

# FALKIRK AND LINLITHGOW HOCKEY CLUB SEASON 25/26 INFORMATION



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Falkirk & Linlithgow Hockey Club (FALHC) is a community sports club operating across Falkirk and West Lothian Districts. This document will provide you with an introduction to the club, as well as information for new and existing members, or parents and guardians of our Junior members.

FALHC was formed in May 2017 from a merger of 3 separate clubs that worked collaboratively but were recognised as distinct entities with their own committees, objectives and plans. When Falkirk GHG Men, Linlithgow Ladies and Linlithgow Juniors came together to form FALHC, a single club was created that provided hockey opportunities for **everyone** –boys and girls from primary school age upwards, with distinct pathways from picking up a stick for the first time, through our junior hockey academy, into competitive adult hockey with the potential to play at a variety of levels to match current and future capabilities.

We have 7 senior teams (3 ladies and 4 mens), Junior teams at U8, U10, U12 and U14, over 280 members, and a focus on inclusivity and community engagement, supported by strong governance.

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MANAGEMENT COMMITTEE

Chair : Michael Watson

Vice Chair : Adam Cybulski

Secretary : Duncan Service

Treasurer : Douglas Nicol

Fixtures Sec. : Duncan Service

Child Protection Officer. : Alastair Gault

Head of Senior Development : Owen Thomas

Head Of Junior Development : Arthur Robertson

Head of Umpire Development: Liz Williamson

CONTACT DETAILS  
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There are supported pathways for playing, coaching and umpiring at FALHC:

PLAYING

FESTIVALS

U8

U10

JUNIOR EAST LEAGUE

U12

U14

JUNIOR TRAINING

Yellow Sticks

Orange Sticks

Red Sticks

Navy Sticks

Sky Sticks

SCHOOL HOCKEY

S1/S2

S3

seniors

Senior Training

Senior Matches

COACHING

INTRODUCTION TO HOCKEY COACHING

ENGAGING GAMES FOR CHILDREN

COACHING FOR CLUB PLAYERS

SESSIONAL COACH COURSE

COACH COURSE

UMPIRING

RULES NIGHT

SCHOOL HOCKEY

PRACTICAL ASSESSMENT

LEVEL 1

SENIOR MATCHES

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From season 25/26, ALL individuals participating in playing, umpiring or coaching for clubs affiliated with Scottish hockey MUST register directly with Scottish Hockey via the Sport 80 app : [Sport:80 | Investing in Sport](#)

Scottish Hockey

Individual Membership

Get Started

Enter your email address below. This will help us find your account or direct you through the process.

Email Address \*

Field is required

Continue

Scottish Hockey  
Glasgow National Hockey Centre, 8 Kings Drive, Glasgow, G40 1HB

Terms & Conditions Privacy Policy Cookie Policy Help & Support

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Scottish Hockey have tutorials on their YouTube channel @HockeyScotland for:

- [Purchasing Your Membership \(Desktop\)](#) or [Purchasing Your Membership \(Smartphone\)](#)
- [Purchasing a Membership for an Additional Person \(Smartphone\)](#)
- [Purchasing a Membership for an Additional Person \(Desktop\)](#)
- [Changing Your Membership \(Desktop\)](#)

More information is on the Scottish Hockey Website at [Become a Member - Scottish Hockey](#)

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The **SCOTTISH HOCKEY** membership categories are:

Registration Category	Fee	Conditions
Adult	£48	All individuals over the age of 18, who participate in ANY on field activity organised by Scottish Hockey or affiliated district (eg EAST for us) including player, coach, manager, umpire, physio, etc.
U18	£25	Any player under 18 on 1 <sup>st</sup> January on the season of registration (i.e. u18 on 1 <sup>st</sup> January 2025 for the 25/26 season) participating in senior club hockey
Club Support	£12	Any individual NOT involved in on field activity organised by Scottish Hockey or affiliated district. Eg.Tresurer, secretary, Parent helper at club training sessions. If the individual holds dual roles – eg Parent Helper at junior training AND a player or umpire, the should register as an ADULT.
Casual	£12	Any non-regular player, who plays UP TO 3 games. After 3 they must become an ADULT member.
Youth	£5	Any player under the age of 18 only participating in youth hockey. This includes training, festivals, games, tournaments, and u14s playing development friendlies.

The registration fees are paid directly to Scottish Hockey. Club membership fees are separate and have been updated to reflect this change in registration. Individuals should change their category as required. Eg. Casual playing more than 3 games -> Adult, Youth member turning 14 and playing Senior matches -> U18.

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Both senior sections operate 2 membership categories, which include all training, games and registration with East District. Scottish Hockey membership (inc group insurance) is paid directly to Scottish Hockey via the Sport:80 membership portal.

