

# MEMBERS PACK

Southend & Benfleet Hockey Club



**PREPARED FOR**

All club members

**PREPARED BY**

Kerry Amos



# WHAT'S INSIDE OUR MEMBERS PACK?

- Club Activities - what's on offer!
- Club Calendar - dates for your diary!
- Helpful Links
- Who's in the Club Committee?
- A Membership for Everyone
- Community Links and the Club
- New way to play- Indoor Hockey
- Our Club History

## CLUB ACTIVITIES

At Southend and Benfleet Hockey Club, we play a lot of hockey... a lot! But that's not all we do. Check out below how you can be part of our club and fill your time with exciting activities.

### MAIN SEASON



- Play East League div 3, 4 & 6
- Train on Wednesdays
- GK specific training
- 1-2-1 Player development
- Indoor hockey
- Coaching
- Committee member
- Umpiring

### EXTERNAL



- Summer league
- Western Super Mere tour
- Redbridge mixed Tour
- Herne Bay mixed tour
- Essex Masters (Age 35+)

### IN-HOUSE



- Awards evening
- Club days
- Stay and Play
- Tri-tournament
- Yard Fitness - pre-season
- Socials
- Charity engagement

**Skills Matrix.** Continue to build your skills with our Skills Matrix initiative:

**Indoor hockey** is back! Thursday evening sessions at USP college, Seevic Campus.

**Western Super Mere** tour was a success and will be returning this season!

**GK Specific training** sessions will continue, finer details to follow.

**1-2-1 Player development** is on offer this year, more details to follow.

# CLUB CALENDAR

SEASON 2023/24 - SOUTHEND AND BENFLEET HOCKEY CLUB



Click the icon

## August:

- Committee meeting Wednesday 16th
- Pre-season training sessions @ Swayne Park School  
Thursday 17th, 24th and 31st 7-8pm

## September:

- Membership payment deadline 1st September
- Annual Tri-tournament Saturday 2nd September, @ USP College, Palmer's campus
- Indoor restarts 7th September, then every Thursday @ USP College, Seevic Campus 6-7pm or 7-8pm
- Adult training commences Wednesday 6th September
- Start Strong - Fun fitness sessions 6th September, x6 weeks, for 1s, 2s and 3s, 6.30-7.00pm  
(before training) with Yard Fitness at KES
- Summer Club Day 9th September at KES
- Women's East League hockey commences 16th September

## October/November:

- Committee meeting first Wednesday 4th October
- No break in Fixtures – SLIP date
- No Adult training Wednesday 25th October

## December:

- Last league fixture before Christmas break 9th
- Last training session before Christmas break 13th
- Committee meeting first Wednesday 6th
- Last indoor session before Christmas Thursday 14th

### January/February 2024:

- Restart adult training Wednesday 3rd January
- Restart indoor Thursday 4th January to 28th March
- No break in Fixtures – SLIP date
- Adult training break Wednesday 21st February
- February Committee meeting first Wednesday 7th

### March/April 2024:

- Women's East League competition completes SUNDAY 31st March
- Weston Super Mare tour Easter weekend (TBC)
- Stay and Play sessions x6 weeks, start Wednesday 17th April 7-8pm
- April Committee meeting first Wednesday (tbc around school holidays)
- Indoor restarts Thursday 18th April through to August
- Spring Club Day Saturday 20th April

### May/June 2024:

- End of season Club Awards, Saturday 11th May (proposed date TBC)
- Summer league fixtures @ Brentwood/Maldon (dates TBC)
- Redbridge mixed tournament usually around 1st June (tbc)
- AGM Monday 3rd June via Video Conference (proposed date TBC)





# HELPFUL LINKS

Click the icons below



## CLUB WEBSITE



## SKILLS MATRIX



## SOCIALS



## EAST LEAGUE HOCKEY



## ENGLAND HOCKEY



# WHO'S IN THE COMMITTEE?



It takes a black and pink army of volunteers to run our club; keeping us moving forward, compliant and busy. Here are a list of some of our volunteers who you may need to contact.

