

South Berkshire Hockey Club

Junior Handbook - Season 2016/17 (Updated v 2-25/10/2016)

Welcome to South Berkshire Hockey Club!

This season sees the merging of two clubs, Bracknell and Wokingham to form South Berkshire Hockey Club. A small team of volunteers have been extremely busy pulling together the joint approach taking the learning from each club in terms of what works well. The purpose of this handbook is to provide members with an overview of the new Junior Section and information regarding training, policies, who's who, clubs first and key contacts.

Please take your time to read and digest this handbook, which aims to provide you with all the information to make the season as enjoyable as possible, for players, helpers, coaches and spectators. We hope you will gain an idea of how we function, what you can expect of us and what we expect of our members.

Our aims are to;

- Create a cohesive Junior Section
- Encourage juniors to have fun and enjoy the sport
- Develop skills, game play and fitness in a positive, friendly coaching environment
- Offer competitive hockey through tournaments and league games at all age groups
- Enable juniors to move through the year groups and teams to become confident adult players with a clear player pathway supported throughout the club.
- Applying the Golden Thread and National Skills Priorities, instilling the Overarching Principles, and lead the overall technical and tactical programme at club level as outlined by England Hockey.

We are always keen to welcome volunteers to help with coaching, team and junior section administration. Please email if you are interested so we can support you and ensure you are registered on our systems.

Kind regards

The Junior Committee

juniors@southberkshirehockeyclub.org.uk

www.southberkshirehockeyclub.org.uk

Contents

Club Ethos.....	3
Communication	3
Registration	3
Fees	4
Training Times	5
Sunday Training Etiquette.....	5
Driving	5
Kit and equipment.	5
Young Leaders	6
Coaching and South Berkshire Player Pathway.....	7
The England Hockey Player Pathway	7
Leagues / Competitions	10
Transport	11
Club contact details	11
Junior Committee	12
Clubs First	12
Club Website (aka Pitchero)	12
Codes of Conduct.....	12
Accidents	13
Data protection.....	13
Hockey Skill Development	14

Club Ethos

Our club consists of Junior and Adult sections working to provide a seamless player pathway for a lifelong love of hockey. Our ethos is to develop the skills of players of all abilities in a friendly and sociable way. We play fun and competitive hockey at a range of standards suited to the individuals involved and provide a fun, friendly environment for people to enjoy the sport, make new friends, keep fit and improve their skills.

Our new merged club builds upon Wokingham Hockey Club's development approach of their junior section, which has gone from strength to strength in recent years providing training and competition for children through to transition to adult Hockey with formal sessions from Reception to year 11.

2016/17 sees the merger of two junior sections enhancing opportunities for all our youngsters and promises to be another exciting season.

Communication

Junior Section

Central communication with new members by direct email and centralised junior communication for newsletters, junior section wide messages regarding training, season schedules, junior section socials and feedback all managed by the junior committee using the club website platform – Pitchero. Emergency communications and individual where necessary will be by the juniors@southberkshirehockeyclub.org.uk email account.

Age Group

Each age group is supported by a Manager who leads on communication specific to the group, availability for matches/tournaments and will be the first point of contact for all parents.

Group	Manager	Head Coach
Under 8 Boys and Girls	Bal Bahra b_bahra@sky.com	Bruce McCulloch brucemcculloch@btinternet.com
Under 10 Boys and Girls	Emma Hills eclark@hotmail.co.uk	Jaypee Wentzel griffinsports1@gmail.com
Under 12 Girls	Hannah Tanner hantteacher@hotmail.com	Jenny Jones Jennyc.jones0@googlemail.com
Under 12 Boys	Alison Smithen alismithen@icloud.com	
Under 14/16 Boys	Phillipa Temmink ptemmink@hotmail.com	Rik Temmink rtemmink@outlook.com
Under 14 Girls	Sharon Short SharonShort@ntlworld.com	Jaypee Wentzel griffinsports1@gmail.com
Under 16 Girls	Arfan Rashid arfan@live.co.uk	Jaypee Wentzel griffinsports1@gmail.com

Registration

All players/parents/supporters are required to register with the club website - **please opt to receive emails** to ensure that you don't miss out on selection and club communications. To register go to www.southerberkshirehockeyclub.org.uk, click on 'Join my club website' and apply to be a parent and then

add your child. A handy user guide can be found - <http://help.pitchero.com/knowledgebase/articles/128742-how-do-parents-register-to-a-club-website>. All memberships go through an approvals process, if you need help please speak to your team manager

Fees

New players will receive two weeks training to see if they would like to continue before being required to pay. Membership payment deadline is the 15th October, there is an additional £10 admin fee for late payments. We operate a no pay, no play/train policy (and have just started a waiting list for some age groups). Information regarding payment of fees will be cascaded by team managers, please do not bring cash / cheques to training sessions!