Club Membership is managed via the Teamo app, which requires ALL members to be registered, and have a valid direct debit mandate in place to enable the app to take payments.

If there are any individuals that do not believe that they fit into one of the categories noted below, or are having difficulty paying their fees, they should speak in confidence to the treasurer.

Club memberships have been updated to reflect the change in registration with Scottish Hockey, and a switch from 12 payments to 10 to better reflect the season calendar.

The **CLUB** Adult (18+ on 1<sup>st</sup> Sept) membership categories for season 25/26 are:

Registration Category	Fee	Conditions
Adult	£27	All individuals over the age of 18, who intend to play more than 3 games per season.
Concession	£12	Concessions membership includes: <ul style="list-style-type: none"><li>• O60s</li><li>• Goalkeepers providing their own kit (ie NOT club provided kit)</li><li>• Students</li><li>• Unemployed</li><li>• Adults playing a MAXIMUM of 3 games (SH Casual Member)</li><li>• Training only (SH Casual Member)</li></ul>

All new senior members (inc U18's playing senior hockey for the first time) receive a home playing top as part of their membership

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The club operates 7 senior teams, 1 Mens o35s, and 3 indoor sides:

Team	League	Captain
M1s	National League	Liam Witt
L1s	Championship II	Abbie Duncan
M2s	East I	Michael Campbell
L2s	East III	Karin McKenny
M3s	East III	Adam Gardner
LDevs	East V	Hannah Trotter
MDevs	East IV	Michael Watson
MVets	East League	Stafford Dickson
M1s Indoor	National League III	Liam Witt
L1s Indoor	National League III	Jo Beedie
M2s Indoor	Regional League	Iain Webster



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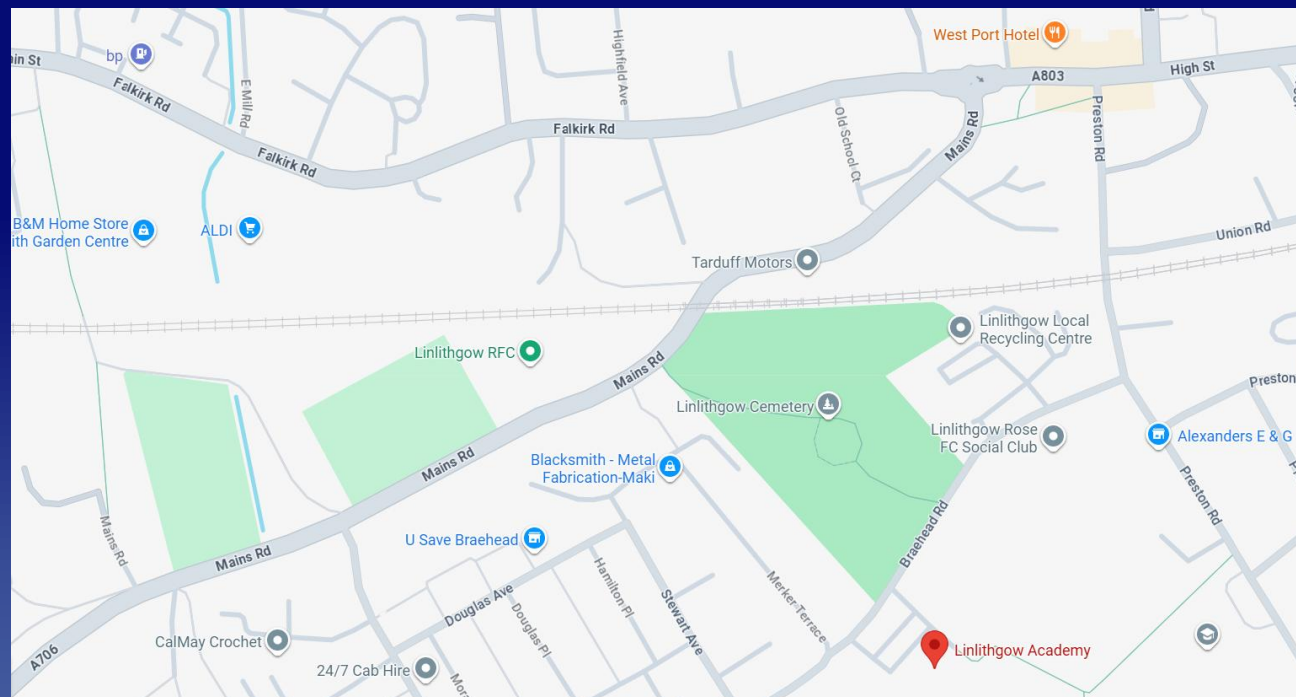
additional

The club utilises Linlithgow Academy for outdoor training and matches from:

Day	Time	Event
Tuesday	19:15 – 20:45	Mens Performance Training
Tuesday	19:15 – 20:45	Ladies Performance Training
Wednesday	20:15 – 21:45	Ladies Club Training
Thursday	19:15 – 20:45	Mens Club Training
Saturday	11:00 – 15:45	Senior Matches

Address:  
Braehead Road,  
Linlithgow  
EH49 6EH

What 3 words:  
///graceful.aimless.clocking



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Our Junior section includes Junior Academy Training, youth festivals and East League Matches, Linlithgow Academy School training and matches, as well as u18s playing senior hockey. Membership, includes all training, games and registration with East District. Scottish Hockey membership (inc group insurance) is paid directly to Scottish Hockey via the Sport:80 membership portal.

