



Bedford Hockey Club

BEDFORD HOCKEY CLUB JUNIORS AND YOUTHS

INFORMATION PACK 2026 - 2027



ENGLAND
HOCKEY



Our Club

Welcome to Bedford Hockey Club

Bedford Hockey Club was founded back in 1893 making it one of the oldest, largest & most successful clubs in the East Region. Chester Road has been our home since 1991 and we currently have over 500 registered players.

Our Junior and Youth Hockey Coaching welcomes children from 4 to 18 years old and provides social and competitive hockey between September - April.

Bedford Hockey Club is dedicated to upholding the principles of equal opportunity. The club strives to guarantee that everyone, regardless of age, gender, ability, race, religion, ethnic origin, creed, colour, social status, or sexual orientation, has a fair and equal chance to engage in hockey at all levels and in all capacities. This commitment extends to all members and spectators. Bedford Hockey Club follows the guidelines set forth by England Hockey.



Bedford Hockey Club

JUNIOR AND YOUTH HOCKEY



Junior Hockey U6 - U12

Bedford Hockey Club has created a welcoming and dynamic centre to allow our young players the space to learn about the exciting game of hockey alongside cementing skills and best practice. We welcome all prospective players and no previous hockey experience is necessary.

Our established hockey centre offers players dedicated coaching and a proactive and progressive approach to their development throughout the club.

Bedford Hockey Club offers a full schedule of training throughout the season on a Sunday morning for Junior players as well as the chance to play in local and regional matches against other teams.

For players joining the club or just trying hockey out, we offer **sticks and balls** we only ask for you to bring along your own **mouth guard** and **shin pads**. There is no requirement to wear/buy branded hockey club kit.

We will not be able to allow your child to play without **shin pads** and **mouth guard** for safety reasons.

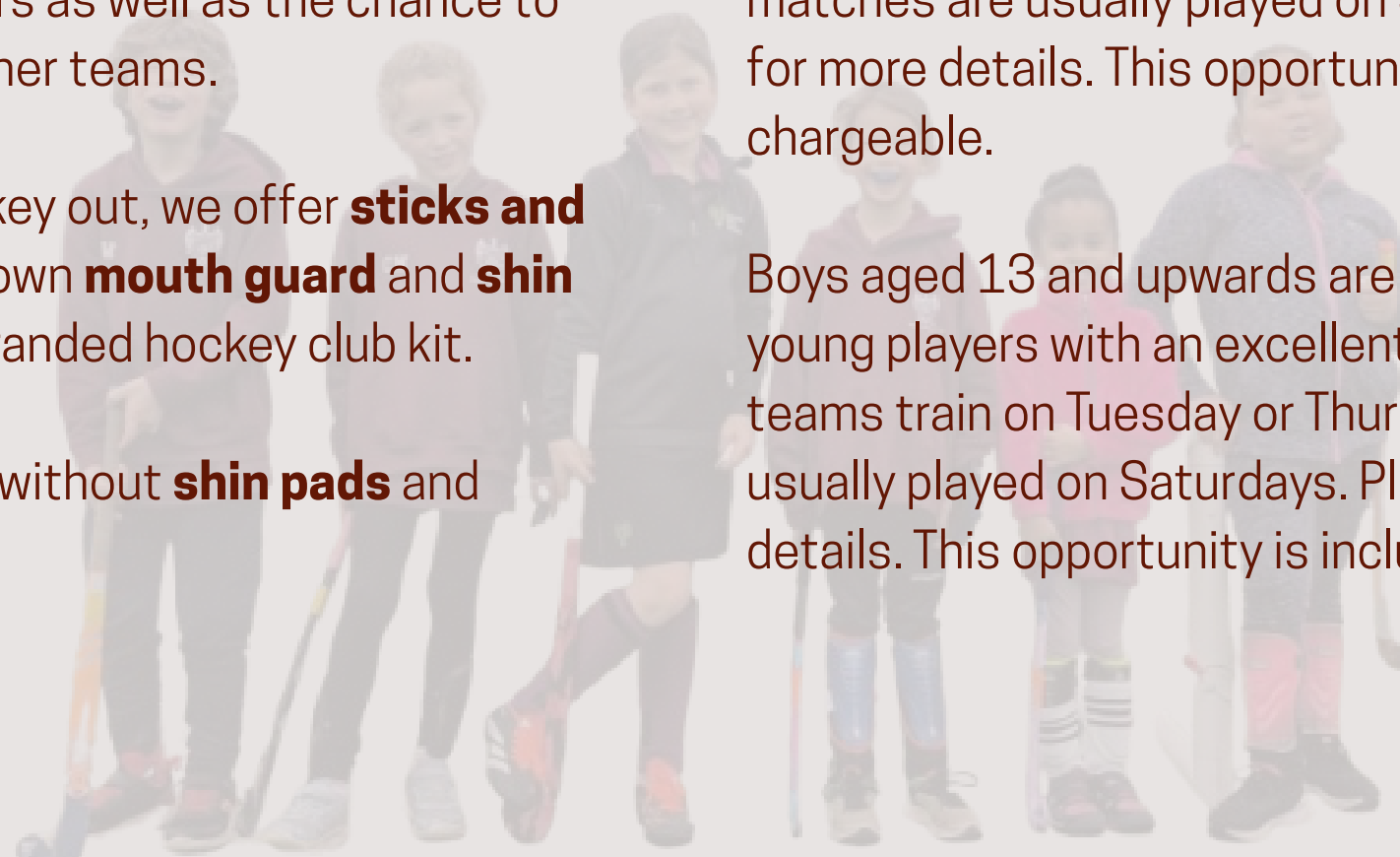
Youth Hockey U14 - U18

Our U14 and U16 players train with their respective age groups every Monday evening (7 - 8:30pm) and our U14, U16 and U18s all have the opportunity to play matches against other Clubs across the region which are often on Sundays.

