

WELCOME



SINCE 1903



TO YOUTH HOCKEY AT BHHHC

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TO BHHHC ASTRO

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Berkhamsted and Hemel Hempstead Hockey Club (BHHHC) (est. 1903) has a long history of providing a safe and friendly place for people to enjoy hockey and get together with friends. We have a thriving youth section with a vibrant training and development programme for young people from 4 years and above. So, whatever your experience, we very much look forward to meeting you and welcoming you and your family to our club.

We want you to enjoy your hockey with us right from the start; this information aims to make things easy by letting you know what to expect.

hockey
happy
kids



GETTING STARTED

berkohockeyclub.com

All new starters are invited to attend two taster sessions. If you love hockey and want more, your parent/carer will now need to help you join the club.

There are a few parts to registration:

1. Create an account on Pitchero via the www.berkohockeyclub.com website. Parents/carers will need to register themselves as the parent and add their child in their age category. You might find our online registration guide helpful:

tinyurl.com/bhhhcregdoc

All details must be completed at this point to validate the Youth Membership.

2. You will be able to pay the fees for your child/children at the same time as registering to play via the club website on Pitchero.

3. England Hockey require all players to register with their Game Management System (GMS). GMS is a system that records hockey matches in England; when registering a youth player, the parent/carer has to again register themselves first and then add the child as a dependent. Information on how to register via:

<https://www.englandhockey.co.uk/play/gms-player>

4. Finally, we record all hockey related injuries using a digital platform, SportSmart. The programme enables effective risk management and injury prevention for sports and PE in school. When you register your child with the club, we will add them to the platform.

If you would like more information on how personal data is kept safe please read the privacy notice here: ***tinyurl.com/BHHHCPodiumPrivacy***

If you would prefer to opt out on behalf of your child please email ***h_s@berkohockeyclub.com*** to let us know.

We kindly request that Subscription fees are paid after the second trial session in order to carry on playing. Fees are then due annually to cover the continuing costs of coaching and playing hockey.

Please check fee structure which varies depending on age category and concessions. ***tinyurl.com/BHHHCSubsMatchFees2023***



KEEPING SAFE

Having the right equipment helps to minimise risk of injury, take a few minutes to make sure you have that equipment for safer play.

It's **mandatory for U18s** to wear a properly fitting mouth guard and full-length hockey shin pads. You will need these at every training session and tournament, including your first 2 taster sessions. The club has worked with market leaders, Opro to create a bespoke Instant Custom-Fit mouthguard which provides high quality mouth protection. For details on how to order, please check the club website. High-impact guards are always required for hockey.

We also recommend that young players get used to playing with hand protection. Hard shell protective gloves are available in a range of sizes. The Left hand is most vulnerable to impact, however protective gloves can be worn on both hands to reduce risk of injury. Youth players transitioning to adult hockey must play with a glove on (L) hand as a minimum, so it's a good idea to get used to playing in them early on.

U12s and above will need a face guard if defending a short corner. When you are old enough to start learning to defend short corners and if you regularly play as a defender, this should become part of your protective gear. We have a few club faceguards which you may borrow if they are available, until your position on pitch is more established and you manage to get your own. Our supplier, Chiltern Sports, has a range of equipment and can advise you on what to buy.

Hockey astro shoes provide stability and some foot protection from impact with the ball compared with other types of footwear. Hockey Astros are suitable for use on the astro surface and will reduce the risk of slipping and ankle injury. Trainers do not provide these same benefits.

Goal keepers obviously need full protection. If you don't have your own kit the club does have kits to borrow. Ask the youth officer for specific advice on what's needed for goalies.

Each group has a first aid kit and we have a first aider at every session. If your child has a medical condition that might require us to take action in an emergency or they carry medication that might need to be used, please let the youth officer or coach know. They will share the information with the first aiders, so they might know how best to help if and when it's needed. Please clearly label any medication and either let us know where it's kept or hand it in at each session, so we can locate it in an emergency. It is vital that you keep the youth officer/coaches updated if there are changes in your child's medical condition. We are aware of the need to treat all personal information sensitively.



WHAT OTHER KIT WILL I NEED?

BHHHC youth kit

Navy top, Navy shorts/skort, Navy and red stripy socks, Red sweatshirt (optional).

All kit can be ordered from: tinyurl.com/BHHHCclubKit

Once you decide to join BHHHC you will need your own hockey stick too – Our supplier, Chiltern Sports, can help you find the right one for you.

Please arrive in your kit, ready to play. Although we have changing facilities in the clubhouse, these are shared and can be accessed by all club members.

Please always bring your own water bottle with you to training and matches.

Obviously dress for the weather. At training make sure you wear appropriate clothing, thinking about wearing several layers in case of changes in weather (jacket, gloves, base layers, coat etc). Likewise, if it's hot remember sunscreens and sunhats.

TRAINING



At training

Our training sessions are split into different age groups and ability so that the sessions are the right level for you.

Sunday Mornings - BHHHC Cow Roast, Tring, Hertfordshire, HP23 5RF.

U8s, U10s, U12s & U14s all train between **09.30 - 12.30**.

Please check on Pitchero for specific session times for your group.

U8's parents are expected to stay for the duration of their session. We have a viewing mound behind the astro for spectators. For all other age groups parents must be contactable if not pitch side for their child's session.

