

NORWICH CITY HOCKEY CLUB

Newsletter JULY 2001

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INTRODUCTION

Even though there has been little sign of summer so far it is already time to turn our attentions to the forthcoming winters activity, that means pre-season coaching is almost upon us and there is now a need to turn those underused muscles into something resembling an Olympic athlete. Details of all pre-season events and relevant 2001/2002 seasons news can be found in this pre-season newsletter.

COACHING FOR ALL

Coaching will follow the same form as last season. UEA is booked for Wednesday evenings commencing 15th August. During August there will be **NO** separate 6pm – 7pm slot for juniors, these will start on 5 September. During August juniors aged 13 – 16 will share the Ladies 7pm – 8.30pm session, coach Ali Wardale. 7pm – 8.30pm will be for the Ladies, coach Graham Britton.

8.30pm – 10pm will be for the Men's 1st, 2nd and 3rd XI's, coach Graham Britton. Fees remain the same as last year £2 for the junior session and £3 for the Ladies & Men's session, payable at the beginning of the session. **Please note that there will be a 50p admission fee to the UEA Sportspark.**

Sessions at Taverham will again be on Thursday evenings commencing 16th August, 7.30pm – 9pm, coach Ali Wardale.

These sessions are for juniors between 13 and 17 years of age and 4th, 5th and 6th XI players. Cost is £3 payable at the beginning of each session.

Fitness Training for all adult team members is currently taking place on a Monday evening. Meet at 7pm, Eaton Park, by the Pitch & Putt car park.

Coaching for the under 13's will commence on Sunday October 7th at Taverham 10am – 11.30am. This year we will continue to arrange matches for the under 9 age group, a venture that has been well received over the past two seasons. Goalkeepers, both girls and boys, for the under 11's and under 9's are required.

CLUB DAY

Once again we will be holding a Club Day when the aim is to gather as many adult and junior members as possible for a day of fun hockey prior to the serious stuff in September. The event will once again take place at Taverham on Sunday 19 August commencing at 10.00am, finishing at about 4pm.

Those wishing to attend should give their name to Karren Long (01603 789985), John Ingham (01603 438382), Ali Wardale (01603 812216) or team captains. Teams will be selected so that all ages, abilities and sex are mixed to give squads of similar ability. The tournament is run on a round robin basis. Hot dogs and burgers will be on sale from the barbecue. Drinks will also be available. We also hope to have hockey equipment available for purchase. A £5 match fee (£3 for juniors) will be payable to cover the pitch hire.

This is an ideal introduction to the club for new members and a great means for getting the squads together prior to the season. Make that phone call now and let the one of the above named co-ordinators know that you will be attending.

RECRUITMENT

Now is the time of year we should be recruiting new members to help strengthen the Club, in order that we can progress up the leagues. If you know of players who are new to the area, players who are looking for a new

club, players who want to move up the leagues, juniors who want to join a club or improve their skills then ask them to come and join us. We are particularly keen to strengthen the Ladies 1st and 2nd XI's following their promotion last season. Alternatively, give their names and numbers to Ali Wardale (01603 812216) and he will arrange for someone to phone them with information on the Club.

New members are most welcome at any of the training sessions.

Website upgraded

For those of you that are not aware the Club has its own website that contain details of the Club, fixtures, results plus photo gallery. A first class site has been developed and has recently been upgraded by Matt Brine (the Pieman).. Surf on over to

“www.norwichcityhc.co.uk.

Please feel free to contribute to the site. Contact details are available on the site.

USE YOUR E MAIL

If you have access to an e-mail address please include it on your membership form or advise me at **“AliWardale@aol.com”**. This way we can communicate to you faster and reduce the amount that the Club spends on postage.

COACHING COURSE

For those of you interested in gaining a coaching qualification, useful for CV's and if you wish to help with coaching within

the Club, a Level 1 coaching course is being held at Watton Hockey Club. The sessions will take place on Friday 31 August, 6.30pm – 9.30pm, and Sunday's 2 and 9 September. The cost is £70, but the Club will make a contribution towards the cost on the understanding that members assist with Club coaching. To book your place or to obtain further information contact Paul Adcock (Watton HC) on 01953 881248.

COACHING OPPORTUNITIES

The Club holds three junior coaching sessions each week and runs up to 7 junior sides in any one weekend. In order to provide proficient coaching for all the juniors that attend and manage the sides we are continually looking for more coaches. On Sunday mornings we now attract between 50 and 60 members aged 7 – 13 and could certainly use some more help. It is not essential that you are qualified, but you must be willing to provide advice to the juniors and either run small groups yourself or assist another coach. On Thursday evenings we run sessions for the 4th, 5th and 6th XI's that includes juniors aged 13 upwards. This season an attendance of 25 plus which with differing abilities really requires another coach. Anyone interested in assisting should contact Ali Wardale on 01603 812216.