Junior	Description	Subs	Match Fees	Requirements
U16	Junior training included (approx. 26)	£105	Juniors Winter: included	Registered Player
	Junior games included (approx. 10)		Adults Winter: £6 Summer: £5	Under 16
	Adult training (approx. 26) *			*Participation in adult training & games is subject to the judgement of the coaching team
	Adult League/ Friendly/summer games eligible (approx.22) *			
U14	Junior training included (approx. 26)	£105	Juniors Winter: included	Registered Player
	Junior games included (approx. 10)		Adults Winter: £6 Summer: £5	Under 14
	Adult training (approx. 26) *			*Participation in adult training & games is subject to the judgement of the coaching team
	Adult League/ Friendly/summer games eligible (approx.22) *			
U12	Junior training included (approx. 26)	£80	Winter: included	Registered Player
	Junior games included (approx. 10)			Under 12
U10	Minis Training included (approx 26)	£80	Winter: included	Registered Player
	Minis Tournaments incl. (approx 5)			Under 10
U8	Minis Training included (approx 26)	£80	Winter: included	Registered Player
	Minis Tournaments incl. (approx 5)			Under 8

Family Discounts (only one applies)			
Type	Description	Subscription Discount	Requirements
Family Duo	1 x Adult / Student	20%	Same family
	1 x Juniors/Minis (U8 – U16)		
Family Trio	1 x Adult / Student	30%	Same family
	2 x Juniors/Minis (U8 – U16)		
Child Duo	2 x Juniors/Minis (U8 – U16)	20%	Same family
Child Trio	3 x Juniors/Minis (U8 – U16)	30%	Same family

Summer Training is additional and information will be cascaded in early spring.

Training Times

Each age group is led by a Level 2 Qualified coach and supported by assistant coaches, players and parent helpers. All staff except our Junior Head Coach are volunteers, DBS checked and have completed safeguarding certification in line with Clubs First and England Hockey requirements.

Session time:	Age Group	School Year	Head Coach (Level 2)	Assistant Coaches
9.00-10.00	Under 8 Boys / Girls	1,2,3	Bruce McCulloch	Andrea Hodgson, Emma Hills, Fiona Kelly
9.00-10.30	Under 14/16 Boys	8,9,10,11	Rik Temmink	Robbie Campion
10.00-11.30	Under 12 Boys / Girls	6,7	Jenny Jones	Grieg Scott, Alison Longfield, Jane Martin
11.00-12.30	Under 10 Boys / Girls	4,5	Jaypee Wentzel	Dave Badger, Jo Partridge, Jeremy Clark & Player Helpers
12.00-1.30	Under 14 /16 Girls	8,9,10,11	Jaypee Wentzel	Mary King & Player Helpers

All children will play in their own age group, we are fortunate enough that we are a strong club with good numbers and this will allow children to develop within their peer groups. We understand this may be a change from previous arrangements in which small player numbers led to a broader age range in teams.

Sunday Training Etiquette

- Sign in – 5/10 minutes before the start of each session
 - Registration with team manager near pitch
 - Please arrive on time ready for your child to train, children get embarrassed if they arrive late and may need to warm up separately to their team mates which disrupts the session, plus we'd like them to catch up with team mates before, not during training!
 - **Please do not drop your child and run!** Ensure they are signed in, we have tea and coffee and a warm club house available for parents.
- Sign out – children will be signed out of sessions and parents/guardians who do not remain at the club are asked to be prompt and meet their child at the pitch entrance.

We do play in most conditions however we will cancel the session if the pitch is frozen or we feel that the conditions could potentially expose the players to undue risk. Messages will be communicated regarding cancellation via club website (processed by Pitchero) and Facebook/Twitter.

NB. If you are unable to make a session please inform your team manager.

Driving

There is a small road to cross to get to the pitch, this gets very busy during training drop off and collection times so please drive carefully to protect our juniors. Please do not drop your children by the pitch – park in the car park and walk them to registration for safety as there is no clear path.

Kit and equipment.

