

TIMPERLEY HOCKEY CLUB LADIES GENERAL INFORMATION

Selection

The selection committee meets every Monday night prior to the Saturday games. The selections are posted on the notice board in the main foyer of the club around 10.00pm on Monday evenings.

It is the responsibility of each player to establish where he has been selected, the meet times and the required club colours. Your Captain will not automatically contact you.

Unavailability

In the event that you are unable to play in a particular match, it is your responsibility to enter your name in the Unavailability Book **before** 7.00pm on the night of selection. The Unavailability Book is kept on the notice board in the main foyer of the clubhouse. Please do not 'cry off' after Monday night.

If you do you are letting your team down and disrupting the lower sides. On the rare occasion when it is absolutely necessary to cry off late in the week you must contact your captain at the earliest opportunity to minimise the disruption you will cause.

Meet Times

The meet times for all matches are stated on the team sheets. The times stated are real and allow the Captain the luxury of knowing he has a full team and can concentrate on the match ahead.

For home games the time allows for pre match preparation, pitch set up and warm ups.

For away games the time allows for travel, traffic, changing and warm up. Lateness affects all these things and gives unnecessary worry to your captain.

BE CONSIDERATE - BE ON TIME

Training

Fitness training	Wed 7.00pm -7.30pm
Ladies club training	Wed 7.30pm - 8.30pm
Team training	Wed 8.30pm - 9.30pm