

D NOTICE

NEWSLETTER OF WEST BRIDGFORD HOCKEY CLUB

Sorry, this newsletter keeps getting longer!

Check out the Rules Revisions!

I have included a section on the rules later on, something many players seem unfamiliar with! There are a couple of important changes starting this season, so please make sure that you read this bit.

So far as playing goes, the revamped mens' league structure worked fairly well, with a lot less travelling involved for the 2nds, 3rds and 4ths. The main drawback to the new set ups is that all new teams have to come into the lowest league, which last season meant that we faced a new Leicester City 1st XI who were understandably hell bent on instant promotion and less understandably also hell bent on taking out all their frustrations with the system on their opposition.

The mens 4ths had their best season for a long time. This was partly due to not having to play lots of student 4th teams, who were restructured into a higher division and this was followed by the increasing confidence and enjoyment involved in playing winnable fixtures every week. The 1sts at one point led the league following a

good start to the season and gave a good account of themselves all season long. This was Ali Lewis's first season as coach following Doug's retirement and his regime has started well. Ali has also taken over Monday coaching and is getting rave reviews from those club members who attend.

All the other teams did okay to well, with the usual crop of juniors making significant progress. Club awards were deservedly won by Josh Ken- naugh, Sam Frost and Jack Gladstone but others, such as Finn Morton, the Wells Brothers, Ollie Keay, Alex Rudman, and many others made terrific progress.

On the ladies side, most of the teams performed well following the Notts League restructure. Pride of place goes to the 5ths who had a terrific season. Some of our Back to Hockey players made a big difference to the team, not least Lynn Coppell, who went from being someone who filled in at goal- keeper when we were short, to looking like a "proper" player by the end of the season. Jutta

Kaiser, new to the game, but very fit and determined, always made a massive difference when she played. The 1sts had a disappointing season, following relegation and a promising start, suffering from lack of goals and the lack of confidence that goes with this. Also disappointing was the demise of the 6ths, we just didn't have either the players or anyone to organise them to make this happen, which was a shame after such a good start in 17/18

Playing Record

	P	W	D	L	F	A	Pts
Men							
1	22	10	5	7	57	45	35
2	22	11	1	10	66	64	32
3	22	12	2	8	85	52	38
4	22	10	3	9	46	56	33
5	22	11	6	5	72	67	39
6	22	7	1	14	46	59	22
7	22	6	3	13	36	70	21
8	22	7	1	14	35	76	22
9	18	7	3	8	38	59	24
10	18	4	2	12	20	68	14
Ladies							
1	16	4	4	8	18	32	16
2	16	3	5	8	22	56	14
3	16	5	4	7	25	25	19
4	16	4	1	11	14	42	13
5	18	11	1	6	39	29	34

Once again, we offered opportunities to many youngsters, with the 4ths welcoming the likes of Jess Abrams and Jaime Sterling, others such as Megan Raven making great progress and 1st team player of the year being Sally Enstone. There will be lots more coming through in the coming season!

The weather for the club tournament was slightly indifferent (very indifferent if you played in the later games!) but was enjoyed by all. The **Mike Price Challenge** match, was won, as per tradition, by the Doug Stuart XI and it was followed by a specially arranged game to celebrate the contribution to the club of our new president, Sarah Aaron. The annual Grizzlies v All Stars, was keenly contested as usual, and for the 1st time my team ran out winners. Nothing to do with the umpiring, which was as impartial as ever On the ladies side, we once again managed to put a development team of juniors, Back to Hockeys plus a couple of ringers together and they did well against the 5ths, although I'm afraid that, despite umpiring the game, I can't remember the score! Highlight of the day on the ladies side was the inventive fancy dress efforts of our various teams!

The leagues took a long break at Christmas - rather than do nothing (!) we organised a couple of development games as usual and Sibbo also organised some mixed hockey alongside this. This went pretty well and I hope will be repeated this coming season.