Juniors will require the following for training and matches/tournaments;

- Junior Playing Shirt & Socks – available from the club only
 - New players for 16/17 season
 - U8,10,12 age groups – Junior Kit

- U14+ - Adult Kit
 - Players from Wokingham or Bracknell 2015/16 season;
 - No charge for shirt and socks (please request via Team Manager)
 - GK with own kit can choose to have own smock or shirt plus socks.
 - GK with no kit will need to need to order a playing shirt and socks
- Black shorts / skort
- Kit, Hoodies, training tops, skorts, shorts are available from www.thelittleembroiderycompany.com
- Personal Protection
 - Shin pads with ankle guards (mandatory)
 - Gum shields (mandatory)
 - Face masks for short corners. Juniors playing in leagues will start to play matches involving penalty corners. Not all of the team will be involved in these. Some players may wish to wear a face mask. The club considers these to be personal protective equipment and are happy to advise;
 - Clear transparent only for visibility such as <http://www.gilmoursports.com/grays-hockey-protective-facemask>
 - Footwear – hockey or football astros, no running trainers or pumps as they have no grip or foot protection
- GK equipment will be provided by the club, unless GKs decide to purchase their own.
- Hockey stick - It is important to have the correct size stick to execute both basic and advanced skills so please ask coaches for help with sizing, material of stick and where to buy. We have many sticks so you can try for size and check with us before committing to buy or even just borrow one for a while!

The size table below for which stick size to buy is a rough guide only.

HEIGHT	LENGTH
4' and under	26"-28"
4'1" - 4'3"	30"
4'4" - 4'6"	32"
4'7" - 5'	34"
5'1" - 5'3"	35-35.5"
5'4"-5'9"	36-36.5"

We are happy to advise on specialist hockey shops online and to visit – just ask!

- Please don't forget;
 - A drink and weather appropriate/ warm / waterproof clothing
 - For the safety of all concerned jewellery must be removed prior to any training session or match/tournament.

Young Leaders

We have opportunities for young leaders within the club to support coaching and running of tournaments. This supports schemes such as Duke of Edinburgh and GCSE PE. If your son/daughter would be interested in this opportunity, please contact the Junior Manager on juniors@southberkshirehockeyclub.org.uk

Coaching and South Berkshire Player Pathway

Regardless of stage or age of player we adopt the England Hockey Player Pathway to develop players across 7 overarching principles. To ensure we develop players and design really good practice sessions, a Golden Thread (the 'how' of practice design) is followed by our junior coaches - for every coaching session.

Our South Berkshire player pathway supports development and progression through to adult hockey.

The England Hockey Player Pathway

The England Hockey Player Pathway presents opportunity for players at the appropriate stage of their development and to maximise the chance they have of fulfilling their potential whether that potential is as a club or International player.

