



Kettering Hockey Club

2019-2020

Start of Season Newsletter



31st August 2019



WELCOME

Welcome to the first newsletter of the 2019-20 season. We hope you enjoy the new format and if you have any suggestions for content to feature we would be delighted to hear from you.

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MESSAGE FROM THE CHAIRMAN

Welcome to the first KHC Newsletter of the 2019-2020 season! It only seems like yesterday that we were celebrating the success of last season at the fantastic Awards Night that we had at the Ritz in Desborough in April. However, pre-season is now upon us and the league is fast approaching so I have no doubt that you are all working hard ready to succeed yet again at KHC.

We have some new faces on the Committees this year and consequently some new initiatives that they are all working on, including this fantastic newsletter that is being headed up by Sophie Reynolds, our Operations Chairperson. I know Sophie will very much welcome ideas for forthcoming newsletters, so please get in contact with her with any that you have. One initiative related to this newsletter, is to provide it with a new name ... so get your best entries in now, for the Exec to decide on the winner at the next Exec Meeting! More on this later in the newsletter.

It is now full steam ahead into this season, so I hope you are all successful at playing, coaching, umpiring or whichever role you take on in the club, but please most of all ... enjoy what you do! I look forward to hearing all the stories soon! 😊 Happy Hockey!! ✓

Jaime Cox
Chairman





SENIOR PERFORMANCE

Your new look Senior Performance Team comprising of Anthony Paton as Men's Chair, Rob Mahony as Ladies' Chair, Andy Sellers in a new Club role of Head Coach and myself have been busy during the summer, as you will have read in the minutes (for those of you that read them!).

Below is a brief summary of the things we have been working:

Date for your diary:

All captains, coaches and Exec are invited to attend a meeting on 2nd September, 7:00pm, at the clubhouse. There will be training/presentations on:

- Safeguarding and Wellbeing by Nigel Parkes
- Finance (payments of match fees, etc.) by Kirsty Smith
- Social Media by Amy March. Barry Coe will also be on hand to discuss useful team tools on our Pitchero website

- Updated the Selection Policy
- Organised Summer training
- Appointed coaches, restricted training and monitoring for the forthcoming season
- Reviewed competition entries
- Working with Mark Hawkins and the Junior Academy re integration of juniors into senior hockey, introduction of U16/U18 girls' fixtures
- Working with Nigel Parkes on Safeguarding and Wellbeing
- Working with the Exec on the Club Development Plan
- Continuously working on how to improve hockey at the Club and enjoyable to all our members!

Much hockey has been played during the summer - a big thank you to Ollie Smith for organising the Skymoos team for the summer league, to Lin Leach, Shez Coe and Sophie Reynolds for organising the various ladies 7-a-side teams, Liz Randle for organising the Back 2 Hockey and to Julia Telford for coaching the Back 2 Hockey and a thank you as ever to all those who have umpired games. Thanks also to Nathan Thomas for liaising and organising pitches for summer training and fixtures and pitches for the forthcoming season.

Please feel free to contact me via Pitchero contacts page or on seniorperformance@ketteringhockeyclub.co.uk with any queries, concerns, questions or even suggestions. Here's looking forward to a successful and enjoyable season ahead.

Yours in hockey,
Claudia Ringrose



WHAT'S GOING ON?

This season Kettering Hockey Club members will each be issued a flashy membership card. Oooooooooo. Carry it on you at all times (training, matches, teas and socials). Your membership card number might just win you a free drink or a prize if called back at the clubhouse!



Subscriptions must be paid in full or a payment plan set up by **no later than 21st September 2019** via Pitchero Website

Who's on at home? Saturday 7th September

Team	Opposition	Time
L2	Towcester 2s	11:30
M2	Atherstone	13:00
M3	Saints	14:30
M4	Saints	16:00

Saturday 14th September

Team	Opposition	Time
L4	Towcester	10:00
M4	Melton	11:30
M3	Harborough 2s	13:00
M1	Harborough 1s	14:30

Saturday 21st September

Team	Opposition	Time
L4	Wootton 3	10:00
M4	City of Peterborough 7	11:30
L1	Edgbaston	13:00
M2	City of Peterborough 5	14:30



Fitness Training – please remember fitness training with Ricky is on every Monday 7:00-8:00pm currently at the club, moving indoors at Bishop Stopford during September. Only £2 for an excellent workout!

