



**Deeside Ramblers Hockey Club  
Junior Section**



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**DEESIDE RAMBLERS HOCKEY CLUB  
JUNIOR SECTION**

**PLAYER AND PARENT  
HANDBOOK**

**Deeside Ramblers Hockey Club  
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**[www.drhc.co.uk](http://www.drhc.co.uk)**





## Deeside Ramblers Hockey Club Junior Section

### Welcome to Deeside Ramblers Hockey Club

Deeside Ramblers Hockey Club welcomes you to the 2010/11 hockey season; we hope that you are well rested following the summer break. In order to ensure that we maximise the playing season the junior management team have been in discussion with other Clubs to ensure that we reduce the number of cancelled games during the season. Please read through the handbook to as part of your commitment to the Club and if you have any questions please speak with your team manager.

### Club Ethos

We promote hockey for all levels and abilities but will also provide additional encouragement and support to targeted individuals where we believe they have the skills and ability to develop into top class player and putting forward children, where appropriate, for county and higher honours. The more able children will also be encouraged to join the senior section club development team in line with the guidelines set down by England Hockey.

Young people's safety and well being is of paramount importance to us and we work hard to ensure that juniors are coached in a safe and child friendly environment and in line with England Hockey and ClubsFirst requirements.



## Deeside Ramblers Hockey Club Junior Section

### Team Managers and Coaches

Age Group	Manager	Coach
U11 Boys & Girls	Del Millard Smith Ollie Unett	Arthur de Jong Ollie Unett John Porter Natalie Bedford
U13 Boys	Arthur de Jong	Ali Ganzifar Will Momme Young Stephen Cheshire John Heath
U13 Girls	Alison Smith	Jack Hardman Titch Price Nicky Barker Alison Smith
U15 Boys	Mike Verity	Ali Ganzifar Will Momme Young
U15 Girls	Ruth and Arthur Fearnell	





## Deeside Ramblers Hockey Club Junior Section

### Code of Conduct for Club Coaches/Volunteers & Officials

The essence of the good ethical conduct and practice is summarised below. All volunteers will:

- Place the well-being and safety of participants above all other considerations, including the development of performance.
- Respect the dignity and worth of every player and treat them equally within the context of sport.
- Develop an appropriate working relationship with performers, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part.
- Encourage and guide players to accept responsibility for their own performance.
- Encourage good sportsmanship and the value of team work.
- Never exert undue influence over performers to obtain personal benefit or reward.



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- Promote the positive aspects of the sport (e.g. fair play, fun).
- Never condone rule violations, rough play or the use of prohibitive substances.
- Display consistently high standards of behaviour and appearance.
- Do not use or tolerate inappropriate language.
- Follow all guidelines laid down by the national governing body and the club.
- Hold the appropriate, valid qualifications and insurance cover.





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### Training Times

Regular attendance is essential for players to develop their skills; players need to be on the pitch punctually at the beginning of training sessions to ensure that maximum benefit is derived from the effort of the coaches.

Age Group	Training Day	Time
U11 Boys and Girls	alternate Sunday mornings starting on 12 <sup>th</sup> September 2010	10:30am – 12 noon
U13 Boys	Monday	6:30pm – 7:45pm
U13 Girls	Monday	6:30pm – 7:45pm
U15 Boys	Monday	7:45pm – 9:15pm
U15 Girls	Tuesday	7:00pm – 9:00pm

### Inclement Weather

Hockey is a winter sport, we will always aim to run the training schedule above, the only time that training sessions will be cancelled is when it is not safe to do so e.g. frozen pitch or snow on the pitch. Cancellation of a session will be the



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decision of the team manager, a message will be sent out via email, text or DRHC website if we are having a “Cold snap” please check your emails/website before setting off.

### Junior Members Club Rules

Deeside Ramblers Hockey Club is fully committed to safeguarding and promoting the well being of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect, be encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with the Junior Co-ordinator.

As a member of Deeside Ramblers Hockey Club you are expected to abide by the general rules and codes of conduct of the club and by the following Junior club rules.

- All members must play Hockey within the laws and in the spirit of the game.
- All members must respect colleagues, opponents and officials. Do not make derogatory comments or gestures about your colleagues or opponents. Never try to intimidate the opposition by threats or excessive triumphalism.