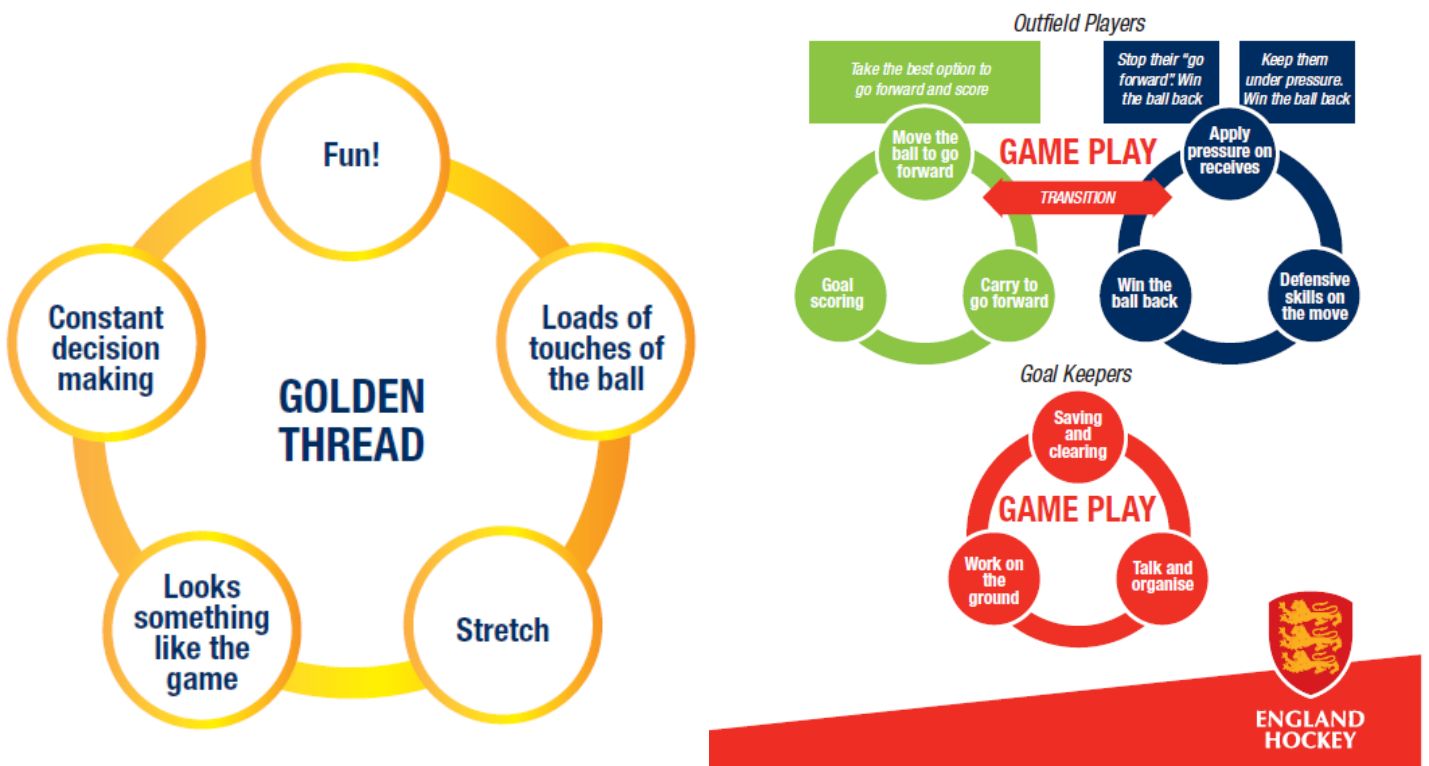
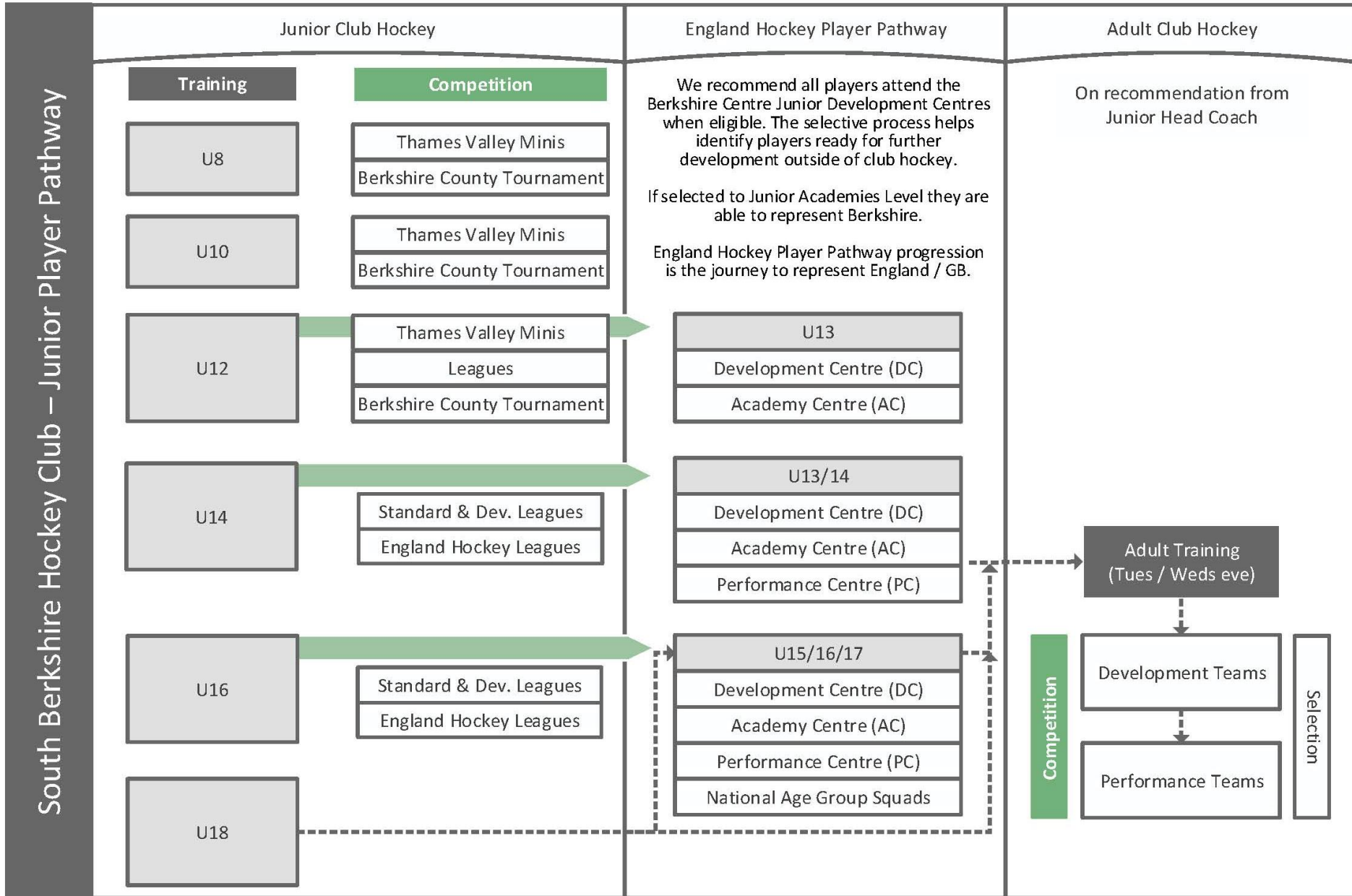