For those attending Hale Training, please liaise with Ant or Cavey.



Spotlight on... Andy Sellers Senior Performance Head Coach

Usual Team and position - Men's 1s

Ways you help KHC - Head coach of the club and coach of the Men's 1s & 2s

Occupation - PE teacher

Seasons with Kettering HC - this will be my third year back after being away for ten years playing for rugby and east Warwickshire

Greatest KHC moment - playing with my dad and son in the same and my dad coming on late on in the game and scoring (he still keeps going on about it)

Favourite social - the end of season port and cheese social.

What piece of advice would you give younger players? Play as much hockey as you can, practice at home, play for your school (if they don't have a team ask to start one), get as much practice in as possible but ultimately have fun and enjoy yourself.

Favourite film? Remember the Titans

Favourite food? Curry

Tea or coffee? Coffee (I don't like tea but I do apparently make the best tea ever! Have been told that by lots of people!)

Tell us a joke? How do you get Pikachu on a bus? Pokemon!!



Coaches Corner

My name is Andy Sellers and I am the Head coach here at Kettering Hockey Club. My main role is to oversee all the coaching that goes on at the club and ensure that we are all working hard to offer our club members the highest quality coaching using up to date methods and resources working closely with England and GB hockey. In this section of the newsletter you will have the opportunity to meet the coaches and find out more about them, be provided with little bits of coaching advice from our coaches and generally help develop your hockey knowledge further. This month we are looking at what makes the ultimate hockey player and also some information about the 'golden thread'

What makes the ultimate hockey player?

The 'Player' refers to the individual athlete and the personal (physiological, psychological, social and emotional) qualities required to achieve the 'End in Mind' characteristics and deliver when it matters - both on and off the pitch. GB Hockey has identified nine interacting and connected qualities that sit at the heart of a player's hockey DNA, and vital for GB Hockey 'Player' to achieve the 'End in Mind'.

Personal Qualities of a hockey player

These are the 9 characteristics we look to develop in our young players here at KHC;

1. **Fast** - Player is able to demonstrate the necessary speed of body and/or mind to compete in a fast dynamic game
2. **Physically, Mentally & Emotionally Durable** - Player is able to regularly perform over time, in training and competition, when needed, without injury
3. **Physically Literate** - Player is able to demonstrate the basic fundamental physical movement skills to be able to perform increasingly complex hockey specific skills
4. **Intelligent Trainers** - Player can effectively adapt, manage and optimise physical preparation and recovery to meet specific performance needs when away from the GB/HC environment
5. **Self Managers** - Player is able demonstrate resourcefulness in managing time and tasks, and in balancing hockey life and home life.
6. **Motivated and Driven** - Player is clear on what they want to do, how to do it, and is prepared to do what it takes
7. **Able to Cope with Pressure** - Player is able to demonstrate a range of mental qualities and techniques consistent with elite performance at the required moment
8. **Self-Aware Learners** - Player is able to demonstrate good self-awareness, realistically reflect on own performance, engage in purposeful practice, and access appropriate support from others
9. **Able to Work With Others** - Player is able to communicate effectively, relate to others, and demonstrate appropriate leadership

The Golden Thread

As well as developing these qualities in our players we are also working on implementing 'the golden thread'. These are the main fundamental aspects we wish to see in our coaching sessions across all age groups. Our coaches will be ensuring that when planning sessions that these principles are at the heart of their session.



The most effective way of developing highly skilled players, keeping players coming back to our sessions and delivering fun and engaging sessions is through fun, game-like activities rather than repetitive drills. Games or game-like activity should be an essential focus of each session, rather than just played at the end. At Kettering we often start our junior sessions with games and game related activities ensuring that all children are engaged and challenged from the word go.