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- Be polite to umpires and respect their decisions.  
**Do not show dissent.**
- Inappropriate behaviour on or off the pitch, such as throwing tantrums or Hockey sticks invites sanctions from club officials.
- Members should keep to agreed timings for practice and matches or inform their coach or team manager at the earliest possible opportunity if they cannot play or are going to be late.
- All members must wear the appropriate kit in an appropriate fashion – including **shin pads** and **gum shields**.
- Regular attendance is essential for players to develop their skills. Players need to be on the pitch punctually at the beginning of training sessions to ensure maximum benefit. Players should not attend if they are ill or are carrying an injury please let your manager know.
- All members must pay the appropriate subscription and any training or match fees promptly.



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### Match Preparation

- Early to bed
- Good nourishing breakfast
- Allow plenty of time to travel
- Know where you are going
- Ensure that you have got all your equipment and kit ready the night before

### Players equipment and kit checklist:-

- Black club shirt with number on
- White club shirt with number on (alternative strip, in case of colour clash)
- Black skirt/skort/shorts (track suit trousers are not acceptable for matches)
- Black socks with white tops (football referee socks)
- Red socks (alternative strip)
- Astro boots/trainers with good grip for use on astro turf
- Hockey stick
- Warm clothing that is easy to get on and off quickly
- Gum shield and shin pads – **children will not be allowed to play hockey matches without these.**





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- ✓ A bottle of water/drink (not fizzy) – preferably named, to be taken to the pitch. This will be brought to the players at half time.
- ✓ Match fee – this pays for after match refreshments and the pitch hire

### Code of Conduct for Parents/Spectators

- Encourage your child to learn the rules of the game and to play within them.
- Discourage unfair play and disputes with officials/coaches.
- Support your child and help them to recognise good performance and enjoy their hockey regardless of the result.
- Set a good example by recognising fair play and by applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Respect officials and their decisions.
- Never use bad language.



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- Never force your child to take part in any sport.
- Recognise that children are involved in organised sport for **their** enjoyment rather than **yours**.
- Before leaving your child at the club, confirm with a junior official that the training session or match they are due to attend is taking place - in case of unexpected cancellation.

### Player Development Policy

This policy demonstrates Deeside Ramblers Hockey Club commitment to the development of young players as they are the future of our club and of hockey in general and that the club will always act in the best interests of the individual.

The policy's aim is to ensure that our young members are given every opportunity to reach their full potential whatever level that may be (international, regional, county, social or otherwise).

This policy states:

1. The club will take a long term view of the development of all its young players in line with the principles of Long Term Athlete Development adopted within England Hockey's Single System.





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2. The club will enforce that no young person under the age of 13 (on 1<sup>st</sup> January of the season being played) is to play in adult only competition.
3. The club will enforce the Slazenger EHL regulation stating that a player must have reached the age of 15 to be eligible to be registered to play in the EHL.
4. Young players will not be called upon to play in adult only competition until it is in the best interest of the young player. If an adult team is short and the only option is a young player who is not ready either physically, mentally or socially, then the adult team will play short.
5. The club will abide by England Hockey recommendations regarding player eligibility and competition rules.
6. The club will abide by the England Hockey centralised calendar and the priority this provides to ensure that young players at each stage of their development are given the opportunity to play and train at the right level for them without being overplayed.



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7. For young players eligible to be involved in adult teams, careful consideration will be given to ensure that the distance travelled is proportional to the likely pitch time for the young player. As a guide, it is suggested that players who will play less than half a game should not travel for longer than 60 minutes.
8. All selection will be made in line with the principles outlined in the EH Equity Policy and EH Safeguarding and Protecting Young People in Hockey Policy adopted by this club.

As much as practically possible, peer group teams will ensure that each member of the squad is given as equal as possible an amount of pitch time per match or per event to ensure every individual has the opportunity to develop. Winning is important but is a short term gain.