Figure 1 The Gold Thread and National Development Themes

The entry point into the player pathway is at Development Centre level (DC). South Berkshire Hockey Club nominate children on a yearly basis to centres where they feel they would benefit. The first time a player accesses the player pathway they enter at DC level.

<http://www.englishockey.co.uk/page.asp?section=2132§ionTitle=The+Player+Pathway>





Highly skilled	Skill = $\frac{\text{technique \& decision making}}{\text{pressure}}$	Players who use the right technique at the right time, when under pressure
Effective decision makers		Players who can 'read' the game and make really good decisions on and off the ball
Effective under pressure		Players who can learn, develop and perform at difficult points*
Self organising & adaptable		Players who are flexible, can solve problems and respond well to unexpected situations
Fast and execute under constant high intensity		Players who are quick and play with high physical intensity. Players who can read the game and have really good skills at pace
Creative		Players who can take fleeting moment of opportunity, spot the improbable and execute devastating skill!
Right attitude, right time		Players who consistently look to develop themselves and teammates. Players who persist and put in the effort. Players who have the ability and desire to bounce back from setbacks



Figure 2 Overarching Principles

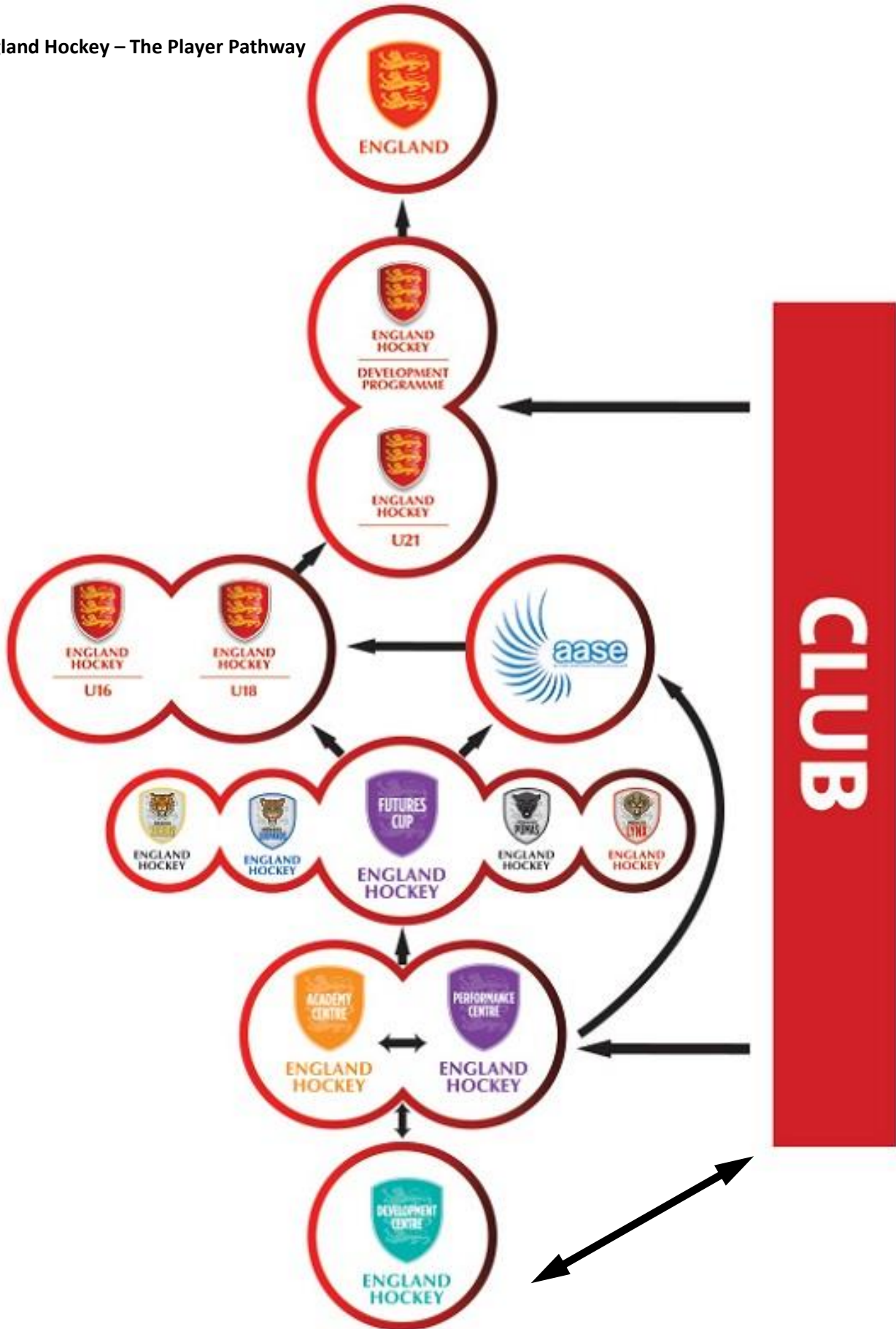
Current South Berkshire players have and are currently representing Berkshire at Academy and Performance Centres in the following age groups; U13, U14, U15, U16 and U17.

