



## THIS GUIDE PROVIDES INFORMATION FOR PARENTS OF JUNIORS AT LEWES HOCKEY CLUB

### USEFUL CONTACTS

Junior Chairman	David Mansell	<a href="mailto:youth@leweshc.com">youth@leweshc.com</a>
Lions - Boys u16	Philip Brown	
Lion Cubs - Boys u14	David Churton/Tom Fewster	<a href="mailto:lions@leweshc.com">lions@leweshc.com</a>
Lionesses – Girls u16 & u14	Tjadine Ullman & Nicola Nuttall	<a href="mailto:lionesses@leweshc.com">lionesses@leweshc.com</a>
U12s Boys		<a href="mailto:u12b@leweshc.com">u12b@leweshc.com</a>
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U10s Boys	TBC	<a href="mailto:u10b@leweshc.com">u10b@leweshc.com</a>
U10s Girls	Tom Fewster	<a href="mailto:u10g@leweshc.com">u10g@leweshc.com</a>
U8s boys and girls	TBC	<a href="mailto:U8s@leweshc.com">U8s@leweshc.com</a>
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Pitch Bookings	Malcolm Wain	<a href="mailto:fixtures@leweshc.com">fixtures@leweshc.com</a>
Safeguarding Officer	Laura Molloy	<a href="mailto:Welfare@leweshc.com">Welfare@leweshc.com</a>
Club Reception	01273 480630	<a href="mailto:rec@southdownsportsclub.co.uk">rec@southdownsportsclub.co.uk</a>
Hockey Teas	07717 362820	<a href="mailto:info@lazzatis.co.uk">info@lazzatis.co.uk</a>
Lewes Hockey Club Website		<a href="http://www.leweshc.com">www.leweshc.com</a>
Club WIFI	Southdown Guest	Password: hockey123

## JUNIOR HOCKEY AT LEWES

Lewes Hockey Club 2019/20 Season

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## WELCOME TO LEWES HOCKEY CLUB

Lewes Hockey club is a family club committed to be an instructional high-performance organisation for hockey players who aspire to learn and play hockey both recreationally and competitively against the best competition locally, regionally and nationally in an equitable and safe environment.

We encourage:

- integration with other sporting sections of the Southdown club
- engaging with the local community
- promoting and rewarding volunteers
- fostering coaches, managers and umpires; and working closely with England Hockey.

We have achieved ClubMark status an England Hockey award for High Quality Clubs in which members can be sure their club is a well-managed club, striving to offer the best in coaching and sports development. We are one of only 2 clubs in Sussex to have achieved this recognition.

England Hockey recognize Lewes HC as one of their Top 50 clubs in the country.

## Our Purpose

To be a welcoming, inclusive and family friendly Hockey Club promoting greater awareness of hockey within the Lewes area and community through an interactive, safe programme for all ages and abilities.

## We will achieve this by

1. Providing an internal structure that caters for new and existing members of the club
2. Co-ordinating with all the other sections of the club to develop and promote the Southdown Sports Club
3. Building long-term links with the local councils, schools, universities and clubs
4. Promoting and following the values and guidelines set out by England Hockey
5. Developing a distinctive pathway for players from mini hockey through to 1s level
6. Establishing complement of volunteers across the whole club and on the committee
7. Creating a development plan and structure for coaches, managers and umpires
8. Seeing the Ladies and Men's 1s play as high a standard as possible and ultimately in their respective National Hockey Leagues.

## Supported by

1. Membership – whatever their age and ability we want all our members to feel valued and respected
2. Teamwork – by working together we believe all our members can contribute to the success of our club
3. Development – through constantly striving for improvements we can ensure the long-term growth of the club
4. Enjoyment – above all else we play hockey to have fun.

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## CLUB STRUCTURE

Lewes Hockey Club is one of three sports clubs forming the Southdown Club – the others being Tennis and Squash. When joining the Hockey Club, you become a member of the Southdown Club and membership opportunities exist for playing across further sections. The Southdown club also hosts fitness classes, Lewes Netball club, a gym and personal training all details available at Reception.

All our Junior memberships (U18 & u12 Puma) provides membership of all sections enabling Juniors to also play Tennis and Squash at the Southdown Club.

The Hockey Club is divided into the Adult and Junior sections each catering for Ladies and Men. The Junior section operates with its own structure and like the rest of the club relies on volunteers to function. We actively encourage Parent Volunteers within the Junior Section and the more volunteers we have the greater the variety and scope of our offer to the Juniors.

Our partners Lazzatis run the Catering and the Bar at the club and you will be assured of a warm welcome in the club house.