| NAME            | CLUB POSITION  | CONTACT  |
|-----------------|--|--|
| Claire King     | <ul style="list-style-type: none"><li>• Club captain</li><li>• Treasurer</li></ul>                                       | <u><a href="mailto:claireking2078@gmail.com">claireking2078@gmail.com</a></u><br>Mobile:<br>07773 074252         |
| Adele Cole      | <ul style="list-style-type: none"><li>• Chairperson</li></ul>  | <u><a href="mailto:Chairman-SandBHC@Outlook.com">Chairman-SandBHC@Outlook.com</a></u><br>Mobile:<br>07977 143321 |
| Kerry Amos      | <ul style="list-style-type: none"><li>• Club Secretary</li><li>• Head Coach</li><li>• Club Development Officer</li></ul> | <u><a href="mailto:Kerry.hockeyemail@gmail.com">Kerry.hockeyemail@gmail.com</a></u><br>Mobile:<br>07517 743092   |
| Lily King       | <ul style="list-style-type: none"><li>• Fixtures Secretary</li></ul>   | <u><a href="mailto:fixtures-sandbhc@outlook.com">fixtures-sandbhc@outlook.com</a></u>                            |
| Charley Edwards | <ul style="list-style-type: none"><li>• Umpire Liaison Officer</li></ul>   | <u><a href="mailto:charley.ulosb@outlook.com">charley.ulosb@outlook.com</a></u>                                  |

|                      |   |   |
|----------------------|---|---|
| Naomi Barker         | <ul style="list-style-type: none"> <li>• Club Events Captain</li> <li>• Indoor Captain</li> </ul> | naomi_barker2@yahoo.co.uk<br>Mobile:<br>07854 196753                    |
| Leanne Neicho        | <ul style="list-style-type: none"> <li>• 1st Team Captain</li> </ul>                              | leanne_neicho@outlook.com<br>Mobile:<br>07476 949049                    |
| TBC                  | <ul style="list-style-type: none"> <li>• 2nd Team Captain</li> </ul>                              | <u>Captain2ndteam-</u><br><u>sandbhc@outlook.com</u>                    |
| Aileen Smith         | <ul style="list-style-type: none"> <li>• 3rd Team Captain</li> </ul>                              | <u>alun.smith@outlook.com</u><br>Mobile:<br>07762 211442                |
| Claire King          | <ul style="list-style-type: none"> <li>• 4th Team Captain</li> </ul>                              | claireking2078@gmail.com<br>Mobile: 07773 074252                        |
| Chloe & Lily<br>King | <ul style="list-style-type: none"> <li>• Kit Officers</li> </ul>                                  | <u>Kit-sandbhc@outlook.com</u><br>Mobile:<br>07734426246 or 07943487450 |
| Nina Dabas           | <ul style="list-style-type: none"> <li>• Junior Captain</li> </ul>                                | <u>Juniors-sandbhc@outlook.com</u><br>Mobile:<br>07899 084246           |

To get your first club, please kit reach out to our Kit Officers. Check out the size guide  
[General - Southend and Benfleet Hockey Club Documents](#)

# A MEMBERSHIP FOR EVERYONE!



## Who can play?

We welcome new players of any level or ability from 13 years and over and offer weekly training and a place within one of our teams. Teams are chosen by our selection committee, coaches and captains and we aim to put each player into an appropriate team.



## Where and when to play:

- League matches are played on Saturdays from September to the end of March, and during this time we train once a week on Wednesday evenings at The King Edmund School, Rochford.
- Our home games are also played at The King Edmund School, away games at the opposition's home pitch.
- Junior training takes place on Monday evenings at The King Edmund School, 6-7 pm.
- The King Edmund School, Vaughan Close, Rochford SS4 1TL. Please use the Brays Lane entrance and car park. Please remember no dogs allowed. We play on an astroturf pitch so astros are advisable as trainers offer no grip on the surface. Shin pads are essential. Mouth guards and gloves are strongly advised too.
- We also enter three summer league teams, offer summer stay and play sessions, host a tri tournament, hold two club days and enter mixed tournaments with Rochford Hockey Club.
- We have an active, fun, social calendar with a range of different events and we finish the season with our annual awards evening.





## **Inclusivity is important to us so we have a range of memberships available -**

Club Membership Options (Annual subs 2023/24 and match fees)

- Adults £165.00
- 18 and under and Students £135.00
- Social members £20
- Training only £60
- Occasional (10 games max) £85
- Casual (4 games max) no annual subs but £15 per game

Our weekly match fees are: (collected by your captain each week)

- £10.00 per match
- £8.00 per match 18 and under

If you are not already a member, request a membership form here -

[kerry.hockeyemail@gmail.com](mailto:kerry.hockeyemail@gmail.com)







# INDOOR HOCKEY

Southend & Benfleet Hockey Club now offers indoor hockey to all members. This new venture is an exciting one with a new way to play, a way to keep fit throughout the year and to promote new skills.

