



timperley
hockey club

PLAYER & PARENTS HANDBOOK

September 2009



Timperley Hockey Club Academy Welcome Pack

Welcome to Timperley Hockey Club's Academy - as one of the North West's premier hockey clubs we are very proud to have over 100 young players regularly training and playing in the Academy's teams.

Please take your time to read and digest this pack which hopefully contains all the information needed to become an active member of our successful Academy.

The Aim of this pack is to provide you with all the information to make the season as enjoyable as possible for players, helpers, coaches and spectators. We hope you will gain an idea of how we function, what you can expect of us, what we expect of our members.

We are very proud to have successfully been re-accredited as an England Hockey Club Mark Club in early 2009.

All new Members need to read the contents of this Welcome Pack and complete a Junior Membership Application Form and consent form which are available at registration, preferably prior to, or on your first visit. We then look forward to meeting you and making you welcome at Timperley.

SUBSCRIPTIONS

Detailed below are details of annual subscriptions and training fees and payment methods.

School year 3 and above

Junior annual membership of Timperley Sports Club £40.

Plus Academy fees of £40 per season.

Club subs must be paid at the start of the season and the academy subscription can be paid as one £40 payment at the beginning of the season or £4 per week until £40 has been paid.

Younger players (school year 2 and below)

for our youngest players we only charge the Academy fee of £40 and this can be paid as one payment at the start of the season or £2 per week until paid off.

Families

For families with more than one child playing hockey we offer a discount on the Academy fees as follows : 1st Child (£40); 2nd child (£30); 3rd child (£20) and 4th child (£10).

Match fees

For those playing in matches we also charge a £2 per game match fee that goes towards additional costs of entering leagues, meals and other costs.

The fees cover both the activities provided by the Hockey Academy and for players in Year 3 and above membership of Timperley Sports Club. As a voluntary / community sports club, Timperley is run for the benefit of its members and membership fees go towards the cost of running the clubhouse and sports pitches. The Hockey Academy also funds equipment, kits, balls, coaches insurance / CRB checks and coaching courses as well as entry fees to national and local competitions and leagues

JUNIOR SECTION GUIDELINES

Timperley Hockey Club is fully committed to safeguarding and promoting the wellbeing of all its members. As a member of Timperley Hockey Academy you are expected to abide by the following junior club guidelines:

- All members must play within the rules of hockey and respect officials and their decisions.
- All members must respect opponents and team mates. If players are unable to do this, then the coaches will warn them and the player could be withdrawn from the match or competition.
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- Members should wear suitable kit and coaches have the right to withdraw players who do not have the appropriate personal equipment–
 - Shin pads suitable for hockey
 - Mouth guard
 - Suitable footwear for playing on Astro turf – for training and match sessions, as agreed with the coach/team manager.
- Members must pay any fees for training or events promptly.
- Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.

KIT DETAILS

For training you should wear a suitable shirt and track suit bottoms or shorts. You should also bring a warm sweatshirt and wet weather gear for colder days. Footwear should be appropriate for astro turf. You must wear shin pads and a gum shield for training and matches.

For matches, the kit is a blue polo shirt, black shorts (girls may also wear hockey skirts) and blue socks. Shirts may be borrowed from the team manager or coach on match days.

Club kit can be ordered throughout the year and you should see Sarah Marsh who is at training most Sunday mornings. Sticks can also be borrowed.

Hockey items can be purchased from specialist local hockey suppliers:

Barrington Sports, Unit 3, Wolfe Close, Parkgate Industrial Estate, Knutsford WA16 8XJ
www.barringtonsports.com

Peak Sports, Peak Sports Ltd, Unit 4, Ford Street, Stockport, Cheshire, SK3 0BT.
www.peakports.co.uk

OUR PRINCIPLES WHILST LOOKING AFTER YOUR CHILD

Timperley Hockey Club has adopted a Child Protection Policy and Equity policy to ensure that the welfare and safety of children in the care or custody of Timperley Hockey Club is always the primary consideration.

Our policies are based on the following three principles:

- 1 A child's welfare is the paramount consideration.
- 2 A child, regardless of age, ability, gender, racial origin, religious belief and sexual orientation has a right to be protected from abuse.
- 3 The rights, dignity and worth of a child should always be respected.

Timperley Hockey Academy believes:

- That the safety and welfare of children should always be of paramount importance, whatever the circumstances.
- That everyone with a role in working with children has a moral responsibility to safeguard and promote a child's welfare particularly when it comes to protecting children from abuse.
- That special care is needed in dealing with children whose age, inexperience or physical state makes them particularly vulnerable to abuse.
- It is committed to providing an environment where children can learn about, participate in and enjoy hockey free from harassment or abuse.

DATA PROTECTION

Information on young players is collected via registration forms. It is then collated on a database by Ruth Brown which is shared with the junior section chairman. The leader of each coaching session has a register which contains all relevant medical information and is accessible to all representatives of THC at the session or match.