Now is the time for my broken record to be put on the turntable, however! Once again, we have struggled to put consistent teams out every week - sometimes, any teams at all! We need everyone who plays for our club to play your part. Don't forget, our club officials, including our chairs of selectors and team captains all do this in our spare time! Please try to be available as much as possible during the league season - all mens' fixture dates and oppositions are already on the MRHA website, www.mrha.co.uk so you can plan your holidays, marriages, births, etc, around this, while ladies fixtures will be on the fixtures live site www.fixtureslive.com soon - it's a nightmare for captains to have to promote and then drop players through no fault of their own, it's also really difficult for captains to have to deal with last minute cry offs, which were also far too common last season - if you say that you are available, please make sure that you are!

Next Season our teams will feature in the following leagues/divisions:

Men

- Midland League
- 1 Mids Premier
- 2 Mids 3
- 3 NE Premier
- 4 NE 1
- 5/6 NE 2
- 7/8 NE 3
- 9/10 NE 4

Ladies

- Notts League
- 1 Premier

- 2 Championship
- 3,4 Div 1
- 5 Div 3

Team Captains

Here is the list of team captains for the forthcoming season:

Men: Ben Farrar, Paul Sibley, Matt Alvey, Mark Johnson, Richard Smith, Andy Bell, Jon Cockcroft, Sean Gauton, Mike Walsh, Simon Walton.

Ladies: Ally Howells, Ellie Davis, Ali Sail, Sara Green, Emily Rooke/Becky Buttery.

A big thank you for all you have done to everyone who has stepped down, special mention on the mens' side to Ian Johnson, thankfully now given the all clear after major surgery, and after many years as team captain for the 6ths and Mike Barnes, stepping down after many years carrying out the sometimes thankless but always rewarding task of running the 10ths. Please support your captain on and off the pitch this coming season. It's not an easy job, particularly if you've not done it before!

Committee

Congratulations to **Sarah Aaron** who has been elected Club President - a deserved recognition for a terrific and continuing contribution to the club on and off the pitch.

Geoff Bail continues as Club Chairperson. Thanks to everyone who has stood down for your service to our club.

Other main posts are as follows:

Secretary: Martin Ebsworth, Caroline (Caz) Gates;

Treasurer: James Cashmore;

Social: Sean Gauton, Lucy O'Horan;
Fixtures: Mark Johnson, Claire Lewis;
Juniors: Bob Douglas, Nic King;
Welfare: Sarah Aaron, Ali Lewis;
Publicity: Michael Hart.

Don't forget that we also elect committee members part of whose role is to make sure that our committee truly reflects the views of all club members and who would welcome your input. This season they are Fiona Lambourne, Faye Sibley, Nathan Stuttard and Jon Clewes.

New captains and anyone else needing DBS (formerly CRB) cover needs to get in touch with Sarah Aaron, our **Welfare Officer** (sarah.aaron@yahoo.co.uk) as soon as possible. The actual process is surprisingly simple!

Once again, the AGM elected Sharon Cheetham to the post of Membership Secretary. As well as trying to keep up to date with our extensive membership, one of her key roles will be to help our treasurer and team captains to collect fees in promptly - something that is surprisingly (and disappointingly) difficult.

Congratulations

Well done to all club award winners - these were presented at the AGM and the End of Season Tournament

Club Personality of the Year - Cheryl Wells;
Top Goalscorers - Louise Walton/Hollie Kemp, Simon Gill;

Players of the Year - Neill Slane, Zack Shaw, Sally Enstone, Jeanne Carroll, Morgan Viles, Ella Rose, Jutta Kaiser;
Goalkeeper of the Year - Sam Frost;
Junior Players - Megan Raven, Jack Gladstone;
Most Improved Players - Josh Kennaugh, Lynn Coppell/Jennah Stuttard.

Members News

Congratulations to Faye and Paul Sibley, Rich and Lorna Bon-sall, Matt and Karen Alvey, Ben and Jade Farrar and Ash and Ben Hooper on the births of Cora Nye, Samuel, Ada, Willow and Cora Rose respectively. Also congratulations to Mike and Lyndsey Berry, who married at Christmas.