Wednesday Evenings - U10s and 13s Development Training

You can check start & finish times on Pitchero.

We offer inclusive and adapted hockey sessions, as part of our **Flyerz Hockey** provision, on Sunday mornings, alongside the youth training session. These are dedicated sessions to anyone with a long-term illness affecting their function, disability or special educational needs. These sessions are free of charge, however, must be booked in advance.

Contact: chair@berkohockeyclub.com or youth@berkohockeyclub.com for information.

Our coaches are qualified and keen to deliver sessions that will help you learn and improve. They will give you feedback and support you to progress as an individual player and as part of the team. Learning skills is important, but getting to know your teammates is equally as important so training will be focused, but fun too.

During training you will notice that there are a regular group of volunteers who will help you. We have guest spots from various players from the different teams from the Mens and Ladies Section of the club to help your development.

As you progress, you will learn the rules of the game as well as key phrases and set plays that we use regularly. Rules are important in hockey for your personal safety as well as others on the pitch too.

Training is where you will get to know other boys and girls your age whilst enjoying sport with them.

MATCHES AND TOURNAMENTS

We participate in regular matches in all age categories, once you have gained the right level of skill and confidence you will get the chance to take part in friendly matches, league matches and tournaments. Playing as a team teaches you to work together, communicate and support each other as well as practising your skills and tricks.

We ask parents to update their child's availability on Pitchero regularly but particularly once we've sent notification of an upcoming match.

It is club policy to select teams in the best interests of the club. You might not always be selected, but everyone will get an opportunity for some game time. It is the aim of the coaches to provide competitive hockey at the correct level for every member over the course of the season.

How can I improve my chances of selection?

- Paid up Membership – you can't play until you've paid.
- Have skill, enthusiasm, and a positive 'can-do' attitude.
- Be willing to **listen to feedback** and learn, be flexible and adapt.
- Demonstrate potential to **develop/improve** – show coachability.
- Build regular attendance and show **effort** at training sessions.
- Demonstrate commitment to availability for matches on Sundays (especially away ones).

ON MATCH DAY

Usually parents arrange lift shares, particularly for away matches/tournaments as its good fun and obviously better for the environment. Let your manager know if you need help with a lift. Our safeguarding policy for U18s advises against travelling with just 1 other adult, so we always try to get you in a car with several others.

Remember to thank the umpires as without them the games can't take place.

We give '3 cheers' to the opposition, led by the captain/coach and thank individual opposition players.

Respect

Hockey is a sport that should be enjoyed by everyone who takes part. Respect is the England Hockey code of conduct which sets the standards and values that apply at every level of the game. We promote fun, positive attitudes and good sportsmanship. The Code of Behaviour applies to all young people to encourage the safety and enjoyment of all involved in the sport.

<https://www.englandhockey.co.uk/governance/rules-and-regulations/code-of-ethics-and-behaviour>

MATCH DAY





COUNTY PATHWAY

HOW DO I HEAR CLUB NEWS?

BHHHC SOCIAL LIFE

As a growing club we often spot and develop home grown talent. Currently our youth section has a number of County players ranging from U12s, U13s and U14s.

Each year selected youth players who show the skills, resilience and coachable potential are given the opportunity to be put forward for County Trials. The County coaches will invite you to have a couple of trials after which they select the players with the required potential. If you are not successful the first time and we think you should pursue this pathway, we will continue to work with you to develop in the areas identified.

Pitchero App is the key to all the Youth section communications. All match day information, team selection and messages are sent out via Pitchero so keep an eye out for news. Make sure your settings on Pitchero are enabled to allow notifications for the latest updates.

Some Team managers may also have a team WhatsApp Group (over 16s only) or Email that they may choose to use, they will let you know if that's the case.

We love hockey but having fun with friends is also a big part of the club. Again, information on up-coming social events comes via **Pitchero**. We also have a Facebook page and Instagram if you already use those platforms. There are events to join for youth members, for families and also for parents of youth members. Everyone is very welcome to join in BHHHC club life.

IN-SCHOOL HOCKEY PROGRAMME

WHO IS WHO?



Our club runs an active Hockey PE and afterschool club provision in our local community and has coached hockey in more than 14 schools over the past two years. We have around five qualified coaches, delivering the sessions and enabling more children to experience hockey. We also facilitate yearly inter-school tournaments to support competitive integration through hockey.

For further information, contact:

schools@berkohockeyclub.com or ***chair@berkohockeyclub.com***

It can be hard to know who is who at the start.

Your main point of contact will always be the youth officer or your individual coach/manager.

Club members who fulfil particular roles can be seen on the website, but if you're not sure please just ask.

<https://www.berkohockeyclub.com>

If you have an idea or suggestion please let us know. We are keen to hear from you.

If something has happened that you are not happy about, we also want to hear about it. Again, your first point of contact is the Youth Officer ***youth@berkohockeyclub.com*** or alternatively your individual coach/manager.

Problems of a personal nature can be directed to the welfare officer ***welfare@berkohockeyclub.com*** or welfare phone ***07783 329156***

We understand it sometimes can be difficult to speak to an adult about how you are feeling, but we will listen, and will make time for you. It's better to talk to someone you trust if you have worries or concerns.







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