We encourage development of our juniors in their transition to adult hockey in addition to playing with their peers. This is done on an invitational basis by the Junior Head Coach who works closely with the senior section to review and assess player development and to transfer players to the senior teams. A range of factors are considered as part of this process and parents should discuss with coaches if they wish to understand the approach taken. All coaches, assistant coaches and key volunteers have undergone the enhanced criminal records disclosure through England Hockey.

We have replicated the successful model of the Bracknell Men's Terriers Team which over the years has developed players to represent clubs at national league and international level, for both Men's and Ladies Development Teams, our Ladies Development Team is called Terriettes! Teams play on Saturdays in adult leagues and juniors play hockey with experienced players and coaches, progressing to higher teams when ready. The Junior Head Coach will select Juniors when they feel they are ready to train with the development teams in the first instance prior to being selected to play.

Please refer to the club's Junior Selection Policy which can be found on the club website.

England Hockey – The Player Pathway



Leagues / Competitions

Group	Leagues/ Competitions
Under 8 Boys and Girls	Thames Valley Mini's
Under 10 Boys / Girls	Thames Valley Mini's Berkshire Tournament
Under 12 Boys /Girls	Boys and Girls - Thames Valley Mini's U12 Girls - Mercian Home Counties Girls U12 league U12 Girls Dev – Mercian Home Counties Girls U12 Dev League (7 aside) Mercian Home Counties Boys U12 league
Under 14/16 Boys	Mercian Home Counties Boys U14 Regional league U14 Championship, England Hockey
Under 14 /16 Girls	U14 Home Counties Girls Development League U14 Championship, England Hockey U16 Home Counties Girls Development League
League are primarily based on geography. Players are asked for availability via Team Managers	

A full schedule of matches and training will be released in September, we also arrange additional friendlies/ tournaments during the season. All fixtures will also be on the club website and fixtures live <http://w.fixtureslive.com/club/73562/teams/South-Berkshire>

If you have any queries, please do not hesitate to contact a member of the club for further information.

Transport

All juniors are required to sign a transport form if they expect to travel to matches with other players other than their own parents, forms will be cascaded by Team Managers.

Club contact details

The following contact details may come in handy throughout the season.

Role	Name	Email	Phone
Playing Committee Captain	Mary King	mary.king33@ntlworld.com	
Junior Manager	Jenny Jones	Jennyc.jones0@googlemail.com	07759228069
Junior Tournament / Leagues	Jane Martin	martin_jane@lilly.com	
Junior Head Coach	Jaypee Wentzel	griffinsports1@gmail.com	
Welfare Officer	Matt Wakefield	welfare@southberkshirehockeyclub.org.uk	07796 173 881
Junior Section Committee	All welcome	juniors@southberkshirehockey.org.uk	
Head Coach	U14/16 Girls	Jaypee Wentzel griffinsports1@gmail.com	
	U14/16 Boys	Rik Temmink rtemmink@outlook.com	
	U12 Boys / Girls	Jenny Jones* Jennyc.jones0@googlemail.com	
	U10 Boys / Girls	Jaypee Wentzel griffinsports1@gmail.com	
	U8 Boys / Girls	Bruce McCulloch brucemcculloch@btinternet.com	
Manager	U16 Girls	Arfan Rashid arfan@live.co.uk	
	U14 Girls	Sharon Short* SharonShort@ntlworld.com	
	U14/16 Boys	Phillipa Temmink* ptemmink@hotmail.com	
	U12 Girls	Hannah Tanner* hanttheteacher@hotmail.com	
	U12 Boys	Alison Smithen alismsithen@icloud.com	
	U10 Boys / Girls	Emma Hills* eclark@hotmail.co.uk	
	U8 Boys / Girls	Bal Bahra b_bahra@sky.com	
Finance	David Murray	treasurer@southberkshirehockeyclub.org.uk	
Volunteer Co-ordinator	Vacant		

