



Always remember -
 no gum shield, no shin guards, no hockey astro-turf shoes, no training **NO GAME**

Senior Men's training sessions with Dave Passmore
 Villiers School 7.45 - 9.30pm

Tuesday 25th August
 Thursday 10th September

Sat 12th & Sun 13th September Training Weekend-€40.00

Tuesday 22nd September
 Tuesday 29th September

Tuesday 13th October
 Tuesday 20th October

Tuesday 3rd November
 Tuesday 10th November
 Tuesday 24th November

Tuesday 1st December
 Tuesday 15th December

Tuesday 5th January
 Tuesday 12th January
 Tuesday 26th January

Tuesday 2nd February
 Tuesday 9th February
 Tuesday 23rd February

SENIORS

Mens & Ladies

Welcome to Limerick Hockey Club. LHC is a young vibrant and energetic club. Our goal is to improve the standard of hockey in the mid west through the teaching of best practice coaching techniques where hockey is encouraged as a challenging enjoyable sport for all.

SENIOR All Home League & Cup Games @ Villiers School, NCR

TRAINING TIMES Senior Men & Ladies
 Tuesday 8.00 – 9.30pm Villiers School NCR
 Thursday 8.30 – 9.45pm Villiers School NCR

START BACK Senior Men & Ladies Tuesday 25th August 2009



Dates for your Diary

September 2009

Sat 5th Junior Training day 9- 1:30
 Sun 6th "Club Shop" 11- 1pm
 Sat 12th Pre-season Training
 Sun 13th Dave Passmore €40
 Tues 22nd Senior Subs Draw

October

Sat 3rd Casino night

November

Race Night

December

Christmas Party

January 2010

Sat 5th Back Training

May

Dinner Dance

Training is
 never cancelled
 if raining
 the call is yours

Committee Members 2009/10

Chairperson George Blackwell 087 2437179
 George@limerickhockeyclub.ie

Secretary Alison Gibson
 gibsonJ@eircom.net

Social Sec. Roderick Smith
 Roderick.smith@reztdorparkinn.com

Fixtures Sec. Barbara Bermingham 086 6704590
 bmbermingham@eircom.net

Treasurer Therese O'Brien-Kelly 087 2765347
 tobk99@hotmail.com

P.R.O. Justin O'Connor 0868166604
 Justinoconnor@gecas.com

Coaching Development coordinator

Michael McCrossan michael@limerichockeyclub.ie

Player Development coordinator

Karen Long-Eacrett Karen@limerickhockeyclub.ie

Umpiring Co-ordinator

Kieron Brislane Kieron_brislane@dell.com

Volunteer Co-ordinator

Audrey O'Grady Audrey.murray@delta.com

Child Protection Officer

John Battles JohnBattlesSolicitors@eircom.net

Children's Officer

Caroline Keane jimcaroline@eircom.net

Committee Members

Sarah O'Brien
 Andrew Langford

Men's 1st XI Captain Thomas Clarke 087 9432304

Men's 1st XI V Captain Brian Fitzell 086 1958283

Ladies 1st XI Captain Karen O'Flynn 087 9912892

Ladies 2nd XI V Captain Rachel Ryan

Men's 2nd XI Captain Roland Dohecty 087 2679996

Men's 2nd XI Vice Capt Andrew Langford -

Ladies 2nd XI Captain Elaine Meyler 087 6574840

Ladies 2nd XI V Captain Maeve Moynihan -

Men's Coach George Blackwell

Ladies Coach John Meyler -

GENERAL INFORMATION

CLUB COLOURS

Men

- Navy Shirt, Navy Shorts, and Navy Socks (white away games)

Ladies

- Pink Shirt, Navy Skort, Navy Socks.

Navy Warm Vest is permitted under club shirts during matches.

Hockey Astro Shoes are required by all players. They can be order on line from

Gilmour sports @ www.hockeyireland.com

Senior Hockey Shirts & Track Suit

Can be purchased from Karen Long-Eacrett - 085 7272673
Karen@limerickhockeyclub.ie

Club Kit

Club track Suit	€125.00
Ladies/teen Shirt	€27.00
Men's Shirt	<i>Sponsored available from team captain</i>
Club Training Hoodies	€35.00 <i>(optional)</i>
Club Rain Jacket - waterproof	€45.00 <i>(optional)</i>
Head band	€12.00 <i>(optional)</i>

Club shop will be held in Villiers School on
Sunday 6th September 11am-1pm.
Please check web site.

LOYALTY OFFERS

Gilmour sports offer loyalty schemes, please insert 1010

where applicable and the club will benefit from your purchases. A link from club website is available under 'kit'. Can be purchased from Limerick Sports Store.

SAFETY

All club senior players must wear:

- Gum Shields
- Shin Guards
- Hockey Astro Shoes

while training or playing for the Club.

CODE OF CONDUCT FOR SENIOR PLAYERS MEN'S & LADIES TEAMS

- Arrive at the meeting point (away games) or pitch (home games) at the pre arranged times.
- Arrive togged out ready for game and in club tracksuit.
- Wear shin guards, gum shields and proper Hockey Astro shoes on the pitch.
- Be courteous and polite to driver, team-mates, opposition and umpires etc.
- For away games share driving so same person is not driving constantly.
- Non drivers to organise a rota of lifts with parents etc.
- Attendance at refreshments at home and away matches is expected.

Volunteer Programme

- All senior players will be required to give one Saturday morning (1 hour)during the season to assist in Junior coaching at Villiers or UL
- Training Day - 1st Day of new season Seniors will coach Juniors, to ensure both sections of the club know each other.
- Senior players are expected to participate in umpiring | rules evening

CORRECT MATCH GEAR IS AS FOLLOWS: -

Ladies: -

- Pink Club Shirt
- Navy Skort
- Navy Socks



Men: -

- Navy Club Shirt
- Navy Shorts (TK Paris)
- Navy Socks (or white socks for away games)



- Anyone turning up with the incorrect gear or missing gear will risk not being selected to play
- When facilities allow showers must be taken after the games.
- Answer all texts sent to you concerning games stating whether you are available or not and include your name to avoid confusion.
- Failure to reply to texts may lead to non-selection if numbers on the match day don't allow it.

If you think that you have a match at the weekend and have not received a text on it then it is up to YOU to find out the details from the coach or captain. "Don't just turn up" as the match may have been cancelled or venue changed etc.

Once confirmation of availability is given one is obliged to attend,

FIXTURES/DATES FOR YOUR DIARY

Please check out website for results, Away Fixtures & Match Times.

Club Notes will be appearing in the Limerick Post, Limerick Leader and Live 95fm will be kept posted with senior match results from next season.

These dates may change please check website near date.

The Committee & Coaches would appreciate if you would take time to read this handbook and check out the new website. It has lots of information that you will need throughout the season and it will assist the coaches and captains in un-necessarily repeating themselves

thank you