



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 instill 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.

www.limerickhockeyclub.ie

Personal Details Desk

The Junior coordinators will be at "The Club Shop" on Sunday 6th September 11-1pm, please ensure you check and ensure we have your correct contact details. The coordinators will be allocating dates for Parents/Guardian's to assist - get in early for your preferred date.

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).

- 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.

Junior's

Colts & Fillys U12 Training		
9.00 - 10.00am	Saturday	Villiers School
9.30 - 10.30am	Saturday	UL Astro

Dates for your Diary

September 2009

Sun 6th "Club Shop"

Sat 5th Start Back/ Junior Training
day at Villiers

October

Sat 24th Mid Term Break
NO HOCKEY

December

Sat 12th Parents V Juniors
(Christmas Holiday's)

January 2010

Sat 9th Start Back

March

Sat 27th Parents V Juniors
(Last day of season)

Training is
never cancelled,
if raining
the call is yours

Coaches Villiers

Newbie's
Colts & Fillys

Kieron Brislane
Barbara Bermingham
Caroline Keane

U10 Fillys

Orla Beagley
Maire Walsh

U10 Fillys Coordinator

Edel Gupta

U12 Fillys

Ann Barry
Alva Clein
Grainne Phelan

U12 Fillys Coordinator

Karin Hogan

U10 + U12 Colts

Colt Co-ordinator

Hugh Lilburn

Volunteer Needed

Committee Members 2009/10

Chairperson
Secretary
Social Secretary
Fixtures Secretary
Treasurer
P.R.O.
Coaching Development
Player Development
Umpiring Co-ordinator
Volunteer Co-ordinator
Child Protection Officer
Children's Officer
Committee Members

George Blackwell
Alison Gibson
Roderick Smith
Barbara Bermingham
Therese O'Brien-Kelly
Justin O'Connor
Michael McCrossan
Karen Long-Eacrett
Kieron Brislane
Audrey O'Grady
John Battles
Caroline Keane
Sarah O'Brien/Andrew Langford

UL

Newbie's
Colts & Fillys

Michael Mc Crossan

U10 Fillys
U10 Fillys Coordinator

Jeannette Mc Crossan
Kieran Clancy

U12 Fillys
U12 Fillys Coordinator

Audrey O'Brien
Pat Fitzgerald
Fiona McCarthy

U10 & U12 Colts
U10 & 12 Colts Coordinator

Declan O'Brien
Volunteer Needed*

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: -

Fillys

- Pink Shirt
- Navy Skort
- Navy Socks
- Hockey Astro-Turf Shoes



Fillys & Colts: Navy "warm vest" may be worn during training and games under club shirts (Canterberry/Rugbytech)

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

Colts

- Navy Shirt
- Navy Shorts
- Navy Socks
- Hockey Astro-Turf Shoes



Optional

Junior Hockey Shirts

Members wishing to buy or sell a 2nd Hand junior shirt or other gear can do so at the annual club shop in Villiers Gym 6th September 11-1pm.

The club will not be involved. You must negotiate your deal with another parent/player. New shirts will be available to purchase €45.00.




Second hand gear can be bought and sold throughout the season between members - get networking!!!!

** If you miss the club shop-contact Gilmour Sports Direct at Hockeyireland.com*

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 and listen to instruction; the coaches will use the Umpiring Card 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/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 advice 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.