

Safety

Parents/guardians it is vital that the children listen to both their coach and the volunteers while on these trips. It is necessary for you to instil this in your child. Whilst the aim is to have a fun day out, with some good hockey played, your Child is first of all representing YOU and the club and lastly LIMERICK.

What to Wear/Bring etc.

Parents please beware that children need a healthy lunch and adequate clothing for these away matches as well as home blitzes. Whereby we all like to give our children treats they will not keep their energy levels up for both the travelling and the day of games so please ensure that they have a healthy lunch with them.

Also it is vital that the children are kept warm so please put in a change of clothes and an extra fleece for this purpose and rain jacket.

Of course **Full Match Gear** goes without saying to include gum shield, shin guard and hockey Astro-turf shoes. No child will be allowed play without these.

Always remember -

No gum shield, no shin guards, no hockey Astro-turf Shoes, no training **NO GAME**

Arrive Toggled Out Ready for Game

~Wear shin guards, gum shield and proper hockey Astro-turf shoes on the pitch.

~Be courteous and polite to team-mates, opposition and umpires etc.

~Anyone turning up with the incorrect gear or missing gear will "not" be selected to play.

Having the correct gear is a Safety Issue not a fashion statement.

The Committee & Coaches appreciate that you have taken the time to read this handbook and check out the revamped website. It has lots of information that you will need throughout the season and it will stop the coaches and administrators from unnecessarily repeating themselves.

Thank you



JUNIORS (Colts & Fillys)

- Each age group will have a coordinator who will be responsible for all Administration
- The coach will be solely focused on coaching.

ALL INFORMATION FOR JUNIOR HOCKEY WILL BE ON THE LHC WEBSITE - SO CHECK FREQUENTLY FOR UPDATES.

Parent Volunteer Programme

~Once a parent/guardian has been allocated a date, if you are unable to attend YOU must find your replacement.

~One Saturday is required from YOU for EACH child.

~You will find this enjoyable. No experience is required, just be there to help your child.

~Remember all the coaches and committee members are volunteers.

~Without them there would be no club for your children to experience the wonderful game of hockey, make friends and develop skills

The coordinator will allocate each parent/guardian 1 Saturday in the season to act as an Assistant to the group. (Roll call, collect bibs, balls, cones, assist in setting up drills, attend any players not feeling well).

JUNIOR'S TRAINING

Colts & Filly's U12 Training
9.00 - 10.00am Saturday Villiers School
9.30 - 10.30am Saturday UL Astro

Extra Training Dates/Match Practise in Villiers 1.15 - 2.30
Dates below...

Girls U10

- 1st October,
- 5th Nov,
- 3rd Dec,
- 7th Jan,
- 4th Feb

Girls U12

- 17th Sept,
- 15th Oct,
- 19th Nov,
- 17th Dec,
- 21st Jan
- 18th Feb

Colts

- 24th Sept,
- 22nd Oct,
- 26th Nov,

- 28th Jan,
- 25th Feb

REMEMBER:

*Training is never cancelled.
If it's raining the call is yours*

Committee Members

Chairperson	Keith Morrow	087 8235783
Secretary	Alison Gibson gibsonJ@eircom.net	0868948284
Social Sec.	Lorraine McGowan	0862074348
Fixtures Sec.	Barbara Bermingham bbermingham@eircom.net	086 6704590
Treasurer	Jennifer Joyce	087 2765347
P.R.O.	Michael Houghton	



Dates for your Diary

September 2011

Sat 10th Start back Junior Training

October

Sat 29th Mid Term Break
NO HOCKEY

December

10th Junior Disco
Sat 17th Parents V Juniors
(Christmas Holiday's)

January 2010

Sat 7th Start Back

March

Sat 31th Parents V Juniors
(Last day of season)