Junior Committee

The Junior committee are a group of volunteers gathered to ensure smooth running and management of the junior section. Junior representatives on the club playing committee ensure integration with the whole club and schools links. The Junior section lead and support dedicated managers associated to each team which for team management on a day to day basis.

Please do not hesitate to contact the junior section if you have any queries, we do all also work so please allow time for a response. If you would like to offer time to support please email juniors@southberkshirehockeyclub.org.uk

Clubs First

Is the national recognition of clubs that can demonstrate that they are working towards minimum operating standards. Clubs First is aligned with the Sport England Club mark accreditation, recognised nationally by National Governing Bodies, local government, education and the sporting industry. In its simplest terms, the process ensures that our club has a “safe effective and child friendly” environment. All clubs achieving Clubs First also achieve the Sport England Club mark accreditation, a nationally recognised award for sports clubs. County Sports Partnerships and funding agencies increasingly recognise clubs with this accreditation to link into funding, develop school partnerships and other services available to us.

At South Berkshire Hockey Club, we are working to ensure we exceed Sport England's minimum operating standards giving your child the safest of environments to enjoy their hockey in. All documents relating to clubs first can be found on our website under the Information section and during 16/17 we will apply for the new Club Mark award which replaces Clubs First.

Club Website (aka Pitchero)

Our club website contains club and training information, club policies, social calendar and details of all fixtures. The site is regularly updated with superb photographs of some of our fixtures. Please refer to the club’s policy on the taking and use of photographic and recorded images of young people.

The website can be viewed at www.southberkshirehockeyclub.org.uk and from this site club member can;

- Register as players, parents, supporters
- Get selected to play competitive hockey
- Keep up to date with news
- View junior and adult team pages
- View results, fixtures and league standings for juniors and adults
- View adult club information
- Club policies and procedures
- Purchase kit from the club shop



South Berkshire Hockey Club



@HCSouthBerks

These pages will be used by the club’s Media Representative for external communication of the club. We want to ensure the club’s reputation is upheld on social media, so we ask again for club members to communicate through the South Berkshire Hockey Club website.

Codes of Conduct

The aim of South Berkshire Hockey Club is to promote healthy participation in sport. It is hoped that everyone will

play to the best of their ability and that teams are successful. However, we believe that it is more important to enjoy sport and play fairly. As such codes of conduct are required in line with our clubs first accreditation, the following documents are available on our website, please take time to read them. As members you will sign to adhere to these. <http://www.southberkshirehockeyclub.org.uk/d/documents.html>

- Players Code of Conduct
- Spectators Code of Conduct
- Officials and Umpires Code of Conduct
- Coaches and Managers Code of Conduct
- Generic Code of Conduct

The following Code of Conduct and Rules have been written to uphold the aims of South Berkshire Hockey Club. They are there to help and protect all players, umpires, spectators and parents involved in the playing of hockey regardless of whether it is in league games, friendly matches, or training sessions. The club believes that it is important that its members, coaches, volunteers and parents associated with the club should, at all times, show respect, be encouraged to be open and to share any concerns or complaints about any aspect of the club with the coach or the appropriate committee member. Each individual is accountable for his or her own actions. Whether you are playing, watching, coaching or umpiring any match, it is your personal responsibility to treat your own team, opposition players, coaches, spectators and the umpires with respect and consideration before, during and after the match.

