

**Timperley Mixed 7s Tournament**  
A fun and friendly mixed tournament to kick off pre-season  
Visit [www.timperleyhockeyclub.com](http://www.timperleyhockeyclub.com) for more info...

**Sunday 9th July**  
**Timperley HC**  
**Start 11am**

Teams of all ability  
£50 entry per team  
BBQ Food / Drinks available on the day

Email [sarah@capels.net](mailto:sarah@capels.net) for an entry form...



# Timperley Hockey Club

## Pre-season Bluenotes Special

[www.timperleyhockeyclub.com](http://www.timperleyhockeyclub.com)  
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### BLUENOTES END OF SEASON REVIEW – MAY 2017

## Welcome to the 2017-18 season

Long gone are the days of hockey being a 'winter sport'! With Summer League, Tournaments and Back to Hockey we're very much a year round sport – offering something for all ages and abilities! So welcome to the 2017-18 Season and find out more about what's planned, and been going on to get us ready for the new season on and off the pitch!

The priority for our new committee has been to complete the recruitment process for our coaching team for 2017-18 and to confirm pitch slots with other sections and the club. As part of our #OneClub strategy and vision to continually develop what we offer on and off the pitch investing in coaching has been our number 1 priority over the last two months. We're delighted to be able to unveil our new coaching team.

### #OneCoachingTeam

As our number 1 expense we're investing even more in coaching and have created a single team under **Albert Marcano (our Lead Performance Coach)** to develop and deliver our senior coaching programmes.

TIMPERLEY HOCKEY CLUB 2017-18 COACHING TEAM	
Lead Performance Coach & Men's Performance Coach	Albert Marcano
Women's Performance Coach*	Carol Savage
Men's 2's Coach* & Club Coach (men)#	Mark Worsley
Women's 2's Coach* & Club Coach (women)#	Jamie Buxton
Club Coach	Nigel Stanhope
Performance GK Coach	Rob Turner
Club GK Coaches & Academy Coaches	TBC

\*includes Match Day #Club Coaches will work as a team

## PRE-SEASON PROGRAMME JUNE – AUGUST 2017

We've got a busy pre-season coaching and fitness programme ahead – pre-season friendlies for all abilities will also be added.

PERFORMANCE SQUADS* PRE SEASON PROGRAMME (June - Sept. 2017)			
BLUE ASTRO			DATES
SATURDAY	Men's and Women's Performance Squads*	10am - 12noon	1st July - 19th August *Pre season fixtures tbc
TUESDAY	Men's and Women's Performance Squads*	7.30pm - 9.30pm	18th July - 29th August
THURSDAY#	"Fit-Hit" with Rick Poole	7.30pm - 8.30pm	8th June - 27th July
GOALKEEPERS	Performance Keepers*	10.00am - 11.30am 7.30pm - 9pm	22nd July, 5th, 12, 19th Aug 25th July - other dates tbc

\* Coaches will invite a range of players to attend these sessions #On Grass. See Whats On for details

CLUB PRE SEASON PROGRAMME (July - Sept. 2017)			
GREEN ASTRO			DATES
TUESDAY	Men's and Women's Club Training**	7.00pm - 8.30pm	18th July - 29th August
THURSDAY#	"Fit-Hit" with Rick Poole	7.30pm - 8.30pm	8th June - 27th July
GOALKEEPERS	Club Keepers	7.00pm - 8.00pm	Dates to be confirmed

#On Grass. See What's On for details \*\*Coaches may move players between Club & Perf Coaching

Larger Performance Squads will be selected over the summer, and reduced in size at the start of the season. There will continue to be player movement between squads during the season based on player performance.

## OneClubCoaching

Hockey is about much more than league games and we know that as the sport is changing, we need to look to new ways to do things too. We've reviewed what we offer and designed a new coaching programme for all senior players on a Tuesday evening.

Here are some of the benefits:

- Best use of the expanded coaching team - we have one extra Club Coach
- Opportunity to mix club coaching up using all three coaches to add variety for all levels of players as club coaches will work as a team
- Stronger sense of #OneClub and opportunity to mix more across teams / genders and do ad hoc sessions in the clubhouse
- Tuesday's is the optimum night for post-match recovery/ pre-match preparation for performance squads & a lighter second night training on a Thursday
- Better integration of older academy players / transitioning to senior teams in next 12 – 18 months
- Integrated GK academy for all abilities
- Female University / students may join the club as training doesn't clash with BUCS / Uni games

Some of the downsides

- For a minority of players there maybe childcare or work challenges (we've looking to get contacts for babysitting circles set up to help!)
- Some U16 and women players may have other commitments on a Tuesday

Overall, we appreciate change isn't always easy but there are more up sides than downsides & historically ladies training was on a Tuesday.