## THE JUNIOR SECTION

We cater for the following ages groups and genders within the junior section:

Day	Time	Gender	Age	School Years
Sunday	9.30am - 10.30am	Mixed	Under 6s Under 8s	R to 3
	10.30am - 11.30am Arrive 10:15	Girls	Under 10s	4 & 5
	11.30am - 12.30am Arrive 11:15	Boys	Under 10s	4 & 5
		Boys	Under 12s	6 & 7
Tuesday	6:00pm – 7:30pm	Girls	Under 14s & 16s	7 to 11
	7:30pm – 9.00pm (Ladies)		Under 18s	12 & 13
Thursday	6.15pm – 7.45pm	Boys	Under 14s & 16s	7 to 11
	7:30pm – 9:00pm (Mens)		Under 18s	12 & 13

**Philip Brown** runs our Sunday morning programme and each age group is run by a **Manager** (Parent Volunteer) (eg **U12 Girls Manager**) who will act as the main point of contact between Parents and their Children. These will be introduced to you at the beginning of the season. This year we will be playing more games (see later) and we are also introducing a **Match Manager** role who will be responsible for running and managing the children at a particular match or tournament – we will rotate these roles so that the burden doesn't fall on a small group. Our u8s and u6s are very popular and we do ask for additional help from Parents on a Sunday morning and that you remain pitch side should your child require help.

## KIT & EQUIPMENT

Each junior requires the following equipment:

- Outdoor training shoes or astro trainers (no football boots with studs)
- Training – any suitable clothes – warm and waterproof – during winter!
- MOUTHGUARDS AND SHIN PADS ARE ESSENTIAL – Reception holds a supply of Mouth Guards (£3)
- Water bottle
- Hockey sticks are available on the day

### U12s club kit

- Green shirts are available at Intersport (these will include our new sponsors and we have also dispensed with shirt numbers this year) in Cliffe High St. Black shorts/skort and club socks (Club Socks can be brought for £5 from the club)
- We have selected O’Neills as our new kit supplier and they will be stocking further club kit (hoodies, training tops, etc) via the Club website – which we are anticipating will be live in October
- For Matches the club will be providing team match day shirts – sponsored by our 2 new Club Sponsors – Lewes Estates and Liam Russell Architects - in the same designs as the adult shirts in Green and Black. The existing green shirts will be used whenever we have more than 2 teams playing.
- Other equipment for matches (Goal Keeping and Face masks) are provided

### U14s/u16s club kit

- All u14 and u16 sides this year will play in our new kit – sponsored by our 2 new Club Sponsors – Lewes Estates and Liam Russell Architects - which is supplied by O’Neills and is the same design as the adult kit. This will allow older juniors to move between Junior and Adult games without having to purchase different shirts and ensures that all u14/16 teams are playing in the same affordable kit.
- As part of your membership you will receive a new shirt (contact the club to arrange this ASAP), skorts, shorts and socks will be stocked at the club or available from O’Neills via the club website (expected October)

## COACHING

Each training session is supported by dedicated Coaches, including specific Goal Keeper coaching, and this year we have a large team of Juniors who will be organising and running the Junior Coaching. **Kate Brown** and **[Rosie Hall]** are our joint **Heads of Junior Coaching** and they will be developing session plans and organising the Junior Coaches to deliver the training. The Parent Volunteers (Age Group Managers) will support with this.

We are keen to develop our Coaching resources in the club and this is giving our older juniors the opportunity to develop their own coaching expertise and the club will be supporting them with this. We run our own Coach training programme and are active in the England Hockey Coach training with the club being used for national coach training. We will continue to welcome Parent Volunteers (both players and non-players) to help with specific sessions/practices/games etc under the guidance of The Coach.

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Our key objectives for **all** the Juniors is that they:

- Have fun and enjoy themselves
- They are able to participate in all of the activities and learn new skills
- That each of them develops the skills to allow them to play in team games and matches

## JUNIOR DEVELOPMENT

We are running a Junior Development Programme currently focusing on over 14s where we aim to support individuals in developing their personal hockey development plans.

Within the club we aim to provide sessions to stretch the juniors as they progress up the club. By moving u14s (and over) training to the same night as Adult training, our juniors are able to experience what the next level looks like. Monday Night Hockey is also open to juniors once they have reached their 14<sup>th</sup> birthday. We have three criteria for inviting Juniors to the next level of training;

1. firstly, that the junior is keen to do so,
2. secondly, that the Coach is happy to support and
3. thirdly that the Parents are happy.

We ask Parents to attend a Junior's first session at each level to ensure that they are happy with everything.

We work closely with Sussex County Hockey and their junior development programme which starts at u13 level. In nominating juniors for this programme we work with coaches and parents to ensure that all objectives are aligned and that timings are right. We recognise that children develop at different rates and nominations are re-opened every year.