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### Player Assessment

Deeside Ramblers Hockey Club develops its junior players through the Club:

- 1 Starting on Sunday mornings, moving to
- 2 Beavers then to
- 3 Badgers and via the
- 4 Development Squad into
- 5 The Men's and Ladies teams

As a general principle the teams and training will be drawn from the following ages/years:

Training	School Year	Age
Sunday mornings	Up to Year 6	Up to 11
Beavers	Year 7 & 8	11-13
Under 13 Girls	Year 7 & 8	11-13
Badgers	Year 9 & 10	13-15
Under 15 Girls	Year 9 & 10	13-15
Development Squad	Year 11 & 12	15 -16
Men's Senior Teams	Year 12 +	16+
Ladies Senior Teams	Year 11+	15+



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At the same time, the Club looks to encourage young players through the England Hockey Single System, putting them forward for Junior Development Centre and encouraging them to maximise their potential through Junior Academy Centres, Junior Regional Performance Centres etc.

Assessment of individual's skills is undertaken by the Director of Junior Coaching in liaison with the individual's coach and manager on an on going basis throughout the season. Individuals will be moved through the system as and when they meet the appropriate skill level and there places available. Players are requested not take it up on themselves to approach senior team captains for potential places; this will be done at Captain's selection in conjunction with the Junior Section Management Team.

### Safeguarding and Protecting Young People in Hockey

Deeside Ramblers Hockey Club adopts England Hockey's Safeguarding and Protecting Young People in Hockey Policy, a full copy of the policy can be found on the Club's website, the General Safeguarding and Protecting Young People Principles are:

- The safety and welfare of young people is paramount







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- All young people, regardless of age, ability, sex, race, religion or belief, ethnic origin, social status or sexual orientation have the right to be protected from harm
- The rights, dignity and worth of all young people should always be respected
- Deeside Ramblers Hockey Club wishes to promote a telling culture. Everyone within hockey must therefore report all concerns in accordance with England Hockey's reporting procedures.
- It is the responsibility of child protection experts to determine whether or not abuse has taken place but it is everyone's responsibility in hockey to report concerns
- The roles and responsibilities of the statutory agencies in safeguarding young people must be recognised and the procedures of the Local Safeguarding Children Boards must be complied with
  - Any policy or procedure is only as effective as the ability and skill of those who operate it
  - Deeside Ramblers Hockey Club is committed to encouraging, and everyone within hockey must recognise and regard as essential, the effective and safe recruitment of all individuals working with young people in hockey
  - All those working in hockey, in a paid or voluntary capacity, must abide by England Hockey's Code of Ethics

John Heath is the appointed Welfare Officer for the Club.



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### Accident Reporting

The junior section has a process for Accident Reporting. It is really important that players, parents and carers update Sandy Verity and or the Team Manager of change of emergency contact details.

A First Aid Kit will be available at the pitch side at all training sessions and matches.

Parents if you are a trained first aider please inform your child's Manager.





## Deeside Ramblers Hockey Club Junior Section

### Useful Contact Details

Age Group	Name	Telephone Number
U11 Boys & Girls	Del Millard Smith	<b>01244 300732</b> <b>0797 355 9860</b>
U13 Boys	Arthur de Jong	<b>01244 678208</b> <b>07970 - 954683</b>
U13 Girls	Alison Smith	<b>01829 260514</b>
U15 Boys	Mike Verity	<b>01829 260971</b> <b>07702 317283</b>
U15 Girls	Ruth Fearnall	<b>01244 570393</b>

Position	Name	Telephone No.
Child Welfare Officer	John Heath	<b>01244 335022</b> <b>07778 737411</b>
Coaching Director	Ali Ganzifar	
Junior Co-ordinator	Stephen Cheshire	<b>01829 771340</b> <b>07838 624728</b>
ClubsFirst Co-ordinator	Alison Hill	<b>01606 301728</b> <b>07766 991940</b>
Club House		<b>01829 732220</b>
Junior Club – Membership Manager	Sandy Verity	<b>01829 260971</b>
Playing Kit	Helen Cornwell - Lee	<b>01829 260851</b>



## Deeside Ramblers Hockey Club Junior Section

### Useful Hockey Websites

[www.drhc.co.uk](http://www.drhc.co.uk) Keep up to date with Club news and keep an eye out for social events and training camps during the school holidays.

[www.englishockey.co.uk](http://www.englishockey.co.uk) Information about hockey at a national level.