## COACHING TEAM

We're delighted to welcome Carol Savage (Savs), Mark Worsley, Nigel Stanhope to the core coaching team joining Jamie Buxton and Albert. All have previously played / coached at the club and not only bring excellent coaching experience as well as a good understanding of the club ethos and what we are aiming to deliver as #OneClub. Albert's new role as Lead Performance Coach means he'll be working with all the coaches and meeting with them in June to finalise initial plans and coaching philosophy for the pre-season.

Savs will be reviewing the Women's Performance Squad approach and support with Albert, including learning lessons from our first lesson in the National League and feedback from the 2016-17 season player debrief session.

We've also added a Performance Goalkeeping programme in for pre-season working with another of our former coaches – Rob Turner. Rob's National League playing and excellent coaching credentials working with England Hockey will bring a real intensity to pre-season for the keepers. We'll be working with Rob on 'top up's and keeping the keepers on their toes during the season too!

We'd like to thank our coaches from last season who have moved on. Duncan Rudge has taken up a teaching and hockey post in Devon and we wish him all the best for his move to the South West. Mike Power and Rick Kenefick are going to be working with other local clubs and we wish them well and we will no doubts see them around the North West over the coming months.

## MAIN SEASON PROGRAMME

TIMPERLEY HOCKEY CLUB - TUESDAY NIGHT TRAINING PROGRAMME				
4th Sept 2017 to March 2018				
GREEN ASTRO				
5.45pm	7pm		8.15	10pm
	Mens Club Training		Mens 2/3's Training	
	Womens Club Training		Women's 2/3's Training	
BLUE ASTRO				
5.45pm	7pm	8pm		10pm
U16's Boys	Academy Dev Groups		Mens 1's Squad	
U16's Girls	GK Training		Womens 1's Squad	

An additional **Thursday night coaching** session will also be held for the 1st team squads, details to be confirmed.

## ACADEMY COACHING

Our main academy coaching sessions will continue to be held on a Sunday 11.00am – 12.30pm on both pitches for played aged 5 – Under 14.

**Academy Registration Day is on Sunday 3<sup>rd</sup> September 2017** from 10.00am. Under 16's coaching will move to a Tuesday.

Albert Marcano will be taking on the role of Academy Coach Developer to support the Academy team of coaches on Sunday's and help with the continued integration of the Academy and Senior teams / players. We are working through the Academy handover with Jo Nicholson and picking up with the Academy team over the summer - more details will follow. We are always looking to grow the number of volunteer coaches and if you're interested in helping out or getting involved with an inspiring group of young players do get in touch [timperleyhc@gmail.com](mailto:timperleyhc@gmail.com)

**WHAT'S ON !**

No excuses! It's time to crack fitness as part of pre-season! Join our pre-season **Fit Hit** sessions with Personal Trainer Rick Poole - £3 a session or £15 one off payment  
**Thursdays 8<sup>th</sup> June – 27<sup>th</sup> July**  
**7.30pm – 8.30pm**  
 (meet at club at 7.15pm – see website for full details)



All welcome! Aged 16+ so encourage, family, friends, partners along to give hockey a go with Albert - £3 a session – sticks available just wear suitable clothing, trainers and shin pads!  
**Tuesday's 23<sup>rd</sup> May – 12<sup>th</sup> July**  
**8.00pm – 9.00pm**  
 (meet on green pitch)



**Summer league** is in full flow- we've 23 teams and 200+ players taking part each week! Come down and watch, play or to catch up with hockey mates. See facebook or website for details, fixtures and results.  
**Men's: Tuesday 7 – 10pm**  
**Women's: Wednesday 7 – 10pm**

**2017-18 Season Core Committee**

Elected at the 2017 AGM – here are some of the key role holders for the coming season:

- **Chair** - Shelagh Entwisle
- **Vice Chair** – Steve Bolton (continuing in role until successor found)
- **Secretary** – Rob Judd
- **Treasurer** – Malcolm Tucker
- **Men's Club Captain** - Kieran Jeffrey
- **Women's Club Captain** – Helen Cue
- **Hockey Development Chair** – Caroline Small
- **Sponsorship and Fund-raising** – Jackie Lord
- **Academy Coordinator** – role / activity currently being reviewed

**Other Roles (not on the core committee)**

- **Fixtures Secretary** - Hannah Ascott
- **Child Welfare Officer** – Steph Ashworth
- **DBS Administration** – Ruth Brown
- **TSC Ground Committee Rep** – David Halkyard
- **Umpire Developer** – Nick Burnett / Malcolm Tucker
- **Umpire Co-ordinator** – vacancy
- **Social (male / female)** – we're looking for small groups of people to take on specific #OneClub events and an overall co-ordinator
- **Website and Comms** – vacancy
- **(Home) Match Day Comms** – vacancy for someone to do the match day posters, changing room allocations, results board and a bit of social media (optional!)
- **Young Leaders Developer / Co-ordinator** – vacancy
- **Member data and subs** – vacancy

**Captains**

We confirmed at the AGM that team captains would be identified and confirmed over the next few weeks.

Our Club Captains - Kieran Jeffrey (Men) and Helen Cue (Women) - are reviewing the requirements for captaincy roles to help those who have already volunteered or may take on the role, including splitting out some of the activities that can be shared with other players or picked up by vice captains. 1<sup>st</sup> Team captain appointments will be made with the coaches. More updates to follow.

**TIMPERLEY SPORTS CLUB – 140<sup>th</sup> Celebrations**

Last chance to snap up tickets to the Saturday Faulty Towers Dining Experience – join the hockey contingent attending! Tickets still available for the Sunday (Lunchtime) event – contact the club asap to get your tickets – ideal presents – tickets now on open sale. See website for full details



## MIXED 7's TOURNAMENT



**Sign up now for the Mixed 7's**  
for a great days social hockey!

## KIT ORDER DEADLINE



**Order online by 23<sup>rd</sup> July** and get your kit delivered to the club on 3<sup>rd</sup> September. We are working to improve our kit order and distribution processes based on feedback. **THC Online Kit Orders**



### 2017 Volunteer Thank You Evening – with a difference!

This is our way of saying thanks to our invaluable band of volunteers. Email invites will be sent out later this week to our *Thank You Evening* on **Friday 7<sup>th</sup> July** at the Club.

This year we're hosting a Comedy Hypnotist Evening with **Alan Bates** – follow link for more info.

Tickets are £10 if other members would like to come along.



## SUMMER MASTERCLASSES - SAVE THE DATES

**19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> August 2017**

**World class coaching comes to Timperley in August**

We're delighted to announce that we will be running a series of Masterclasses for coaches & players delivered by Trinidad and Tobago Trio:

**Kwan Browne   Anthony Marciano   Albert Marciano**

The final programme and cost are being finalised and will be communicated shortly along with booking windows dates for THC members – before we put places on open sale. This is a really unique opportunity to learn from, and develop your skills as a coach or player, from some of the best around.

We'll also be inviting a number of our THC senior and academy coaches to attend as part of their own coach development.

The **provisional programme** is:

**Saturday 19<sup>th</sup> August** – Club Coaches Masterclass (full day) aimed at those coaching in the academy or developing as a coach.

**Sunday 20<sup>th</sup> August** – Performance Coaches Masterclass (full day) aimed at more experienced coaches already working with Performance teams or players

**Monday 21<sup>st</sup> August** – Three Player Masterclasses (2 – 2.5 hours) for young players, single system players and adults

So, save the dates and look out for more details – and book fast once details are released as places will be limited.

### ANY SPORTING QUESTIONS NIGHT – WED 28<sup>th</sup> June

Don't miss out on tickets for this event - see website for details **Sporting Questions**. George Riley (Radio 5Live) hosts Dame Sarah Storey, John Wilkin; Fran Halsall & Trevor Sinclair & answer your sporting questions – all in the clubhouse! Tickets £10 (incl. a curry).

### KEEP IN TOUCH

Make sure you keep up to date with all the action, news and updates over the summer by following us on social media, or the website.

[www.timperleyhockeyclub.com](http://www.timperleyhockeyclub.com)

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