We have a club policy of not allowing any u14 Boys and u13 Girls (based on DOB) to participate in adult training or matches. Using the criteria above we encourage our Juniors to play Adult games and try to ensure that they will be playing with other Juniors. We actively stretch our Juniors and are recognized throughout Sussex as a Club that provides significant playing opportunities for Juniors.

## TRAINING SESSIONS

In order to participate in any training session or match your child **must be registered** as a player on the club site – this will ensure that Parents have completed all the consents/emergency contact details/medical info that we require. For new players we offer 3 free sessions to ensure all are happy before we ask you to join the club. Registration should take less than 5 mins and can be done from any mobile device – see Junior Registration below for details.

**Training Sessions** (all held at the Southdown Club) **take place during the Autumn and Spring terms and will resume: -**

**Lionesses (girls U16): school years 7 -11**

**U16/U14 Girls - Tuesday 7<sup>th</sup> September 2021 – 6.00pm – 7.30pm**

## Lions (boys U16 & U14): school years 7 - 11

U14s & U16s 6.15pm – 7.45pm - From Thursday 2<sup>nd</sup> September

Older U16s (must be 14+ are also invited to stay for Mens club training from 7.30 whole session finishing at 9pm)

## Sunday Junior Hockey school years 1 – 7

U12s and u10s - From Sunday 5<sup>th</sup> September 2020

U8s & U6s - From Sunday 5<sup>th</sup> September 2020

## Summer Term Hockey

We will be offering a 'drop in' Saturday morning fun games based session (no training) on Saturday mornings during the Summer term from 9:30 to 11:30 for all u12s and u10s. More nearer the time

## Hockey Camps

Traditionally these have been run by the Southdown Club and we have brought these under the Hockey Club. These will take place during the February and June half-terms breaks and the Easter and Summer holidays. See website for exact dates and sign up details.

## MATCHES

Our junior teams will be playing the following matches:

Age Group	Match Times	Notes
u6s and u8s	Sundays	5/6-a-side, 1/8 pitch. Various mini tournaments
u10G & u10B	Sundays	7-a-side, half-pitch, in2hockey rules. We entered 2 teams at each age group entered into the new Sussex Junior Development League. Games every 2 to 3 weeks played as mini -tournaments.
u12G & u12B	Sundays	7-a-side, half-pitch, in2hockey rules. We entered 2 teams at each age group entered into the new Sussex Junior Development League. Games every 2 to 3 weeks played as mini -tournaments.
U16G (Lionesses and Narlas)	Saturday	2 sides playing 11-a-side, full-pitch, SDL rules. U16 Sussex Development league.
U16G	Saturday	
U16B (Lion & Lions Cubs)	Saturday	2 sides playing 11-a-side, full-pitch, SDL Rules.
U16B (Lions)	Sunday	England Hockey u16 Sunday leagues (approx. 5 games per term)

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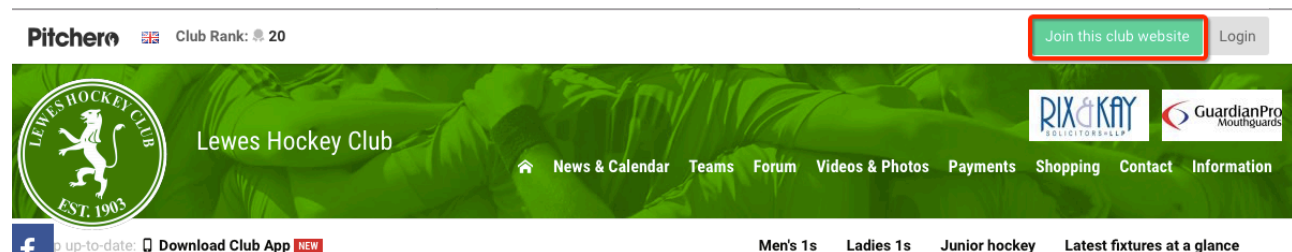
## JUNIOR – REGISTRATION

All our registration is online via the club website. For Juniors we require **Parents to registered first** as a Parent (just Name and Email required) and then follow the options for **adding children** (guide available on club website [here](#)). This is required to meet the Club's safeguarding (see below) and data protection policies (available on the club website). These require us to communicate via Parents with all information regarding their children. Most Parents find that downloading the Pitchero App onto their phone provides the easiest way to access Club information and reply to selection and availability requests.

Once our Juniors reach 14 they are able to register their own email address against their account and they will then receive the same information as their parents. Certainly, as Junior progress into the Men's and Ladies section we encourage them to do this in order to take further responsibility for committing to their availability and arrangements for matches.

## Completing an online registration form/medical details/consent

Please do so online by visiting [www.leweshc.com](http://www.leweshc.com) and following link *join this club website*



## MEMBERSHIP AND MATCH FEES

This season we are moving all our Membership fees online and they will be collected via Pitchero, which runs our club website. If you have an existing direct debit running with the club or are a member of other sections, then your existing payment method will remain – check with Reception if in doubt.