Many club members attended the funeral of Mark Gray, who died suddenly in March. Mark is much missed by his team mates. We have also just been told of the death of Alf Cooper at the age of 93. Alf was a former treasurer (even before James) and was instrumental in keeping the club going through the war years. We have sent our condolences to his family.

Better news of Ian Johnson, who has been given the all clear following his operations and to Lee Palmer (Diamond) who is back playing regularly following his horrendous injury.

Good luck to the many of our juniors who are off to university in Sept/Oct and thanks for all your efforts both on and off the pitch.

Apologies to all those whose news I have undoubtedly missed!

Summer Camp

By the time this newsletter is published our Family Hockey Nights will have finished for the summer. Originally designed to fit into the school holidays, we have found that attendance is decimated once schools break up, so we now run these nights mainly towards the end of term.

New for this year is our summer **Hockey Camp**, which takes place on August 19/20. This follows on from the successful camp at Easter and is again being run by the Paul and Faye Sibley. Details are on the club website, you need to book soon if you want a place as there aren't many spaces left.

Get Back Into

Once again we will be running "Get Back into Hockey" sessions for ladies from September 11th, 6.30 to 7.30 at WB School, more details will be on the website. The focus is on enjoyment rather than preparation for matches, but if last season is any guide, we may encourage some quite handy players to reconnect with our sport. If you know anyone who might enjoy coming along, please tell them about it and encourage them to do so.

School Links

We are once again looking to link up with local schools to promote hockey to youngsters - as I write I am following up contacts with local secondary

schools and we have also done some hockey promotion at local primary schools. If you have connections with any of our local schools, please let them know that we are happy to work with them to help promote junior hockey.

Fixtures

Early season fixtures start in September as follows:

Ladies

Friendlies from Sept 7.

All leagues starts Sept 28.

Men

Friendlies from Sept 7 including development games for our next crop of juniors.

All league starts Oct 5.

Please make sure that you complete your availabilities asap (preferably online) - as a club we are committed to playing as many games as possible, so if you say you are available, we will try to make sure you get a game, even if your normal team isn't playing.

Social

Our social secretaries, Sean Gauton and Caz Gates, did a great job last season. When Caz took over as 3rd team captain mid season, she was ably replaced by Lucy O'Horan, who is continuing this season. She and Sean both need your help to make this season even better. To start with, please try to make their lives easier by putting dates in your diaries - and by letting them know if you have any ideas for further activities.

The first **Quiz with a Chilli** will take place on Oct 19 with Andy McCarroll now established as quizmaster and our main **Beer Festival** will take place from Thursday, Nov 14 until Saturday, Nov 16. nb Massive thank you to Nick Hemm for taking on this unenviable task so successfully and who has moved up north in order to escape having to do any more!

Other dates that are to be confirmed are the **End of Season Tournament**, including the Mike Price Challenge on April 18, the **Dinner Dance** on April 25, **Beer Festival 2**, March 5-7 and **Quiz with a Chilli 2**, Feb 8. Please keep an eye on the website for confirmation of dates, etc, and then make sure you put them in your diary!

Training

Mens training will be lead by Ali Lewis on Mondays, starting August 5th as usual, from 7.30 to 9.30 through August and then in September from 7.45. Mens 1st team training (for 1st team squad members and others by invitation only) starts from August 1st.

Junior boys from Y8 to Y11 are from 6.30 to 7.45 on Mondays, from Sept 9th, led by Glyn Abba, Tim Roberts and Jon Wells. As last season, we are keen to coach the U14 and U16 squads together so that we can prepare them better for the competitions that we enter. Where appropriate, the coaches will be selecting squads through September.

Ladies training is on Tuesdays from August 6th from 7.30 to

9.00. Training then moves to Wednesday nights from the beginning of September, Girls training (Y7 and older) is from 6.00 to 7.00 and Back to Hockey 6.30 to 7.30 both starting in September.

