



## BHC Hockey info for parents & juniors

### Equipment

All juniors will not be permitted to take the field at training or games unless they are wearing shin and mouth guards (unless parents have made special arrangements with the coach/manager). It is the players and parents responsibility to ensure safety equipment is available.



Hockey sticks are available for purchase at sporting store outlets, including Xtreme Edge Ipswich, Dix Stix, and Just Hockey. If you're new to hockey and want to try before you buy we have a range of sticks to lend you until you realise your love for hockey.



Information on uniforms is provided in the Playing Hockey link on our website Admin page.

### Training and Games

For up to date information on team training times and locations please visit BHCs Training and Fixtures page on our website. Hook in2 Hockey, E and D grade generally train on grass at the Bellbowrie Sports and Rec fields on Wednesday or Thursday evenings. C grade and Seniors generally train on the turf at IHA on Tuesday nights. Group fitness training is sometimes run on Wednesday or Thursday nights at the Bellbowrie Sports and Rec fields or IHA fields.



All games are played at the Ipswich hockey fields and season draws will be available from IHA by around the 4<sup>th</sup> week of fixtures. E and D grade games are generally played on grass. C grade and seniors play on turf.

- Hook in2 Hockey games are played between 9-10am Saturday mornings.
- E grade games (U11s) are usually played at 9am, 10.15 or 11.30 Saturday or Sunday mornings and include two 30 minute halves.
- D grade games (U13s) are usually played at 9am, 10.15 or 11.30 Saturday or Sunday mornings and include two 35 minute halves.
- C grade games (u15) are generally played at 11.30am, 1pm or 2.30pm and include two 35minute halves.

### Coaches & Club Officials

Our aim is to provide a safe learning environment for children participating in sport and to this end all BHC coaches, managers and officials are required to hold a current Working with Children (Blue Card). Our coaches are also encouraged (and supported) to participate in the National Coaching Accreditation Scheme and obtain at least beginner hockey coaching status. All Club Officials are also encouraged (and supported) to complete accredited first aid training. If you have questions or would like to participate in a course please contact our Secretary for more information.

### Players Absent from Games or Training

As a courtesy to your team and coach please let your coach and manager know dates that you'll be unable to make training and games throughout the season (they will need to organise substitutes and rearrange training and game strategies).

### First Aid

BHC issues first aid kits to all team managers. It is important to tell your coach and manager if your child has any medical conditions or allergies. If you have first aid or medical training, or are interested in becoming a first aider and are willing to assist the Club in this capacity at training and games please let our Secretary know.

### Beginners Guide to Hockey

BHC has put together a Back to Basics guidebook to help develop consistency and understanding of the game of hockey in new players and new players to BHC (download from our Development page).