Dromore Ladies Hockey Club 15-Year-Old Players

At Dromore Ladies Hockey Club, we deeply value the young players who are beginning to emerge into senior hockey. These athletes bring energy, potential, and a bright future to our club. We want each of them to enjoy a long and successful hockey career, and we recognise the importance of protecting their developing bodies during these formative years. We also understand that our young players balance school hockey, schoolwork, extracurricular commitments, and the challenges of teenage life. Our protocol ensures they are supported, guided, and developed safely.

Protocol for 15-Year-Old Players

Eligibility for Senior Hockey

- Under Ulster Hockey rules, once a player reaches the age of 15, they may play senior hockey.

Invitation to Senior Training

- When a player turns 15, they may be invited to attend senior training sessions at some point in the season. Not every 15 year old player will be ready for senior club while still playing at a junior level.

Individual Assessment

- Coaches will determine the most appropriate training group for each player based on development, confidence, physical readiness, and overall wellbeing.

Junior Hockey Priority

- If asked to train, players should continue to prioritise Dromore U15 matches and training.
- Junior development remains the foundation of their progression.

Selection for Senior Matches

- Players may be selected for senior games.
- While they remain members of the junior club, priority for team positions will be given to senior players.

Weekly Selection Expectations

- Players may not be selected every week while they are still part of the junior club.
- Selection will depend on player readiness, team needs, and workload management.

We aim to nurture confident, capable, and resilient young athletes who enjoy their hockey, grow steadily, and transition into senior hockey safely and successfully. This protocol ensures that every 15-year-old player is supported with care, fairness, and long-term development in mind.