Don't forget that there is no mens' training Bank Holiday week.

Juniors

The revised starting times worked quite well over the past season, so for the coming season, the Sunday coaching groups are as follows:

Yr 2-3: 9.00 to 10.00 led by Sarah Aaron;

Yr 4-5: 9.00 to 10.30 led by Ben Lambourne and Paul Gegg;

Yr 6-7: 10.30 to 12.00 led by Jon Wells and Ian Freegard,

Yr 8- 9: 10.30 to 12.00 led by Ian Johnson, Phil Elliott and Mike Walsh,

Goalkeepers from 9.00 led by Lee Reynolds and Andy Cooper.

Junior fees for the new season are unchanged from last season:

Membership £25.00

Sunday training £3.00 per week or £50 (ie £75 in all) for the season

Monday/Wednesday training is covered by membership and match fees, so no additional charge.

Over 13s starting to play adult hockey also need to pay a shirt contribution of £20 for two shirts - ie a bargain!

Once again, you can pay by cash, cheque or BACs. For junior BACs payments please use

the junior account, details are 08 92 99; 65374409.

Everything starts with a registration session from 8.45 am on Sept 1st - we will also have a further registration session the following Sunday. Anyone can join in subsequent weeks, it's just easier to do it right at the start of the season. Registration forms are on the website (via a button bar in the juniors section) and it would be helpful if you could fill one in and bring it along with you.

Our Becket Sunday coffee mornings will be continuing this season. Alison Devlin did a great job last year, please let her know if you can help with them.

We also offer coaching on Wednesday nights to older girls from Y7; and Y8 boys and older on Monday nights all from the start of September.

We will be entering all the usual competitions and leagues and we would be grateful for any help you can offer, either Sunday/Monday/Wednesday coaching or managing teams - you won't be dropped in it if you offer to help and it is surprisingly good fun! Please let me know if you think you could help.

Well done to the many juniors who have achieved county honours last season (too many to mention individually), to Sam Frost, Ollie Keay and George Wells, who were selected to join the England Hockey East Midlands regional Performance Centre.

Well done also to our U10 boys who were runners up in the county U10 tournament and our U14 boys, who, on a hot day in Chester, won their last game 2-1 to be Tier 2 Champions of the North.

Young Umpires

This year, we are offering pre Level 1 coaching to any juniors who would like to have a go at umpiring. This takes place on Sunday, September 29th at WB School from 10.30 to 1.00. This session is being run by Midlands Young Umpires and would normally cost £20 to take part. However, the club is subsidising the cost from our Richardson/Cooper junior development fund. Numbers are very limited as we have already had a lot of interest expressed. If you would like to take part, please get in touch with Cheryl Wells, cheryl@wbhockey.co.uk We do expect anyone who takes part in this to do some umpiring, the best games to start doing so are the Sunday morning friendly junior fixtures. We are also delighted that Marc North, helped by Peter Whitehead, will be around to offer on going mentoring guidance to everyone taking part.

New Rules

There are a few rule changes to let you know about, as mentioned earlier. Firstly, although at higher levels the idea of 4 quarters is being introduced, at regional level, we are staying with two 35 minute halves for this season - so orange growers can relax as we won't be tre-

bling our half time oranges order!

Other changes include:

you either play with a goalkeeper or 11 outfield players, you can't designate an outfield player to have goalkeeping privileges - so if you have 11 outfield players, nobody can wear more than a face mask as extra protection at penalty corners or strokes; a designated goalkeeper must wear at least leg guards, kickers and helmet, so no kicking backs;

defensive free hits awarded in the defensive D can be taken anywhere within the D or anywhere up to 15 metres up the pitch in line with the offence;

if an attacking free hit is awarded within 5 metres of the D, defenders even in the D must retreat 5 metres unless a quick self pass is taken;

if a shot is deflected wide by stray equipment (eg face mask) and would otherwise have gone in the goal, then a penalty stroke is awarded.

