

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.



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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.

Work In Progress

- Junior Umpiring
- U14 and U16 matches as badgers or 11 aside games
- Working with schools

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

<http://newmarkethockeyclub.co.uk/juniors/>

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: Andy Baker / Andrew Beardon
U8: Lead Coach: Simon Webb
U10: Lead Coach: Alex Andreou
U16 B: Lead Coach: Andrew Beardon
U16 G: Lead Coach: Vicky Benedikz
GK Coaching: Lead Coach: Paula Cuthbertson

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.

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

Junior Welcome Pack



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: vickybenedikz@hotmail.co.uk or newmarkethcjuniors@gmail.com - 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. Refreshments, changing facilities and toilets are available at the Leisure Centre.

When is it?

Times: We train on Sunday: U6s, U8s and U10s will be 10:00am - 11:00am, U12s, U14s and U16s will be 11:00am - 12:00noon, GK training every fortnight from 10-12 - U16 - 10-11am and U6, U8, U10 - 11-12noon, junior development to senior training is also available for those who attend the 11-12 Sun training on Tues for the girls and Wed for the boys - 7:00 - 8:30 on both evenings.

Dates: Training will be starting from **11th Sept 2022** running through to **11th Dec 2022**, resuming **8th January 2023** and ending **26th March 2023**.

We also have a Junior Summer Hockey, 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.

We will discuss kit when you become a junior member.

U6 Group - it costs **£20** from **Sept to Dec intake** and **£20** from **Jan to Mar intake** but no kit is available for this age group.

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.**

Junior Welcome Pack



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.co.uk

We also have two facebook pages – one private and one public page, a Twitter and Instagram page too. You will need to be invited to join the private group either a friend on the group or myself.

<https://www.instagram.com/newmarkethockeyclubjuniors/>

https://twitter.com/hockey_juniors

<https://www.facebook.com/NewmarketHockeyClubJuniors>

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.

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 U12 and U14 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 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. We have also pencilled in some badger development games for the U12, U14 and U16 groups separate for boys and girls.

Junior Welcome Pack



Parents stuff:

Membership Form and fees:

Please complete a membership form - this is an online form - this is essential to be completed.

We try to pay using an online app called Slate - any issues please speak to the junior membership officer.

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.

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 - newmarkethcjuniors@gmail.com

Membership Officer - John Benedikz - newmarkethcjuniors@gmail.com

Welfare Officer - Janet Aitken - janet68aitken@icloud.com