UEA SPORTSPARK CHARGES

Last season our opposition were not charged for entering the Sportspark, however the UEA have now revised their admissions policy and all entrants to the Sportspark will now be charged the 50p entry fee. Parents dropping off children or collecting children who need to enter the Sportspark will be required to pay the 50p. The 50p does cover you for the day and your ticket will allow you leave and re-enter. **You will not be able to enter without paying your 50p.** Regular user membership is available from the Sportspark.

COLTS TEAM

Last season we had no permanent manager for the Colts team and the duty was rotated around members of the 1st, 2nd & 3rdXI who performed the job admirably. This season we have been fortunate enough to have one of the parents, Nigel Sayer, take on the task. However, we still aim to use a rota as last season to help with the umpiring/coaching of the side. If there is anyone who would like to perform this task on a reasonably regular basis please contact Ali Wardale (01603 812216).

TEAM OFFICIALS

There have been some changes in personnel for the various teams so listed below are the captains for the 2001/2002 season.

Club Captain
Ian Phoenix
01603 455413

Ladies 1st XI Captain
Emma Pile
01603 478697

Ladies 2nd XI Captain
Karen O'Neill
01603 616850

Ladies 3rd XI Captain
Pat Alden
01603 427056

Men's 1st XI Captain
John Ingham
01603 438382

Men's 2nd XI Captain
Paul Gallop
01493 751182
Men's 3rd XI Captain
Steve Playford
01493 740731

Men's 4th XI Captain
Henry Wanchoo
01603 746103

Men's 5th XI Captain
To be appointed

Men's 6th XI Captain
Ali Wardale
01603 812216

JUNIOR MEMBERS & PARENTS

Just a reminder to our junior members and parents, we are always willing to listen to any problems, however trivial, that you encounter with the Club. Please feel free to contact Ali Wardale (01603 812216).

SOCIAL EVENTS

If you have any ideas for a social event that you would like to see the Club hold or would be willing to assist others with the organisation of a social event then please contact either David Woodward (01603 437956), a committee member or post the idea on the website..

Sunday 19 August – Club Day

You should have read about this already. Book your place now.

October/November - Annual Men's Dinner

The chance for a good night out with the boys.

March – Dinner & Dance at the Hotel Norwich

Dig out those dancing shoes

LEAVING THE CLUB??

If you are leaving the Club please could you advise either the Secretary (Karren Long), the relevant Club Captain or Youth Development Officer (Ali Wardale). So that Club membership lists can be kept up to date.

FIXTURES

Listed below are fixtures for the first two weeks of the season. The complete fixture list is available on the website. Fixture cards should be available early September.

25 August

L1 v Colchester – TRF
12.00
M1 v Ipswich 2 – TRF 2.00

1 September

L1 v Union 2 - A
M3 v Ipswich & ES 3 - A
M4 v Holt Vets - A
M6 v Ipswich & ES 5 - A

8 September

L1 v Old Buckenham – A
L2 v Sprowston – UEA
2.30
M1 v Union - A
M2 v Broadland - A
M3 v Broadland 3 – TRF
11.30
M4 v Nomads - A
M5 v Union 4 – TRF 1.00
M6 v Nomads Vets – UEA
2.30

ANNUAL SUBSCRIPTION

Enclosed with the newsletter you will find a Membership Form, which should be completed by those members aged 13 and over on 1 September 2001 and returned to the Membership Secretary, **Mark Brighton, Carlton House, Field Lane, Yarmouth Road, North Walsham, NR28 9NA** along with your Annual Subscription. Once again subscriptions will remain unchanged. Payment is due by 31 December 2001. However, any initial payment received after 31 October 2001 will result in the subscription being increased by £5 for each month of late payment.

Payments received by 19 August (Club Day) will attract a 10% discount.

Payments may be made by Standing Order, Direct Credit, Cheque or Cash and don't forget that you can pay by instalment which can be arranged through Mark or Henry.

Subscriptions payable prior to 31/10/01 are:

Full	£50
Students (17 – U23)	£30
Unemployed	£30
Juniors (13 – U17)	£25
Associate	£10
Family Membership	£105

PERSONAL INSURANCE

Some of you may have read in the press last season the case of the local footballer who lost a leg as a result of a footballing injury. He then discovered that his Club had no Personal Insurance cover and because he had no Personal Insurance cover himself could not claim for the injury. All members are reminded that whilst this Club is insured for Public Liability, it does not provide Personal Insurance for members. Members are responsible for the provision of their own Personal Insurance as stated in Rule 15 of the Club Rules (printed in the fixture card).