Indoor hockey is a fast paced, energetic variant of the sport which adds a totally new dimension to a player's overall game. These fun sessions are designed to help build players individual abilities, fitness and competitive match play.

## When?

Thursday evenings

## Where?

Storm Fitness & Leisure  
Seevic College  
Runnymede Chase  
Benfleet  
SS7 1TW

Please get in touch with Naomi for further details here-

naomi\_barker2@yahoo.co.uk  
07854 196 753



## INDOOR HOCKEY SPONSOR-

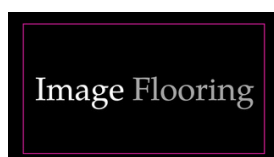




## COMMUNITY CONNECTIONS

This year we are giving back to the community by teaming up with 'Southend Food Bank' with a location just around the corner to our home pitch in Rochford. Watch our social media pages for regular updates in how you can be involved, or contact Naomi to express interest and volunteer.

## CLUB SPONSOR



Our recent club sponsor, Image Flooring in Benfleet, is an independent family run flooring shop. They have strong links to the club with two playing family members. Each year it is decided what the sponsorship will contribute towards. Last season we received new kit and participated in a Gold for Goals campaign to raise funds towards our end of season awards.

## THE CLUB HISTORY

Southend & Benfleet Hockey Club was formed in 2010 by a group of hockey friends that had played together for years, who over time found themselves split into different teams and clubs. The main purpose behind the new club was to enjoy our hockey and get a few of us back together all playing in the same club again. In 2012 we entered a second team, 2014 a third and 2018 a fourth.

To date the club has more than exceeded any of our expectations and has grown into a very successful, friendly, forward thinking hockey club. In 2019 we were awarded England Hockey's Clubmark accreditation. Clubmark provides recognition to high quality clubs and means we are recognised as a safe, rewarding and fulfilling club for participants of all ages. We are a ladies-only club but our junior section, which started in 2014, offers coaching and matches for boys as well as girls from 6 to 13 years old. We enter the Essex U10/U12 and U14 leagues.

Clubmark was again rewarded to Southend & Benfleet Hockey Club this year (2023)





# CLUB PROGRESS

| First Team                     | Second Team                     | Third Team                     | Fourth Team                    |
|--------------------------------|---------------------------------|--------------------------------|--------------------------------|
| 2010/11 div 4 winners          |                                 |                                |                                |
| 2011/12 div 3 winners          |                                 |                                |                                |
| 2012/13 div 2 runners up       | 2012/13 div 5 winners           |                                |                                |
| 2013/14 div 1 winners          | 2013/14 div 4 runners up        |                                |                                |
| 2014/15 3rd in prem div        | 2014/15 5th in div 3            | 2014/15 3rd in div 5           |                                |
| 2015/16 prem winners           | 2015/16 4th in div 3            | 2015/16 4th in div 5           |                                |
| 2016/17 6th in 2SE             | 2016/17 div 3 runners up        | 2016/17 div 5 winners          |                                |
| 2017/18 11th in 2SE            | 2017/18 6th in div 2            | 2017/18 div 4 winners          |                                |
| 2018/19 10th in 2SE            | 2018/19 5th in div 2            | 2018/19 7th in div 3           | 2018/19 12th in div 5          |
| 2019/20 11th in 2SE            | 2019/20 7th in div 2            | 2019/20 12th in div 3          | 2019/20 10th in div 5          |
| 2020/21 No season due to Covid | 2020/21 No season due to Covid  | 2020/21 No season due to Covid | 2020/21 No season due to Covid |
| 2021/22 8 <sup>th</sup> in 2SE | 2021/22 8 <sup>th</sup> in 3SE  | 2021/22 3 <sup>rd</sup> in 5SE | 2021/22 6 <sup>th</sup> in 6SE |
| 2022/23 9 <sup>th</sup> in 2SE | 2022/23 10 <sup>th</sup> in 3SE | 2022/23 8 <sup>th</sup> in 4SE | 2022/23 4 <sup>th</sup> in 4SE |
| 2023/24 entered 3SE            | 2023/24 entered 4SE             | 2023/24 in 4SE                 | 2023/24 in 6SE                 |

*We welcome you to join us for this upcoming 2023-24 season*