Coaches and representatives of THC who have access to this information treat this information sensitively.

ACCIDENTS

Coaches plan all sessions to be as safe as possible, however due to the nature of the game and the playing surface accidents can and do occur. We have an established first aid assessment procedure and accident reporting system. We will always inform you of any first aid incident involving your child and the actions that we may have taken.

COACHES & MANAGERS

All coaches either have or are currently seeking EHA level 1 or level 2 accreditation, and include:

Coaching Coordinator	Matt Oakley (Dudley) 07736461102		
Mark Worsely	Rodney Phillips	Becky Horan	Rachel Small
Jez Caldwell	Angela George	Jo Nicholson	Angela George
Jez Caldwell	Julie Barker	Matt Curnow	Ian Blackburn
Sophie Robinson	Duncan Brown	Ruth Brown	

Team Managers

We aim to have in place a team manager / coach supported by a parent acting as assistant managers for all of our teams. The managers travel with teams to games / tournaments and may differ from the coaches who work with players at training

Badgers Team Manager(s): Jez Caldwell and Steve Davies

Beavers Team Manager: Matt Curnow

TRAINING SESSIONS

All training sessions are held at Timperley Sports Club using the astro turf pitches:

Day	Age Group	Time
SUNDAY	ALL	11:00 – 12:30
TUESDAY	U14 - 18 (GIRLS & BOYS)	18:30 – 19:00 Fitness / 19:00 – 20:00 Skills
WEDNESDAY	BEAVERS (U13 GIRLS & BOYS)	19:00 - 20 :00

During the Sunday session, children attend training that is appropriate for their age group.

Training sessions, apart from teaching hockey, are used to assess your child's skill level and all-round ability, usually in preparation for a place in a team. Therefore we are looking for commitment, willingness to learn, concentration and any other positive attributes your child may have and the team requires.

The Academy also work closely with the senior sections to review and assess player development and to transition players to the senior teams. A range of factors are considered as part of this process and parents should discuss with coaches if they wish to understand the approach taken.

SIGNING IN PROCEDURE - SUNDAY TRAINING

Children will be asked to sign in, as proof of attendance. Children must sign at the registration table in the club entrance before entering the playing surface. Registration commences from 10.50am and players are given a raffle ticket that must be provided to their coach once on the pitch as proof of registration. At the end of Training: Children are expected to help collect equipment and leave the pitch as soon as possible after training and Parents/Guardians who do not remain at the club are asked to be prompt. We do play in most conditions however we will cancel the session if the pitch is frozen or we feel that the conditions could potentially expose the players to undue risk. Please telephone the Head Coach if you are unsure if training will be going ahead. Parents should not leave children at the club until they have confirmed with a coach that training is going ahead.

MATCH DETAILS

As all of our team managers and coaches are volunteers who give a considerable amount of personal time to the running of the Academy please support them and make it as easy as possible for them to get teams organised by checking your e mail / phone messages on a regular basis and respond promptly to confirm availability. It is much more efficient for everyone players and parents can support the method of contact preferred by coaches / managers. If for any reason a player becomes unavailable to play please ensure you contact the manager / coach by phone ASAP as players not showing up or late cry off's impact the whole of the team

AGE GROUPS

Under 9's (mixed) - This is the introductory age group and we play against other local clubs and mini tournaments to give our younger player experience of match hockey. The highlight for the team over the last few seasons has been entry into the England Hockey National Youth Festival, held in May in Nottingham. The Club has won the prestigious banner competition for the last two years !

Under 11's (mixed) - The team play in the Greater Manchester Junior Hockey League monthly at Belle Vue on a Sunday (12.30 - 4.00). We will also be hosting a number of mini tournaments at Timperley this season on Sunday mornings to get more games for the team.

Under 13's - We enter boys and girls teams into the Greater Manchester Junior Hockey League monthly at Belle Vue on a Sunday (12.30 - 4.00) .We will also be hosting a number of mini tournaments at Timperley this season on Sunday mornings to get more games for the teams

The **U13's** also play as a mixed team - the Beavers - on a Saturday afternoon against local clubs and have a full fixture list. Beavers fixtures introduce young players Saturday fixtures (home games are normally played at 4.00pm) and the social side of the game. We encourage players and parents to stay after games for tea and a drink !

Under 15's - We are provisionally planning to enter boys and girls teams into the Greater Manchester Junior Hockey League monthly at Belle Vue on a Sunday (12.30 - 4.00) .We also enter the England Hockey National Cup competitions and the boys teams have been very successful in the last two years reaching the semi final of the Plate (2007/8) and the quarter finals of the cup (2008/9). The boys and girls teams also against other local clubs and enter tournaments.

The U15's also play as a mixed team - the Badgers - on a Saturday afternoon against local clubs and have a full fixture list. Badgers fixtures introduce young players Saturday fixtures (home games are normally played at 4.00pm) and the social side of the game. We encourage players and parents to stay after games for tea and a drink !

