

Junior Welcome Pack



Welcome to Newmarket Hockey Club Juniors!

In this Pack, we aim to provide you with all of the info that you need to start playing Hockey.



Junior Welcome Pack



Our Aims:

- To introduce hockey to children from 4 yrs old in a fun, relaxed and safe manner for all abilities.
- To provide coaching as applicable to the individual, including putting juniors forward to County trials, to coach all elements of the game, and to provide inter-club matches to put it all into practice. We also offer goalkeeper specific training, and have goalie kits for anyone wanting to have a try.
- Our long-term aim is to introduce the juniors to senior training and from there being selected to represent the club in our senior teams. They are eligible for selection for senior teams from their 13th birthday.

New this season (2019-20)

- **U6 Group** - this is based on allowing the youngsters to experience game-based hockey with limited stick skills being taught - more encouraging them to be active - cost £20 - no kit will be provided for this age group.
- **NHC Talent group** - this is an invitation only session - trying to challenge and stretch those individuals who have potential to be recommended to attend trials for the next level of the Hockey through the player pathway.
- **Fortnightly GK training** - there will be 2 hours available (first hour for those in the U14 group/ second hour for any U10s) to allow anyone interested in being a GK to train without it affecting their normal outfield training - should you wish to do only GK then please contact the junior coordinator directly.

Please see the following pages on our website, just for Juniors:

<http://www.newmarkethockeyclub.com/wordpress/juniors/about/>

Who runs Juniors?

Juniors is run and overseen by Vicky Benedikz. She oversees Juniors as a whole and liaises with the lead coaches.

We coach by age group, as per England Hockey Guidelines. Each group has a lead coach and assistant coaches.

U6: Lead Coach: Vicky Benedikz
U8: Lead Coach: Peter Booth
U10: Lead Coach: Drew Wood
U13: Lead Coach: Andy Baker & Claire McDonnell
GK Coaching: Lead Coach: Jess Boyle

All of our coaches are volunteers and we work on a rota basis, so they may not be there every week, but we cover this with other coaches, following a plan working towards regular tournaments in the area.

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Can I join?

Yes, as far as possible, we try to accommodate all enquiries that we get. We offer the first 2 sessions free, before payment of subs is required, so you can try it out before committing. If your child is any younger than 4 yrs old please contact our junior coordinator (details listed below). It is important to note that while you are trying Hockey, we must have emergency contact details for you, and notes of any medical points. We can take players mid-season, so please get in touch with us on: membership@newmarkethockeyclub.com or vickybenedikz@hotmail.co.uk - alternatively we can see you on a Sunday.

Where is it?

We train on the Astro pitch, at Newmarket Leisure Centre, Exning Road, Newmarket, CB8 0EA, 01638 782500. Refreshments, changing facilities and toilets are available at the Leisure Centre (for more information, [please see their website](#)).

When is it?

Times: We train on Sunday: U6s, U8s and U10s will be 10:00am - 11:00am, U13s will be 11:00am - 12:00noon, GK training every fortnight from 10-12 - U13 - 10-11am and U6, U8, U10 - 11-12noon, once a month (invitation only) NHC Talent Group (11-16) (ages are determined based on academic age group U13 - Yr 6+, U10 - Yr 4 - 5, U8 - Yr 2 - 3, U6 - EY - Yr 1)

Dates: Training will be starting from **22nd Sept 2019** running through to **8th Dec 2019** (with additional training available on Open Day **14th Sept**), resuming **12th January 2020** and ending **29th March 2020**. A full schedule of dates is on our website: <http://www.newmarkethockeyclub.com/wordpress/juniors/session-calendar/>

We also have a Junior Summer League, which is mostly game based and runs for 6 weeks from mid-June to July. See our website for more details around Easter.

How much does it cost and what do you get?

It is **£65** for the year and this includes a **club playing shirt (Navy with yellow) and match socks (yellow)**. It also covers the years training sessions, which run from September through to the following March. The shirt and socks can be worn for training and for matches. Please complete the kit form if you are interested in receiving/purchasing any kit.

U6 Group - there is a separate membership form available for completion - it costs **£20 from Sept to Dec intake and £20 from Jan to Mar intake** but no kit is available at this age group. We also have an optional extra of a Newmarket Hockey Club Hoodie, which is £20 and NHC woolly hat, which is £10.

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What do we need to bring?

Please dress appropriately for sport outside in the winter! Astro shoes are recommended, but if you are in your two try-it-out sessions, normal trainers will be ok. Hockey stick, but if you don't have one, we have plenty of spare ones. Please bring a drink. If it is raining or very cold, please ensure that you are dressed for that weather. **Juniors must always wear their shin-pads and mouth guards for all training and games.**

How do we find out what is going on?