If you would like to get in touch with anything regarding the coaching side either with the juniors or the adults then please feel free to get in touch via email

headcoach@ketteringhockeyclub.co.uk



You're The Umpire

Level 1 Umpiring Course

Sunday 8th September, 9-3:30 at Bishop Stopford pitches

For anyone looking to umpire senior league matches in particular. Remember the perks - £15 per home game, free t-shirt on umpiring 10 matches, you get to know more people in the club, and more!

Young Umpire Training Day

Sunday 15th September 10-12:30 at Bishop Stopford pitches

Aimed at 11-18 year olds looking to have a better understanding of the rules and was a first step into officiating.



Respect the umpires

"Respect the spirit of fair play in hockey. This is more than playing within the rules. It also incorporates the concepts of friendship, respect for others and always participating with the right spirit." (England Hockey, Respect code of Ethics and Behaviour)

More and more of our club members are helping out with umpiring. Umpiring is a difficult job. Regardless of how competitive you are, you should always play to the whistle.



For any queries regarding umpiring please feel free to email Sophie, umpires@ketteringhockeyclub.co.uk



JUNIOR ACADEMY

Junior training will start on the 10th Sep and all our coaches are looking forward to starting the new season. We have an additional training session for U8's called Hockey Heroes, aimed at young children who haven't played hockey before. This programme is a 6 week block of sessions where players can transition to the main U8's team if they wish to.

The key focus of the Junior Academy is to help our young players and coaches develop confidence and maximise their potential on the field. To continue the success of the Academy over recent years we will be applying a more structured approach to our coaching team development and adding a 'Coaching Hub' to our website where senior and junior coaches can locate materials to support their sessions planning. Please feel free to check out the links and information made available on the 'Coaching Hub'.

There has been a lot of work going on behind the scenes since the end of last season to help build links with primary schools, secondary schools and other junior teams within the county. Our aim is to provide more fixtures for all junior teams this season and also increase numbers of players to enable us to do this. If you know any contacts at Primary/Secondary Schools or parents who wants their children to try hockey, please let me of Mandy Starsmore-Young know.

Thanks for reading,

Mark Hawkins

A note for parents: This year you must join & register your child on our website www.ketteringhockeyclub.co.uk in order for them to be eligible to train and play fixtures. Payments for membership and fixtures can only be made online via the website and app; no cash will be taken at training or fixtures.

All fixture and training information will also be available on the website therefore please use it as a central hub for all information. Team managers will contact you via our website to advise team selection and fixture location/start times. However, if you need to contact a member of the team please feel free to email either myself or Mandy Starsmore-Young or any of the Team Managers via the contacts page.





THE SOCIAL SCENE

Dates	Event
14 th September	Pub Golf (Over 18s only)
6 th October	Skymoos 50 th Celebration
12 th October	BINGO
9 th November	Beetle Drive
7 th December	Christmas Quiz
14 th December	Festive Mixed match with mince pies!
1 st February	Race Night
21 st March	Cheese and Wine End of Season
25 th April	End of Season Awards Dinner

Skymoos 50th Anniversary Celebration

Founded by Club President Jean Smith and her husband Graham in October 1969 the legendary mixed team is still going strong and Jean has an awesome party lined up for anyone that fancies a knees up to celebrate! There will be matches during the day at Bishop 11am 'til 1pm, then a buffet back at the clubhouse at 2pm with the live band Divinity playing into the evening.

Tickets are £20 for adults, £15 for under 18s (match, buffet and entertainment)

Playing and a beer is regular match fee of £10

Under 12s are free

There are some amazing Skymoos goodies that will be presented on the day too!

Deadline for tickets is 14th September Go to Kettering Hockey Club Pitchero website, select news, scroll down to Skymoos 50th celebrations and select shop where you can choose the tickets you want. If you struggle to do this please contact Jean on jeangrahamsmith@yahoo.co.uk



CHARITIES

As you know, every year we donate a percentage of our fundraising to two local charities. This year we have chosen two that, in very sad circumstances, both have a direct link to local hockey.