May

Annual Club Dinner Dance

Coaches

Villiers

Newbie's
Colts & Fillys

Kieron Brislane
Barbara Bermingham
Caroline Keane

U10 Fillys

Orla Begley
Sheelagh Morrow
Liz Stack

U10 Fillys Coordinator

Carmel O'Dowd

U12 Fillys

Alva Clein
Des Mac Mahon
Jo Conlon

U12 Fillys Coordinator

Elaine Drennan

U10 + U12 Colts

Hugh Lilburn
Jody McDonagh
Glenn Morrow

Colts Co-ordinator

Henry Cooke
TBA

Junior Development Coach

Karen Long-Eacrett

Coaches

UL

Newbie's
Colts & Filly's

Michael Mc Crossan
Martin Haran
Andrew O'Brien

U10 Filly's
U10 Ass

Jeannette Mc Crossan
Noelle Clancy
Kate O'Brien

U10 Filly's Coordinator

TBA

U12 Filly's

Audrey O'Brien
Pat Fitzgerald
George Blackwell
Fiona McCarthy

U12 Filly's Coordinator
/ Ass Coach

Club Gear

Full Club Kit **MUST** be worn for all blitzes/matches,
(your child will not be permitted to play in a tracksuit)
Full kit is as follows

The club shop is now gone on line with Gilmore Sports , Go loyalty code. Full Club Kit is now available

Filly's

- Pink **Club** Hoody (Old shirts can be worn until 2013)
- Navy Skort
- Navy Socks
- Hockey Astro-Turf Shoes

Hair must be tied up and kept off child's face with a hair band

Colts

- Navy Club Hoody (old Shirt can worn until 2013)
- Navy Shorts
- Navy Socks
- Hockey Astro-Turf Shoes

10th Anniversary hoodies can be worn for Blitzes

Optional

2nd hand Clothing and Equipment sale.

Members wishing to buy or sell a 2nd Hand junior clothing or other gear can do so
At the first day of training on the at the pitch side.

The club will not be involved. You must negotiate your deal with another

parent/player. New junior hoodies will be available to purchase on line. Second hand gear can be bought and sold throughout the season between members - so get networking!!!!

Parent/Guardian Responsibilities

- Ensure your child is at training and games on time
- Be supportive of all the players on the team
- Refrain from criticising the opposing team
- Encourage your child to be a team player
- Give positive feedback
- Encourage your child to have fun rather than putting all the importance on winning
- Respect the officials/
- Respect the role of the coach and please refrain from coaching your child during games.

Discipline All children must respect their coaches & fellow players and listen to instruction; the coaches will use the Umpiring Carding System.

Green WARNING 2 minutes in zoned area

Yellow SIN BIN 10 minutes in zoned area

Red OFF Parents contacted

Collection: Parents should not "Drop & Go" before the appropriate time and/or before a coach has arrived to take the session. We cannot accept any responsibility prior to/or after the appropriate training time.

Support: LHC has become aware that many parents are not staying to support their child when they play blitzes. Your child will benefit from moral support from the sideline. It is a 'BIG' day for them.

Blitzing: You will be advised by text in October of the Blitzing Fixtures List. You must return the permission slip for season with payment (covers all bus costs). Cost to be advised later. Permission slips and fixtures can be downloaded from the LHC web site and forwarded to the relevant coordinator.

As a Parent/Guardian you will be required to help at away matches or home blitzes and you will be called upon to give a helping hand. Supervision is required and your help is needed.

Coordinators will issue texts regarding upcoming blitzes. Answer all texts sent to you concerning blitzes stating whether your child is available or not to travel. Include your child's name and your ability to travel with the group.

If you do not reply to the text you cannot expect your child to have a place on the team.

Details of the Blitz departure times will be posted on the web site. It is the parent's/Guardian's responsibility to ensure a filly or colt is entered as due to high numbers it will be on a first come basis.

Travelling to Away Matches

- Each child must be at the bus no later than 15 minutes before departure and seated no later than 5 minutes before departure as this enables the travelling coach to confirm numbers.
- **The bus will not wait if you are late.**
- The bus does not stop on the way down to or up from Cork - this delays arrival and return.
- We would appreciate if juniors did not ask the coaches "to go to the shop".
- Please ensure children are collected promptly as it will have been a long day and the Coaches and volunteers will have their own family commitments.

Travel Sickness: Please advise coaches if your child suffers from car sickness.

Code of Conduct for Junior Players: Arrive at the meeting point (away games) or pitch (home games) at the pre arranged times. This is your responsibility not your parents/guardians.