We have an email Newsletter and we will ask you for an email address when you join. Additionally, the Club posts info on the Club's general Facebook page, and the Club website: www.newmarkethockeyclub.com

Frost/Snow

Unfortunately, as a winter sport, we occasionally have instances where the Astro pitch is not safe for our juniors to be on it. Please keep an eye on the weather, particularly when it is going to be extremely cold overnight. We only cancel junior training when we absolutely have to for safety, and sometimes, it is cancelled with short notice. In the event of this happening, we will: send an email out, post on the front of our website and post in the club's FB group. Please can you check these before leaving if there is frost. If your email address changes, please update us.

We will be investigating if we can utilise an indoor space this year during frosty weather but we will keep you updated.

What happens during in a typical training session:

A Register is taken, the players divide into their groups, and their coach will take them through a warm-up. Training exercises and games form the rest of the session.

Matches

There will be regular tournaments for the U8, U10 and U13 teams this year. We also have several tournament days with other local clubs. Tournament matches are split into age groups (U8s, U10s, U12s).

U8 and U10 teams are mixed and play England Hockey's "Quicksticks" format. U8's play 5-a-side on 1/8 pitch and U10's play 6-a-side on $\frac{1}{4}$ pitch.

U12 and U14 teams are single gender and play England Hockey's "In2Hockey" 7 a-side game on half pitches.

Details will be confirmed as these events near. The dates will be available on the Juniors session calendar, which will be on the website

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Parents stuff:

Membership Form and fees:

Please complete a membership form (U13 and U6 below), which can be down-loaded here:

<http://www.newmarkethockeyclub.com/wordpress/wp-content/uploads/2019/09/Junior-Membership-Form-2019-20.pdf>

<http://www.newmarkethockeyclub.com/wordpress/wp-content/uploads/2019/09/U6-Junior-Membership-Form-2019-20.pdf>

and return it to the registrar at Juniors or email Mel Podd: membership@newmarkethockey.com. And include your membership fee of £65 in an envelope, either Cheque or cash.

If you require any kit for Juniors here is the kit form now separate from the membership form, found at the bottom of the membership page of the website:

<http://www.newmarkethockeyclub.com/wordpress/juniors/membership/>

Coaches

All our coaches and assistance coaches are volunteers. They are Hockey players themselves, and many of them are parents who also have children at Juniors. Our coaches are DBS checked, and have attended courses run by England Hockey.

Welfare:

The Club has a welfare officer and a separate section on our website. Please visit this page to read all about our policies which are relevant to all areas of the Club.

<http://www.newmarkethockeyclub.com/wordpress/club/welfare/> Expectations are detailed in the following document: <http://www.newmarkethockeyclub.com/wordpress/wp-content/uploads/2017/04/Template-9-Parent-information-March-2017-Amended-by-Sam-Hunt.pdf>

If you wish to discuss any issues relating to safety and welfare please contact our dedicated Welfare Office: Vicky Benedikz at vickybenedikz@hotmail.co.uk or 07815 751238

Club First

ClubsFirst is England Hockey's accreditation scheme for clubs, which we have been awarded. It is a national recognition of clubs that can demonstrate that they are working towards minimum operating standards. All clubs achieving ClubsFirst also achieve the Sport England Clubmark accreditation, a nationally recognised award for sports clubs. In its simplest terms, the process ensures that the club has a "safe effective and child friendly" club environment.

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Coaching Philosophy

At Newmarket Hockey Club we follow the nationally recognised Long Term Athlete Development (LTAD) model for coaching. This will produce a long-term approach to maximising each individual's potential and is tailored to suit each child's stage of physical growth as well as their psychological and social development.

Do I need to stay?

You don't need to stay if your child is comfortable with you leaving, but for the very youngest ones, we do suggest that parents don't go too far, particularly if your child may need to use the facilities.

If your child is involved in the U6 group we would like you to stay around to assist/ support your child.

Can parents get involved?

We welcome any assistance from parents who would like to assist in anyway. Please talk to one of the coaches, you don't need to be a Coach or Hockey player to help us.

If you have any queries, please don't hesitate to contact us. We look forward to seeing you playing Hockey!

Contacts:

Junior Coordinator - Vicky Benedikz - vickybenedikz@hotmail.co.uk

Membership Officer - Mel Podd - membership@newmarkethockeyclub.com

Welfare Officer - Vicky Benedikz - vickybenedikz@hotmail.co.uk

Links:

Our website: <http://www.newmarkethockeyclub.com/wordpress/>

Juniors section: <http://www.newmarkethockeyclub.com/wordpress/juniors/about>

Welfare: <http://www.newmarkethockeyclub.com/wordpress/club/welfare/>

Membership Form U6: <http://www.newmarkethockeyclub.com/wordpress/wp-content/uploads/2019/09/U6-Junior-Membership-Form-2019-20.pdf>

Membership Form U13: <http://www.newmarkethockeyclub.com/wordpress/wp-content/uploads/2019/09/Junior-Membership-Form-2019-20.pdf>

Facebook: <https://www.facebook.com/groups/2345938033/>

England Hockey Juniors: <http://inthed.englishhockey.co.uk/> This page has fun games, and videos all about hockey