There are a couple of other minor changes, have a look at the England Hockey website to check these out.

Hockeyday

The Hockeyday will take place at West Bridgford School on **Sunday, Oct 6th (probably, tbc)** from 11.00 until 1.00. For those who haven't ever taken part, this is an opportunity to bring youngsters along to "have a go" at a few hockey related activities, in the hope/expectation that they will catch the hockey bug. Please let your friends, colleagues and/or

neighbours know about it and we may then unearth the next Helen Richardson!

Summer Fair

This is our first ever (in my memory) Summer Fair and it takes place on Saturday, August 31st. We still need more of you to volunteer to help, to offer produce for various stalls, raffles, etc, and - most importantly - to turn up and bring your friends, neighbours, children, etc.

You should have already received an email with more details and there will be more on the website soon.

Requests

Please help us keep in touch with you through the season by making sure that your details are up to date on the club database - and also please check that you are content with our Data Security policy.

Getting Involved

We are still very keen to get more younger members (for me this means Under 60s!) involved in helping with the running of the club. It's a big club and maybe the idea of taking over from us old stagers is a bit daunting. However, please bear in mind that none of us knew much about our roles when we took over and have learnt (not much in some cases!) as we have gone along. Most of what we do is fairly straightforward, and is easiest to get a handle on, working alongside someone who has done it for a while.

Last season, it was great to welcome our president into the committee fold - and to take on a couple of his ideas that he and Faye delivered brilliantly. The Summer Fete (see separate item) is a further initiative that they have come up with and that I hope you will support. Remember, we all do our committee jobs in our spare time, so it can't be too bad!

Finances

Last season, our finances took a turn for the better, and we have been able to keep subscriptions at £120 for full members, (£20 discount for payment on or before October 31st) £60 for student/unemployed (£10 discount if paid on or before 31st October and £25 for juniors. Anyone struggling to make payment in full in one go just needs to talk to either James Cashmore, our treasurer, direct, or their team captain or Sharon Cheetham, our Membership Secretary.

Match tax is also going to remain the same at £12, £7 and £5 respectively.

There is also a further charge of £20 for new members and for juniors starting to play for adult sides, which pays for your home and away shirts - ie it's a bargain!

As you will know, we now have a card machine, which makes paying all of these charges much easier, just so long as you don't involve me in troubleshooting your transaction. Thanks to Geoff for sorting this out and getting it up and running.

Discipline

With the Notts Hockey Association increasing fines and penalties for cards, please remember that we have a duty to behave in an appropriate manner, both on and off the pitch, to umpires and opposition players. Last season our men suffered two red cards, both for verbal abuse. This really shouldn't happen and it's up to all of us to not get involved - and also to steer our team mates away from doing so.

Aside from this, the club will not tolerate any verbal or physical dissent shown to Club umpires, whether playing at home or away.

Finally, on discipline, male players should be aware that they must not urinate by the side of the pitch - this is being stamped on by our league committees and, in any event, is not acceptable to the club. Please either use the school facilities, or call in to the clubhouse on your way to the game.

Social Media

We have a new closed Facebook page for members. Please check it out regularly for information about the Club, matches and events.

The Future

Since the last AGM, we have been working hard towards securing the future of our club. Geoff, in particular, has met Rushcliffe Council on a pre-planning basis and been given fairly positive signals about our possible proposed developments and he has also been meeting a

number of other local sports clubs, who again are as keen as us on planning positively for the future. The main stumbling blocks to our ideas seem to be a lack of vision both in England Hockey/Sports England and also at the local council. However, we are working on this and I am sure that there will be developments in the season to come. As it stands, at time of writing, there are no done deals and there are still plenty of possibilities to explore - in the meantime, we are going nowhere and we need everyone to help maintain our clubhouse and pitches the best standard we can - you can help by clearing your own water bottles, picking up those left by others, clearing up spillages in the clubhouse, and generally being good club members

Have a great season!

Bob Douglas bob@wbhockey.co.uk