

DEESIDE RAMBLERS HOCKEY CLUB

SUNDAY JUNIOR TRAINING – PARENTS' BRIEFING NOTE

HOCKEY FOR PRIMARY SCHOOL CHILDREN

Weekly Training & Match Sessions

Welcome to Sunday morning

junior sessions at Deeside

Ramblers HC.

Our junior section is one of the largest in the area and aims to give primary school age children an fun introduction to hockey and the opportunity to develop strong skills and knowledge before graduating to Otters & Beavers training on Monday evenings when older.

Our coaches

England Hockey require a qualified coach to be present for any training session (matches are

different). Matt Cocks is the lead qualified coach for our Sunday sessions. All other coaches have appropriate safeguarding clearances and are DBS checked. Many have played hockey at the highest levels and all are committed to making sure your children enjoy our sport. Qualified first aiders are also on hand in all sessions. So your children are in safe hands on all counts.

**ALL OF OUR COACHES
AND CAFÉ HELPERS ARE
VOLUNTEERS – THE MORE
HELP YOU CAN OFFER,
THE MORE WE CAN DO
FOR ALL OF THE
CHILDREN.**

Helping out

Particularly with the very young groups, having some parents on the pitch is often a nice way to integrate the children and make them even more comfortable. You do NOT have to be a hockey player to join in – the club coaches will run the sessions but volunteers can help out – watching over a small group

during an exercise, or just making sure the kids are warm, watered and happy!
Speak to any of the coaches if you're willing to get involved.

Café helpers

It's not Sunday morning training without a bacon butty / muffin / coffee. As in prior years, we do rely on a rota of parents helping in the kitchen. No skills required – just willingness to muck in. Enough volunteers = only one session each in the whole season. **Please complete the sign-up sheet at the first session.**

EQUIPMENT

ALL children must always have the following to enter the pitch:

- **Fitting gum shield**
- **Shin guards**

Even little ones can swing a stick without looking and say goodbye to some front teeth. Please come with a well-fitting junior gum shield – if too large the kids chew them and take them out, which defeats the purpose! You do **not** need a stick – as we can provide these.

Other good to bring things:

- **Water bottle**
- **Light rain coat**
- **Hockey hand guard**
- **Hockey-specific shoes (not essential but they do protect feet better)**

After that, anything goes. Just avoid clothes that will get in the way of playing. Woolly hats - NOT peaked – on cold days. In winter, wear as many layers as they want.

This year's provisional schedule of training and match sessions (see sidebar for explanation):

Might be subject to change once inter-club match dates confirmed by local league.

10-Sep	Training (all ages)
17-Sep	Training (all ages)
24-Sep	Training (all ages)
01-Oct	Training (all ages)
08-Oct	Match Play Y2-6
15-Oct	Training (all ages)
22-Oct	Match Play Y2-6
29-Oct	Training (all ages)
05-Nov	Match Play Y2-6
12-Nov	Training (all ages)
19-Nov	Match Play Y2-6
26-Nov	Training (all ages)
03-Dec	Match Play Y2-6
10-Dec	Training (all ages)
17-Dec	Chr'mas Matchplay
24-Dec	No session
31-Dec	No session

07-Jan	No session
14-Jan	Training (all ages)
21-Jan	Match Play Y2-6
28-Jan	Training (all ages)
04-Feb	Match Play Y2-6
11-Feb	Training (all ages)
18-Feb	Match Play Y2-6
25-Feb	Training (all ages)
03-Mar	Match Play Y2-6
10-Mar	Training (all ages)
17-Mar	Match Play Y2-6
24-Mar	Training (all ages)
31-Mar	Match Play Y2-6
07-Apr	Training (all ages)
14-Apr	Match Play Y2-6
21-Apr	Training (all ages)
28-Apr	Match Play Y2-6

Session notes:

- **Training sessions (includes some matchplay)** are for all primary school years, especially beginners. Year 6 children who have learnt the basic skills are welcome to train alongside the Otters & Beavers on Monday evenings (6-7:30pm) instead (or as well!)
- We tend to split the pitch into 4 quarters on a combination of age and experience – so an experienced Yr4 could be in Group 4 whereas a novice Yr4 could be in Group 3
- **Match play** targeted at Yr2 -6 players. Others by invitation when coaches feel they are ready to play within the rules of the game, the pitch markings and parameters, and have the attention span

Interclub Matches

We arrange friendly matches with other local clubs for the u8 and u10 age groups. We will inform you of dates and locations once finalized.

Communications

We use 'Pitchero' to manage all membership details, calendars and comms. See the 'Junior Section' of the club website for details of how to use.

It is critical that you register your children on Pitchero. We use it to notify of moved or cancelled sessions (weather related). This is often at short notice and you should check the Club app if in doubt before setting off.

Joining the club

We ask for a small annual sub to become a member of the club. Training fees for Sunday sessions are then paid 'on the gate' at £5 / session.

Returning members should register and pay their membership subs when requested via Pitchero. For new members, we generally allow two Sunday sessions as a 'taster' before asking for the annual membership sub if you wish to continue.

Final note

Children and adults benefit hugely from the opportunity to be part of a thriving and successful club. The chance to develop a new skill while making friends and learning how to be a 'team player' is a great opportunity.

Can we just emphasise once more – all that we do depends on volunteers. By lending a helping hand you will not only help us all, you will also get a lot back – on and off the hockey pitch.

Welcome to Deeside Ramblers and good luck for the new season.

@BelievePHQ

GOOD SPORT PARENT

VS.

BAD SPORT PARENT

Supports the coach



Lets their child make decisions



Encourages their child



Lets their child have fun



Praises their child and cheers for everyone



Is a role model



Respects officials



Respects the opposition



Supports the coaches decisions



Gives their child autonomy



Wants their child to learn lessons from sport



Argues with the coach



Constantly shouts instructions



Criticises their child

Over pressures their child



Compares their child to other players



Demonstrates negative behaviours



Is abusive towards officials



Argues with opposition parents/players



Disagrees with the coaches decisions



Tells their child how to play



Wants their child to win at all costs