We will be sending requests for payment during September once you have confirmed that your child wishes to join. You will be asked to update your Child's details - emergency contacts, consent to play medical details etc and in addition agreement to the Code of Conduct and confirming membership for the season.

Membership fees are due by 1<sup>st</sup> October or, for new members, once 3 'taster' sessions have been completed. Membership can also be brought by going to the Payments section of the website and then 'buying' the appropriate membership where you will be guided through the process. For Junior players joining part way through the Season (November onwards) we will ask you to sign up to the monthly payment plan (as shown below) which will run until August.



## Annual Membership fees are as follows:

- **Puma member-Under 12 £110 (or 10 monthly payments of £12)**
- **Junior Member-Under 18 £145 (or 10 monthly payments of £15)**

Member ship fees have been held at last years' level and the club is grateful for your ongoing support during over the last 2 seasons. In addition to playing hockey, both Puma and Junior Members can also play tennis and squash under these membership types.

## ADDITIONAL COSTS /MATCH FEES

Hockey match fees also need to be paid for those playing in any matches. These will be 'pay as you play' with the money being collected after the match by via Pitchero. Match fees are £5.00 and include a meal 'Tea' after home games in the Club House. We do encourage all Juniors playing matches to stay for tea – it is a long standing Hockey tradition and encourages interaction with team mates and the opposition – we are lucky to have one of the best Club houses and best teas in the County.

## Junior members playing in adult sides

For Junior members playing in a regular ladies or men's side, match fees are payable 'up front' in either a lumpsum of £80 or parents will be billed via Pitchero for games played.

All subscriptions are due by the 1st October

## LEWES HC CODE OF CONDUCT

**England Hockey** is our governing body and they have published a **Code of Ethics and Behaviour** which covers all us involved with Hockey 'The Hockey Family'. In addition, the Club has included its own **Code of Conduct** which covers specific rules pertaining to the club. Acceptance of Lewes Hockey Club's Code of Conduct ([available here](#)) is a requirement of membership.

## WELFARE AND SAFEGUARDING

**Lewes Hockey Club** welcomes you and your child/young person to the club. We hope you will enjoy being a club member and will enjoy the hockey coaching, training, matches as well as the social interactions. We have adopted England Hockey's Safeguarding and Protecting Young People in Hockey Policy, Procedures and Guidance to ensure all those in the hockey family have a safe and positive experience. Our detailed commitment is [here](#).

## What can you expect from Lewes Hockey Club?

**Lewes Hockey Club** will ensure the name and contact details of the Welfare Officer are available:

- As the first point of contact for parents, young people and volunteers/staff within the club.
- As the main point of contact within the club for the England Hockey Safeguarding team as well as relevant external agencies in connection with safeguarding young people.

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- As a local source of procedural advice for the club, its committee and members.

## What do we expect from your child?

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- To play fairly and respect the rules of the game.
- To respect their coaches and teammates.
- To adhere to the Lewes Hockey Club Code of Conduct and Values.

## What do Lewes Hockey Club expect from me?

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- Ensure my child is dropped off and picked up promptly from the venue.
- Contact session organisers/coaches/Club Reception if I am running late to collect my child.
- Adhere to the Parents section of the Code of Ethics and Behaviour, including taking of [photos](#).
- Use appropriate language at all times.
- Stay off the pitch during training and matches.
- Sign up to Lewes HC website and provide and maintain emergency contact details, medical consents and any relevant information about your child including medical history.

**England Hockey's Safeguarding Young People Policy, Procedure and Guidance**, is available to view online at [www.englishockey.co.uk/safe](http://www.englishockey.co.uk/safe), or a copy is available at the club on from the [club website](#).

## WELFARE OFFICER

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If you have any questions or concerns about your child's participation in hockey, please contact the club Welfare Officer who is responsible for dealing with concerns and working with England Hockey's Safeguarding team for those of a more serious nature. All concerns will be taken seriously and treated in the strictest confidence.

Our **Welfare Officer is Laura Molloy** and she can be contacted;

- By email: [welfare@leweshc.com](mailto:welfare@leweshc.com)
- By phone: 01273 480630 (club reception – who will ask her to call you)

We look forward to welcoming you and your children to the club this season. Please introduce yourself to me or **Rob Heinzl** (Chairman) other Parent Volunteers **Philip Brown** (u16b and Sunday Juniors), **Tjadine Ullman and Nic Nuttall** (u16g), **David Churton** (u16b and Sunday Juniors) **Charlie Palmer** (Junior Goal keeping) and Club members. Contact details on the website.

If you have any questions or comments, please do speak or contact me we are very keen to receive any input that you may have.

*David*

David Mansell

Lewes HC - Junior Chairman

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