



SIDMOUTH & OTTERY HOCKEY CLUB



Guide for Junior Players and their Parents

This brief guide is written for juniors and their parents who are new to hockey. We recommend that parents read and discuss it with their children.

The Club's activities are organised and delivered by volunteers. If you as a parent would like to join our merry bands of volunteers, please do contact the Club or speak with a coach or other organiser.

The information below is organised into 3 sections: At home; Pitch-side and After the Session.

AT HOME

Essential Preparation and Knowledge

With your child, read the information provided below and at the links to help understand how we do things:

- Make sure that your personal details held by the Club are up to date, including your emergency contact details and that you have read and accepted the terms of membership. You should do these things yourself on the [Pitchero Club app](#)
- Read our [Club Code of Behaviour](#)
- If your child is unwell, whether Covid-19 or any other illness please be considerate to others and don't come to hockey.
- Arrive on time - please arrive 5 mins before the start so we can take a register to enable your child to have as much time on the pitch as possible.

Kit and Equipment

Make sure your child has the following kit and equipment:

- See the [Club website](#) for guidance on kit and equipment
- Stick – we have some sticks available, but would recommend each player having their own. [Honiton Sports](#) is a good place to go if you need to buy one. If you're more adventurous use our [Club Shop](#) to find one on-line
- Shin pads are strongly recommended – those designed for hockey are best
- Mouth guard/gum shield – this is a matter of parental preference. England Hockey strongly recommend their use
- Face masks for short-corners - these are strongly recommended by England Hockey and as a Club we endorse that recommendation especially for U12s and U14s who are determined to be defenders! For any other child, it is a matter for parental choice, but please speak to a coach if you have any questions or concerns.
- Drinks bottles need to have your child's name on them.

Clothing

- Playing tops – please bring a dark and light top to every session. This allows us to set up teams without having to use bibs
- Underarmour – long sleeved is best. This will provide low bulk warmth in layers
- Shorts/skort/skirt. We wear these through the season, sun and rain, if at all possible

- Track suit bottoms – for if it gets really cold. If it's raining, they get wet and can be uncomfortable - shorts/skorts/skirt are best
- Long socks – big enough to fit over shin protection
- Bobble hat. These are for the chilliest of days. We don't get many of these!

PITCH-SIDE

- All players will be recorded on the roll call before they enter the playing area. We use Pitchero - our Player Management System to do this.
- All kit and clothing brought into the area by the junior player must be kept with their other belongings and taken away at the end of the session. Any belongings left at the end of the session will be handed into the respective Leisure Centre.

AFTER THE SESSION

- Please do take time to thank the Club's volunteers who have given up their time to make every session possible
- Players collect their personal kit bag, stick and drinks bottle and leave the area