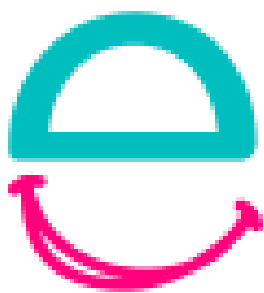


We Mind and Kelly Matters was established after the sad death of Kelly Hewitt who was taken away from her family too young through her struggles with mental health.

Funds we raise will also go to the Talbot Butler Cancer Ward in memory of former Rothwell & Desborough, Wellingborough and latterly Wootton player Becky Richardson. Many of Becky's former team mates at R&D are now club members at Kettering. Becky initially had cervical cancer and was thought to be in remission but sadly the cancer returned and she was unable to respond to treatment. Becky was 29 years old when she died last year.



Northampton General Hospital
NHS Trust



easyfundraising
feel good shopping

As a Club we have raised
over

£1405.31!

All of that goes into Club Development like buying coaching equipment.

It doesn't cost you a penny but makes us a packet.

If you haven't joined in help us to help you – this is our link:

Refer-a-Friend

and earn £5 bonus donations

Earn a £5 bonus donation for your good cause every time someone successfully joins and raises £5 as a supporter through your unique link. [Terms and conditions apply.](#)

www.easyfundraising.org.uk/invite/2LB9T3

Easyfundraising covers all types of retailers but insurance, broadband, phones, and travel, especially hotels are big winners.



LOOK THE PART



Order your kit online at

<https://www.silverfx.co.uk/category/sports-clubs/kettering-hockey-club/>

Most items are shipped with express delivery so kit can be with you in 3-5 days.

For Bespoke items please see below for order dates.

Order Deadline	Est Delivery
04/09/2019	06/11/2019
25/09/2019	27/11/2019
18/10/2019	17/12/2019

Pre order your bobble hats on our Pitchero site click "shop – merchandise"



NEXT GOAL WINS

@goal_wins

@nextgoalwins

A few people asked about a new hoody design. This season there will be a maroon version of the hoody with blue and white stripes.

Ask and you shall receive!

COMING SOON



Ask Tony ...

Dear Tony,

I sometimes forget my towel for post game showers? Is it acceptable to share? What do you do in these situations?

Third teamer

Dear Third teamer,

Under no circumstances should you share someone's towel. You don't know where they've been. Even if you played with them for years, you never know the finer details of your team mates er, bits. If you have to, you can use your match shirt to get the worst of the wet off then use your fresh undies to tidy yourself up. That means you have to go 'commando' so be careful when going to the gents. "Something about Mary" anyone?

Toodleoo

Tony

Name the Newsletter

Entries to

operationschairperson@ketteringhockeyclub.co.uk

Deadline 29th September

There will be a prize for the winning entry which will be decided by the Executive Committee.



ALL SUBMISSIONS ARE WELCOME:

EMAIL: operationschairperson@ketteringhockeyclub.co.uk

Everyone is welcome to discuss ideas for new content and contribute.

USEFUL WEBSITES

Men's Midland Region Hockey Association

<http://www.mrha.co.uk/>

Men's Hockey East Leagues

<https://www.hockey-east.co.uk/>

Women's Midlands Region Hockey Association

<http://mrhawl.clubbuzz.co.uk/>

Northamptonshire County Women's Hockey League

<http://ncwha.clubbuzz.co.uk/>

England Hockey <http://www.englandhockey.co.uk/>

Midland Region Hockey Umpiring Association

<https://www.mrhua.org.uk/>

East Region Hockey Umpiring Association

<https://www.erhua.co.uk/>

FIH (International Hockey Federation) <http://www.fih.ch/>



SAFEGUARDING

At Kettering Hockey Club we are serious about our hockey, pride ourselves on our sociability and care deeply about the health, happiness, safety and general well-being of all our players, but especially the youngsters who are the future of the club.

Our welfare officer, Nigel Parkes (welfare@ketteringhockeyclub.co.uk/ landline 01536 513821), is available to discuss any issues or concerns but we know that safeguarding is everyone's business. All our captains and coaches are DBS-cleared and know what to do when issues and concerns arise.

Together we understand, and take very seriously, our duty of care to players, to parents and to the community.

Strong and safe together, always.



**Musical
Instruments
and Repairs**