Outline Code of Conduct

South Berkshire Hockey Club encourages parents/guardians/spectators to take an active interest in hockey and ask that every parent/guardian/spectator observe the following:

- Encourage your child to learn the rules and play within them
- Discourage unfair play and arguing with officials
- Help your child to recognise good performance, not just results
- Never force your child to take part in sport
- Set a good example by recognising fair play and applauding the good performances of all
- Never punish or belittle a child for losing or making mistakes
- Publicly accept officials' judgements
- Support your child's involvement and help them to understand that the enjoyment of sport and fair play are more important than winning

If you have any queries, comments or concerns please address them to South Berkshire Hockey Club Welfare Officer: welfare@southberkshirehockeyclub.org.uk

Accidents

Coaches plan all sessions to be as safe as possible, however due to the nature of the game and the playing surface accidents can and do occur. We have an established emergency procedure and accident reporting system. Please refer to the club's Emergency Procedures Policy which can be found on the club website. We will always inform you of any first aid incident involving your child and the actions that we may have taken.

Data protection

Information on young players is collected via Member Registration Forms. It is then collated on a secure database shared with Team Managers and Head Coaches. The leader of each coaching session has a register that contains all relevant medical information and is accessible to all representatives at the session or match. Coaches and representatives who have access to this information treat it sensitively.

Hockey Skill Development

Many children come to hockey expecting to pick it up immediately, but as with anything new it takes practice and a little determination! Below is a table outlining the skills we feel children are able to develop at each age group. Each level is key to developing capable players and we assess our coaching according to player development regularly.

Level	Skills Progression	U8	U10	U12	U14	U16
1	Static pushing					
	Static Open Stick Receiving					
	Unopposed ball carrying					
	Moving push					
	Post up/ move towards ball to receive					
	Elimination Skills - static Roll out					
2	Elimination Skills - static V drag					
	Elimination Skills on the move					
	Static slapping / sweep					
	Moving with the ball - run					
	Peel out					
	Ball control first touch - soft hands					
	Jab tackling - stick and a step away					
3	Pushing ball to target					
	Defensive Intercept					
	Moving Slap / sweep					
	Static hit					
	Moving hit					
	Block tackle - open side					
	Reverse stick push on the move					
4	3D skills					
	Split grip reverse pass					
	Reverse stick sweep					
	Lifted push					
	Receiving reverse stick - on the move					
	Hitting ball to target					
	Receiving a lifted ball					
5	Reverse stick tackling					
	Aerials					
	Reverse stick hitting					
	3D skills					
	Wider goal-scoring skills					
	Other tackling techniques - shave tackle					
	Drag / penalty flick / shuffle					

Progression is dependant on age at start date, gender, number of years playing hockey and frequency of training in addition to athleticism and natural ability

Hand Grips – 3 main grips used in hockey, players will change grip many times throughout a match and we have included some information below re technique and their uses.

Basic Grip

- Your left hand manoeuvres and turns the stick while your right hand stays in place and provides control. To reverse the stick, turn it to the left by rotating your left hand to the right and keeping your right hand loose and in place. Rotate the stick 180 degrees over the ball so the flat side of the stick faces right, the toe looks behind you, and the flat side of the stick lies against the left side of the ball.
- This grip is used primarily for dribbling, but it can also be used for certain hits and stops/traps.

Double V

- Place both of your hands together at the top of the stick. Position your right hand either directly below or slightly on top of your left hand. The “V” formed by your thumb and index finger should face the toe edge. Sometimes moving the right hand slightly to the right will increase comfort.
- The double-v grip is used for strong hits. By placing the hands together, you concentrate your force and increase the hit power. Beginning players sometimes make the mistake of leaving space between their hands; this causes their hits to be weak.

Short Handle Grip

- This is similar to the double-v grip, but both hands move midway down the stick. Clench the stick with the “V” pointing to the toe edge (curvy edge) of the stick.
- This grip is used for clip hits. By lowering your grip, you reduce the time it takes for the backswing and follow through.



More advanced

Frying Pan

- Begin by placing both hands together at the top of the stick with the double-v grip. Turn the stick to be parallel to the ground so that the flat side faces upwards. Keep the “V” of both hands against the flat side of the stick.
- Use this grip when doing a reverse drive or a hit that requires the ball to strike the inside edge of the stick. It also works well for hits that involve a sweeping motion. This grip is most commonly used for the reverse hit / sweep.

Reverse

- Position your hands in the basic grip. Hold the stick so that the “V” of both hands (formed by the thumb and index finger) face the bottom of the stick and lie against the flat side of the stick. The flat side should face upwards.

- This grip is most commonly used for scoops or flicks (aerial passes that lift the ball into the air).



We often get asked regarding how children can practice at home. Below are links of some good resources;

- Skills
 - Ryde Hockey - <https://www.youtube.com/watch?v=ORghhycCHwE&list=PL4728A3FC6D0605F2>
 - England Hockey Junior Site <http://inthed.englandhockey.co.uk/>
 - <http://hockeyperformanceacademy.com/top-20-key-field-hockey-lessons/>