

## 2011/12 Dates for your Diary

<b>October</b>	
15 <sup>th</sup>	Teen Disco
<b>November</b>	
26 <sup>th</sup>	Teen Disco
<b>December</b>	
Christmas Party TBA Check website and Facebook	
Saturday 19 <sup>th</sup>	Parent V Child
<b>January 2012</b>	
Saturday 7 <sup>th</sup> 28 <sup>th</sup>	Back Training Teen Disco
<b>March 2012</b>	
24 <sup>th</sup>	Teen Disco
<b>May</b>	
Dinner Dance	TBA
<b>Please note Teen Disco <u>STRICTLY</u> 12-15 years, 1-3<sup>rd</sup> Year only</b>	



## Teen Boys & Girls 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.

**All Home League Games at Villiers School, NCR**

**TRAINING TIMES:** Boys and Girls

**START BACK** Saturday 10<sup>th</sup> **Sept 2011**

Saturday	9.45.00 – 11.00	Villiers School NCR B & G
Saturday	10.30. – 11.30pm	UL - Girls Only

**EXTRA TEEN TRAINING/MATCH PRACTISE. (all in Villiers)**

Saturday	1.15 – 2.30	Girls
	2.30 – 4.00	Boys

Dates: 10<sup>th</sup> September, 8<sup>th</sup> October, 12<sup>th</sup> Nov, 10<sup>th</sup> Dec, 14<sup>th</sup> Jan, 11<sup>th</sup> Feb

Coaching Development coordinator Michael McCrossan	<a href="mailto:michael@limerichockeyclub.ie">michael@limerichockeyclub.ie</a>
Player Development coordinator Karen Long-Eacrett	<a href="mailto:Karen@limerickhockeyclub.ie">Karen@limerickhockeyclub.ie</a>
Volunteer Co-ordinator	To be decided
Child Protection Officer John Battles	<a href="mailto:JohnBattlesSolicitors@eircom.net">JohnBattlesSolicitors@eircom.net</a>
Children's Officer Caroline Keane	<a href="mailto:jimcaroline@eircom.net">jimcaroline@eircom.net</a>
Committee Members Sarah O'Brien Andrew Langford	

<b>Teen Coaches</b>	
Villiers:	Annie Barry,
Assistants	Maire Walshe, Terri Coleman, Aoife Ryan, Jackie Carey,
Coordinator	Helen Stack
UL:	Declan O'Brien,
Fitness	Pat Fitzgerald
Assistant	George Blackwell
Co-ordinator	Audrey O'Brien

**Committee Members 2011/12**

Chairperson	Keith Morrow	087 8235783
Secretary	Alison Gibson <a href="mailto:gibsonJ@eircom.net">gibsonJ@eircom.net</a>	0868948284
Social Sec.	Lorraine McGowan	0862074348
Fixtures Sec.	Barbara Bermingham <a href="mailto:bbermingham@eircom.net">bbermingham@eircom.net</a>	086 6704590
Treasurer	Jennifer Joyce	087 2765347
P.R.O.	Michael Houghton	

## 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](http://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](http://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 TEEN PLAYERS

- 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.

**Discipline** All Teens 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**

## CORRECT MATCH GEAR IS AS FOLLOWS: -

### Girls: -

- Pink Club Shirt
- Navy Skort
- Navy Socks

### Boys: -

- Navy Club Shirt
- Navy Shorts (TK Paris)
- Navy Socks

- **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.**
- **Ensure we have all parents' telephone numbers. 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..**
- **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

### TEEN TO SENIOR PROGRAM

LHC have a Teen2Senior program to assist teens in their development to Senior Hockey. Teen players will generally move to senior hockey in the September of the year they turn 15. Some may move before this pending agreement with coaches and parents

The following has been put in place to assist this transition

1. **Training Taster**
2. **Teen2senior Meeting**
3. **Senior Support**

**More information available from Karen Long-Eacrett – Player Development Co-ordinator**

*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*