Older Academy players - depending on player numbers we may also get fixtures for U16 and U18 teams. Many of the older player successfully move up to play for the senior teams of the club and we aim to encourage all our players to play for our senior teams and continue to be active members of Timperley Sports Club

We will also be encouraging our older Academy members to become Young Leaders and assist with coaching the younger age groups and organise mini tournaments held at the Club. England Hockey run Young Leader courses and we will provide information for anyone interested.

CONTACT WITH PARENTS

We aim to send out a regular newsletter to parents and players. This contains information about training, social events and matches as well as match reports. To save paper, we usually email this out to you, so please ensure your email address is up to date!

CODE OF CONDUCT FOR PARENTS/GUARDIANS/SPECTATORS

Timperley H.C. encourages parents/guardians/spectators to take an active interest in their child's development within hockey and ask that every parent/guardian/spectator observe the following:

- Encourage your child to learn the rules and play within them
- Discourage unfair play and arguing with officials
- Help your child to recognise good performance, not just results
- Never force your child to take part in sport
- Set a good example by recognising fair play and applauding the good performances of all
- Never punish or belittle a child for losing or making mistakes
- Publicly accept officials' judgements
- Support your child's involvement and help them to understand that the enjoyment of sport and fair play are more important than winning
- Use correct and proper language at all times
- If you have any queries or comments please address them to Timperley HC's Child Welfare Officers: **Matt Oakley**, **Steve Davis**, (Pictured right) or **Nikki Walsh** (ladies first team player)



Matt Oakley

Steve Davis

JUNIOR CODE OF CONDUCT/RULES FOR JUNIOR PLAYERS

The aim of Timperley HC Junior Section is to promote healthy participation in sport. It is hoped that everyone will play to the best of their ability and that teams are successful. However, we believe that it is more important to enjoy sport and play fairly.

The following Code of Conduct and Rules have been written to uphold the aims of THC and to help and protect all junior players, umpires, spectators and parents involved in the playing of hockey regardless of whether it is in league games, friendly matches, or training sessions

The club believes that it is important that its members, coaches, administrators, volunteers and parents associated with the club should, at all times, show respect, be encouraged to be open and to share any concerns or complaints about any aspect of the club with the coach or the appropriate committee member.

Each individual is accountable for his or her own actions. Whether you are playing, watching, coaching or umpiring any match, it is your personal responsibility to treat your own team, opposition players, coaches spectators and the umpires with respect and consideration before, during and after the match.

Team Members:

- Compete for enjoyment.
- Do their best.
- Show team spirit and positive sporting behaviour.
- Play within the rules at all times
- Respect colleagues, coaches, opponents and the decisions of officials.
- Keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- Wear suitable kit (including shin pads and gum shields) for training and match sessions, as agreed with the coach/team manager.
- Pay any fees for training or events promptly.
- Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.

ACADEMY COMMITTEE

Shelagh Entwisle

Chair Person

Jo Nicholson

Vice-Chair Person (*Ladies Hockey Section Rep*)

David Clift

Treasurer

Ruth Brown

Secretary

Chris Heywood

Communications

Julie Barker

Communications

Steve Davies

Fixtures Secretary / Badgers Manager

Sarah Marsh

Merchandising

Pippa Ravenscroft

Sunday Morning Admin Co-ordinator

Matt Oakley

Coaching Co-ordinator

KEEPING SAFE

To keep safe always:

- Tell someone you trust, so they can help you
- Trust your instincts about the people you meet
- Avoid being alone or with just one other person
- Carry a mobile phone, phone card or change.
- Travel with a friend, avoid travelling in someone else's car by yourself
- Avoid going to other people's homes by yourself

You have rights – Sport should be fun. You should feel safe and enjoy your sport.

You can't do this if you feel unhappy – if someone is bullying or abusing you.

WHEN DO YOU KNOW IF SOMETHING IS WRONG ?

Something is wrong if someone:

- Constantly teases you, shouts at you or calls you names
- Threatens, hits, kicks or punches you
- Damages or steals your belongings
- Touches you or does anything that makes you feel uncomfortable
- Makes suggestive remarks or tries to pressurize you into sexual activity
- Does anything that makes you feel lonely, upset, worried, unsafe, hurt or embarrassed?

If any of the above happens to you, do not wait for it to happen again, act immediately.

WHAT TO DO

If you are being bullied or abused, it is not your fault. If this is happening try to:

- Be firm and tell the person to stop - make a lot of noise to attract attention
- Get away from the situation quickly, go to a public place to find help or call the police (999)
- Tell your parents/carers or an adult you can trust what has happened as soon as possible, so they can help
- Keep a note of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened
- Use the 24 hr free telephone helplines

Childline 0800 1111 NSPCC 0800 800500

Keep trying if you can't get through straight away.

Don't ignore what is happening - always tell someone you trust. Police stations & social services offices will have staff who are specially trained to support young people who have been bullied or abused.

Don't give up until someone helps you and you feel safe.
