

2011 Dates for your Diary



SENIORS Men's & Ladies 2011

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 Men & Ladies

Monday	8.00 – 9.30pm	Villiers School NCR
Tuesday	8.00 – 9.30pm	Villiers School NCR
Thursday	8.30 – 9.45pm	Villiers School NCR

START BACK Senior Men & Ladies Tuesday **23rd August 2011**

September 2011

Thurs 29th Senior Subs Draw

December

Christmas Party TBA - Check website and facebook

January 2012

Tues 3rd Back Training

May

Dinner Dance TBA

Coaching Development coordinator Michael McCrossan	michael@limerichockeyclub.ie
Player Development coordinator Karen Long-Eacrett	Karen@limerickhockeyclub.ie
Volunteer Co-ordinator	To be decided
Child Protection Officer John Battles	JohnBattlesSolicitors@eircom.net
Children's Officer Caroline Keane	jjmcaroline@eircom.net
Committee Members Sarah O'Brien Andrew Langford	

Men's 1st Captain Men's 1st V Captain	Brian Fitzell Roland Doherty
Ladies 1st Captain Ladies 2nd V Captain	Sandra Rossiter TBA
Men's 2ndl Captain	Andrew Langford/Michael Houghton
Ladies 2nd Captain Ladies 2nd V Captain	Maeve O'Reilly TBA
Ladies 3 rd Captain Ladies 3 rd V Captain	TBA TBA
Mens Coach Ladies Coach	Aamir Khan John Meyler

Committee Members 2011/12

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	

PLAYER REPRESENTATIVE

Player representatives have been appointed to support all senior players with a special emphasis on senior teens (u21) to ensure players are happy and content with the club. These rep's are intended to be a point of contact between players and their respective coaches, captains and all committee members. Any questions, queries or issues can be aired by the player directly or through the rep's below.

Men's Melvin Buttimer
Ladies Sarah O'Brien

GENERAL INFORMATION

CLUB COLOURS

Men

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

Ladies

- Pink Shirt, Navy Skort, Navy Socks.

Navy Base layer 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

Club Kit is now available for purchase on line at [www. Hockeyireland.,com](http://www.Hockeyireland.com).
Go to www.HockeyIreland.com
Click **Club kit** Link and then
Click **Limerick Hockey Club**.
insert 1010 where applicable and the club will benefit from your purchases..

All players require a number for their shirt, please contact Karen for yours.

LOYALTY OFFERS

As Above Gilmour sports/Hockey Ireland .com offer loyalty schemes, please insert 1010 where applicable and the club will benefit from your purchases.

SAFETY

All club senior players must wear:

- Gum Shields
- Shin Guards
- Hockey Astro Shoes

while training or playing for the Club. Please make sure you have adequate insurance

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
- 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 you name to avoid confusion.**
- **Failure to reply to texts may lead to non-selection if numbers on the match day don't allow it.**
- **All players are expected to attend the after match Tea at both home and away games. You will be required to bring food for visiting team tea's on a rotated basis.**
- **Senior Teens parents will be expected to be available to drive to away matches**
- **When travelling to away matches contribution of €5.00 is required to pay for driver fuel expenses**

COMMUNICATION

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 for results, Away fixtures & match times on our web site Facebook and twitter,

Club Notes will be appearing in the Limerick Post, Limerick Leader and Live 95fm

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