Club Membership is managed via the Teamo app, which requires ALL members to be registered, and have a valid direct debit mandate in place to enable the app to take payments.

If there are any individuals that do not believe that they fit into one of the categories noted below, or are having difficulty paying their fees, they should speak in confidence to the treasurer.

Club memberships have been updated to reflect the change in registration with Scottish Hockey, and a switch from 12 payments to 10 to better reflect the season calendar.

Registration Category	Fee	Conditions
u18	£12	All individuals under the age of 18, who intend to play senior or school hockey.
School	£12	All individuals who are attending school and intend to play senior or school hockey.
Junior	£12	All individuals under the age of 14 that participate in junior training, matches or festivals

All new “Junior” members will receive shinguards and a gumshield to ensure their safety at training and matches, as well as club hoodies, training top and socks.

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The club utilises Linlithgow Academy for all outdoor training and matches, with the exception of Falkirk High School for junior training on THURSDAY:

Day	Time	Event
Tuesday	16:00 – 17:00	S1 – S3 Linlithgow Academy Girls Training
Tuesday	16:00 – 17:00	S1 – S3 Linlithgow Academy Boys Training
Tuesday	17:00 – 18:00	S4– S6 Linlithgow Academy Girls Training
Wednesday	18:15 – 19:15	Junior Academy Training (Yellow, Orange and Red Sticks)
Wednesday	19:15 – 20:15	Junior Academy Training (Navy and Sky Sticks)
Thursday	18:15 – 19:30	Junior Academy Training (All groups @ FALKIRK HS)
Saturday	09:00 – 12:00	Linlithgow Academy School Matches

Address:  
Linlithgow Academy  
Braehead Road,  
Linlithgow  
EH49 6EH

<https://what3words.com/>  
[///graceful.aimless.clocking](https://graceful.aimless.clocking)

Address:  
Falkirk High School  
Westburn Avenue,  
Falkirk  
FK1 5BZ

<https://what3words.com/>  
[///dreams.warblers.irritate](https://dreams.warblers.irritate)

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The club are very lucky to have a number of sponsors that support the Junior Academy and enable us to continue to provide clothing and protection items to all Junior members.

If anyone knows of any companies or business that might be interested in supporting the club, please ask them to get in touch via our socials or [FALHCinfo@gmail.com](mailto:FALHCinfo@gmail.com) to have a chat about what opportunities are available, or to receive out sponsorship prospectus.



Add sponsor details here:



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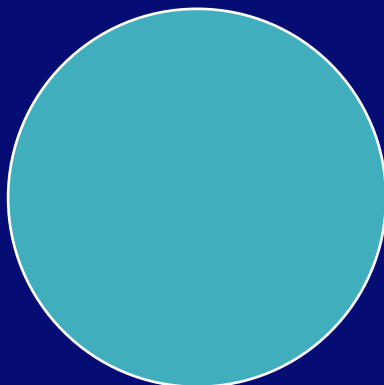
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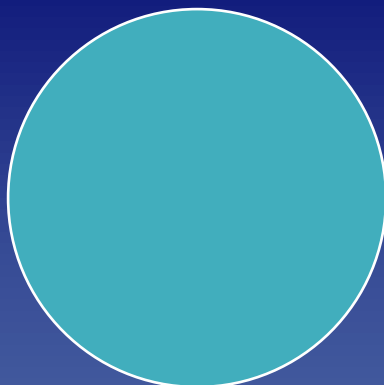
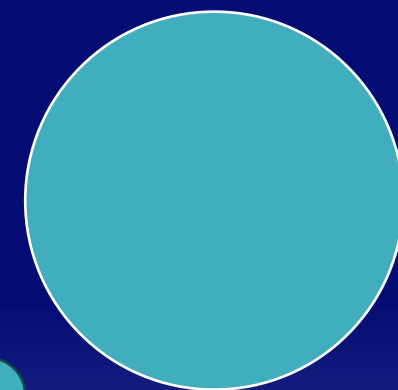
additional

Hockey is traditionally a very social sport, and we try to encourage club members to meet with other sections that they may not see at training or games by hosting multiple socials throughout the year..



