately a charge of £3 per session to cover the costs.

We appreciate that there is still summer games being played and everyone will have holidays etc., but please make every effort to attend.

For the 2019/20 Season from August 15th, (training at Bishop) players will be advised of which session to attend.

Training Summary

Summer Training –

For Who? – Everyone is welcome

When - Thursdays from 7pm- 8.30pm

From - 04/07/19 – 08/08/19

Where – Corby Business Academy in Corby

Price - £3 a session.

Coach lead - Rob



Season Training –

For Who? – Players who play in the Senior Teams

When - Thursdays 7pm – 9pm

From – 15/08 – Seasons End

Where - Bishop Stopford School

Timings – 7pm - 8.30 - 3s and 4s Coach led by Shez and Barry
 7.30-9pm – 1s and 2s Coach led by Rob

Fitness Training – Fitness is one of the key elements to playing your best at any sport, and at Kettering we are lucky to have people willing to provide fitness training, so to help get us fit please support ' Ricky's fitness training' sessions, £2 a session currently Mondays at the club from 7-8pm moving to Bishop in September.

Selection for senior teams

This will be ongoing week on week, the 4 captains and the coaches will have regular meetings and chat on a weekly basis. All communications will be made as quickly as possible to all.

One thing I would ask is that when it comes to availability you let your captains know as quickly as possible and as far in advance as possible to help make managing / decisions re selection as easy as possible.

Should you have any queries with selection, please speak to the appropriate captain in the first instance and to me if you think I can help.

U16's / U18's

If you or your daughter is 15 or under on 31/08/2018 you qualify to play in this seasons U16's.

If you or your daughter is 17 or under on 31/08/2018 you qualify to play in this seasons U18's.

We would very much like to enter teams into the National EHA Competitions.

If you or your daughter is interested in representing the club in either of these age groups, please can you let me know ASAP, so I can work out numbers and see if it is viable to enter teams into appropriate competitions.



There will be training for these teams. The dates etc. will be advised once we know which team or teams will be competing.

If there is not enough interest to run both U16 s and U18s, then we will try to provide games for those that would potentially miss out.

If you have any questions please feel free to contact me.

My contact details are;

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Phone - 07590029479

1st Team

One of my main roles is to coach the 1st Team. Whilst there will be squads announced for training, there will be no 1st Team playing squad as such. The squad is the whole club.

So if you are interested in playing first team hockey, (even if you do not think you are not quite ready yet) please let me know to express your interest.

To help, these are some of the things I am looking for in a first team hockey player. (They are not in any particular order and please do not be frightened off by them we can all achieve great things when we try)

1. A desire to play the highest level of hockey they can.
2. Never accept being 'good' strive for excellence, be the best you, you can be.
3. To commit to train and play as much as possible. (Home and Away)
4. To be open to suggestion and not afraid of change.
5. To be open to make suggestions and not be frightened to suggest changes.
6. To not be scared to ask questions.
7. To be fit to play hockey for the duration of a game.
8. To be prepared to represent and support the club in all the right ways.
9. To support their teammates when things go well and when things get tough.
10. To enjoy the challenges whatever they are of being in a team environment.

My aim for the 1st team is simple, to finish higher than the 2nd placed team in the league, and start a march back to the Midlands Prem.

I look forward to seeing you all soon.

This season is the start, and only the start of something really good, if we all work hard together we can and will achieve great things.



Rob Mahony

1st Team Coach / Chair of Women's Section

Kettering Hockey Club

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