



Welcome to Plymouth Hockey Club

On behalf of **Plymouth Hockey Club (PHC)** I would like to welcome you and your child to our club and provide you with some information about our activities. The Club was founded in 1984 and is the oldest junior hockey club in the city. It provides opportunities for boys and girls from 4–14 years to receive coaching and play competitive hockey in local leagues and tournaments. PHC is operated by enthusiastic parents and friends for the benefit of all young people regardless of skill or ability. Training is delivered by qualified coaches who are trained and have been screened for their suitability to work with young people.

The Club is affiliated to the governing body England Hockey (EH). It has been recognised for excellence with the award of Sport England's Clubmark and has been accredited by Plymouth City Council. The Clubmark Award demonstrates that the club meets the highest criteria regarding safeguarding and protecting children, playing programmes and club management. Clubmark is an acknowledgement that the club has committed to professional, recognised and auditable standards and that we are striving to provide a high quality and welcoming environment for young participants in the sport. Our club Welfare Officer, **Helen Palmer**, is responsible for ensuring that our Safeguarding and Protection Policy is implemented; she can be contacted on **01752 500416** or **07950 746477** should you have any concerns.

We welcome parents to all training and competitions and value your support. We are keen to involve parents in the club and invite you to join us on the pitch-side where you can meet club members and find out more about what your children are learning.

Training. Training sessions run from 10am to 12-noon every Sunday from September to the end of March at the Manadon Astro, just off St Peter's Road. Players should arrive promptly as sessions commence with a period of



warm up. Training sessions are supervised by Club Head Coach, Mike Timson assisted by a number of qualified coaches, experienced players, parent volunteers and, from time to time, by invited specialists. The general session format is: a warm up, individual skills, team skills, set pieces and a friendly game.

Arrangements should be made for your child to travel to and from training sessions and matches. We appreciate it if children can arrive on time and are collected promptly at the end of the session, if they are not making their own way home. If you are going to be late picking your child up, please contact **Rob White**, the Chairman, on **07861 250682**. Your child will never be left unattended.

Kit. All kit required for training is provided free of charge. The club holds a pool of sticks, shin pads and shirts. Should your child decide to play competitively you are strongly advised to purchase a fitted gum shield for your child (please seek advice from your dentist). Club shirts are available for sale at £25.00 and personalised hoodies at £16.00. If required, advice can be given regarding what to buy and where to go for the best deals.

Membership. The club subscription is £60.00 for all members. Membership is valid for 1 year from September and includes training sessions, pitch hire and club events, but not league matches or tournaments where a small additional charge (£2-3.00) will be applied. For new members, subscriptions are due after 6 weeks.

The membership / information form should be returned at your child's second training session so that coaches are fully informed of your child's needs and how to contact you should it be necessary. Please ensure that the information on this form is accurate and that the Secretary is notified of any subsequent changes without delay.

Dates for 2010/11. A forecast of Club events is attached for your information and planning.

Facilities. The home site offers a sand-based Astroturf (all-weather) pitch, free parking, toilets, showers and complementary beverage making facilities. The club owns a shelter for spectators and seating.

First Aid. All coaches, team managers and volunteers are first aid trained. There is a comprehensive first aid kit at the Manadon pitch & smaller kits are carried by managers when playing at other locations.

Security. Parents may leave their children at training sessions and coaches / volunteers will act in 'locum parentis'. The pitch area is secure. When children wish to go to the toilet or the nearby shop, they will be escorted in groups. Parents are requested to be available by telephone and to specify whether children are permitted to walk home from club activities on a case by case basis.

Child Protection. All children will receive equal and fair treatment. All club coaches, umpires & volunteers hold a current England Hockey Enhanced CRB and have received Safeguarding training appropriate to their role. A copy of the club insurance certificate is displayed on the notice board; policies are on the club website.



Leagues. Plymouth League games are played on a Friday evening between 6pm and 9pm; the younger teams play in the earlier sessions. Currently, Plymouth League games are played at Marjons, Derriford. The Devon league plays on 4 Sundays, 2 either side of Christmas; 2 games will be played in the Plymouth area and 2 in the Exeter area. U9, U10 & U12 teams play 2 games each of 24 minutes. U14 teams play one game of 40 minutes.

Teams: The number of teams fielded by the club depends on membership. All members who regularly attend training are eligible to play. This year the Club will enter the following leagues in Plymouth:

U9 - Players up to and including Year 4. 7 players a-side. Play and teach / competitive.

U10 - Boys & girls from Years 4 & 5. 7 players a-side. Competitive.

U12 - Boys & girls in Years 6 & 7. 7 players a-side. Competitive.

U14 Badgers - Boys & girls in Years 8 & 9 and older (non-scoring). 11 players a-side. Competitive.



Managers. Managers are a vital part of the club and are drawn from volunteer parents with children playing in each team. The primary role of managers is to organise the team for each match, collect the match fees, administer first aid as required and ensure each child is collected safely. New managers are mentored and provided with certificated first aid training free of charge.

Progression. PHC abides by England Hockey's "Single System" and encourages players through the Junior Development Camps (JDCs). The club does not yet have a Youth Section, but can arrange an introduction to any local club. PHC sponsors players who wish to develop skills as umpires and coaches.

More questions? If you have further questions, concerns or ideas for improvement, please do not hesitate to contact Rob White (Chairman) on 07861 250682 or at committee@plymouthhockeyclub.org.uk or any of the other club officers.