The season kicks off with our club open day in August, where all sections of the club come together. Juniors have an open training session in the morning where they are encouraged to bring a friend along to try hockey out. Our Back2Hockey open session follows that, for anyone thinking about picking up a stick again, or someone totally new to the sport to come along and see what the club has to offer. And it's finished off with a mixed match from the mens and ladies sections, with a meet up for refreshments after the match,

After the school break we hold an Autumn mixer, which could be a race night, quiz or bingo.



Insert details about sprint mixer here

Add pictures  
for each event



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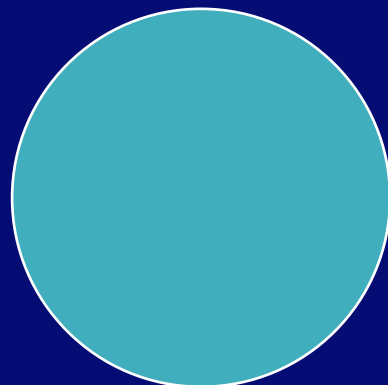
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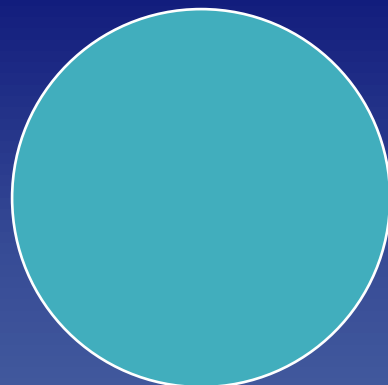
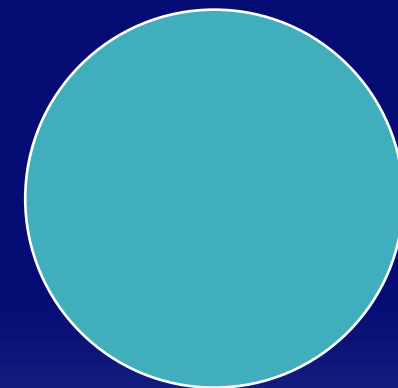
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Hockey is traditionally a very social sport, and we try to encourage club members to meet with other sections that they may not see at training or games by hosting multiple socials throughout the year..



Once league finish and training winds down, we run social mixed hockey, every Tuesday throughout the summer.

Our 7s festival takes place 2-3 weeks before the Awards Dance, and is open to current and former players, as well as family and friends. Rules are modified for safety and we let 12+ take part to introduce them to the seniors sections. Food, drink and music, as well as competition and medals complete the day.



Our annual awards night takes place at the end of May, where all senior teams come together to celebrate the achievements of their team mates. Awards are present to Players Player, Coaches/Captains Player and Top Scorer for all the senior teams, as well as Young Male and Young Female players of the year, and special awards for Umpiring and Volunteering contributions.

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As part of members registration, we are required to collect certain elements of personal data. Our privacy policy details what we will use any information for – this can be found in the Governance and Documents section of our website:

[http://www.falkirkandlinlithgowhockeyclub.co.uk/governance\\_and\\_documents](http://www.falkirkandlinlithgowhockeyclub.co.uk/governance_and_documents)

We also have code of conduct policies for the club, coaches, umpires, parents and players which are held in the same place on the website. All members should make themselves aware of these policies. In October 2022, we attained Scottish Hockey GOLD Accreditation Status for the first time.

As part of strong governance and best practice, we aim for all of our coaches to attain a GOLD standard:



Gold Club Accreditation 2022-23



CWPS



PVG



Safe  
Hockey



First Aid

- **Child Wellbeing and Protection in Sport** training provides volunteers with knowledge on child-wellbeing and protection, and is renewed every 3 years
- **Protecting Vulnerable Groups** scheme ensures regulated work is not carried out by unsuitable persons.
- **Safe Hockey** provides guidance and resources to help create and maintain a safe environment
- **First Aid** trained coaches are present at sessions to ensure that there is an immediate response to any minor injuries.

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Playing kit is available through VSN, who are our kit suppliers and host an online shop : [FALKIRK & LINLITHGOW HC – VSN SPORT](#) (Junior options to be added this season)



Club colours are:

- Sky tops
- Navy shorts/skorts
- Navy socks

Where there may be a clash of colours, our change kit will be red tops and/or red socks. When attending matches, you should ensure that you have your change top and socks.

All members are expected to own/have access to both home and change items of club equipment.



Shinguards **MUST** be worn at training and matches. Gumshields and hand-protectors are **strongly encouraged**.

Facemasks are provided to all senior teams to defend penalty corners. From 25/26 all players defending a penalty corner **MUST** wear a facemask.

Players with long hair should ensure that it is tied back, to ensure that it does not impede their vision or cause a distraction than may result in injury.