Girls and Boys train separately on different pitches, and goalkeepers receive specialist coaching sessions alongside match play with their peers.

Girls aged 12 and upwards are also welcome to train and play with the ladies 7s team which is a development squad, providing our younger players a great opportunity to play alongside adult ladies players. Our ladies teams train every Wednesday evening from 7:30 - 9pm and matches are usually played on Saturdays. Please contact Taryn da Silva (07483 866 346) for more details. This opportunity is included in youth subs but £10 match fees will be chargeable.

Boys aged 13 and upwards are welcome to train and play with the Men's teams, providing young players with an excellent opportunity to progress their hockey skills. Our men's teams train on Tuesday or Thursday evenings, depending on the team and matches are usually played on Saturdays. Please contact Sandeep Sira (07841 201 192) for further details. This opportunity is included in youth subs but £10 match fees will be chargeable.



Our Values at Bedford Hockey Club



Enjoyment and Positive Experiences

We promote an environment to create a fun, engaging and safe space where young individuals can develop a lifelong love for hockey

Skill Development

Bedford Hockey Club provides opportunities for players to learn and improve their hockey skills through skills sessions and matches

Respect and Fair Play

We emphasise the importance of respecting the rules, opponents, officials and the spirit of the game

Safe and Supporting Environment

We pride ourselves on our welcoming teams and ensure a duty of care for all young players, creating an environment where each individual feels safe, supported and encouraged to learn and grow

Holistic Player Development

Our club aims to develop 'complete players' by focusing on physical capabilities, mental skills, game understanding and highly skilled actions whilst developing important life skills like teamwork, respect, responsibility, and resilience.



Training Schedule Bedford Junior Hockey and Youth

BEDFORD JUNIOR HOCKEY - SUNDAYS

U6s and U8s Training - Sundays 11am - 12pm midday

First session - Sunday 6th September 2026

U10s and U12s Training - Sundays 11am - 12.30pm

First session - Sunday 6th September 2026



BEDFORD YOUTH HOCKEY - MONDAYS

U14s and U16s Training - Mondays 7pm - 8.30pm (girls and boys train on separate pitches)

First session - Monday 7th September 2026

U18s Training - There is no specific U18 training, however all U18s are welcome to train with BHC Ladies on Wednesday evenings or BHC Men on Tuesday or Thursday evenings (as appropriate).



Bedford Hockey Club

Coaching at Bedford Hockey Club

Bedford Hockey Club is proud to offer coaching to children from the age of 4 years old upwards.

Our coaching team is made up of a combination of volunteer parents and players and paid coaches, all of whom are qualified coaches, and consistently provide top class coaching with an emphasis on creating an enjoyable training session.



Bedford Hockey Club

Junior Coaches at Bedford Hockey Club

U6's

Bel McConnell
James
Cartledge

U8's

Susan Leach
Rob Tarrant



U10's

Matt Walsh
Lewis James-
Lawrence
James Marriott
Chris Hutton
Jess Leach

U12's

Alex Hawke
Dave Appleton
Rachel Dixon
Ash Singh
James Cranfield
Jake Woodrow
Austin Reddy



U14 Girls

Alex Hawke
James Pagliaro
Tony Gammon

U14 Boys

Tim Wilson
Sandeep Sira
Alyn Meredith
Dave Appleton

U16 Girls

Arran de Sousa-
Butterworth
Susan Leach

U16 Boys

Tim Wilson
Sandeep Sira
Alyn Meredith
Dave Appleton

Goalkeeper coaching

Sundays:
Emily Robinson
Holly Todd

Mondays:
Phil Morris



Administration at Bedford Hockey Club Juniors / Youth

Junior Chair - Sandeep Sira

Junior Secretary - Nicola Reddy

Junior Fixtures - Toni Wakenham-Moon

Safeguarding - Stephen Bilham and Debbie Wilson

Contact Email: juniors@bedfordhockeyclub.com



Bedford Hockey Club

Teamo Set up and how to use



Bedford Hockey Club uses the sporting platform Teamo

BEDFORD HOCKEY CLUB

powered by 



BEDFORD HOCKEY CLUB

Your club have chosen to use Teamo for their club database and communications hub.

Teamo gives clubs and teams a secure database, managed email system and interactive app for team management and more.

Before registering to **Bedford Hockey Club** with Teamo, you must agree to the Teamo, Sportplan Ltd T&C's.

☒ I have read and agree to Teamo's [T&C's](#)

Join club

On your browser navigate to this link <http://teamo.chat/club/register/bedfordhockeyclub> where you will be directed to the Bedford Hockey Club registration page.

You will be given the option to register on behalf of a player in a set of simple pages.

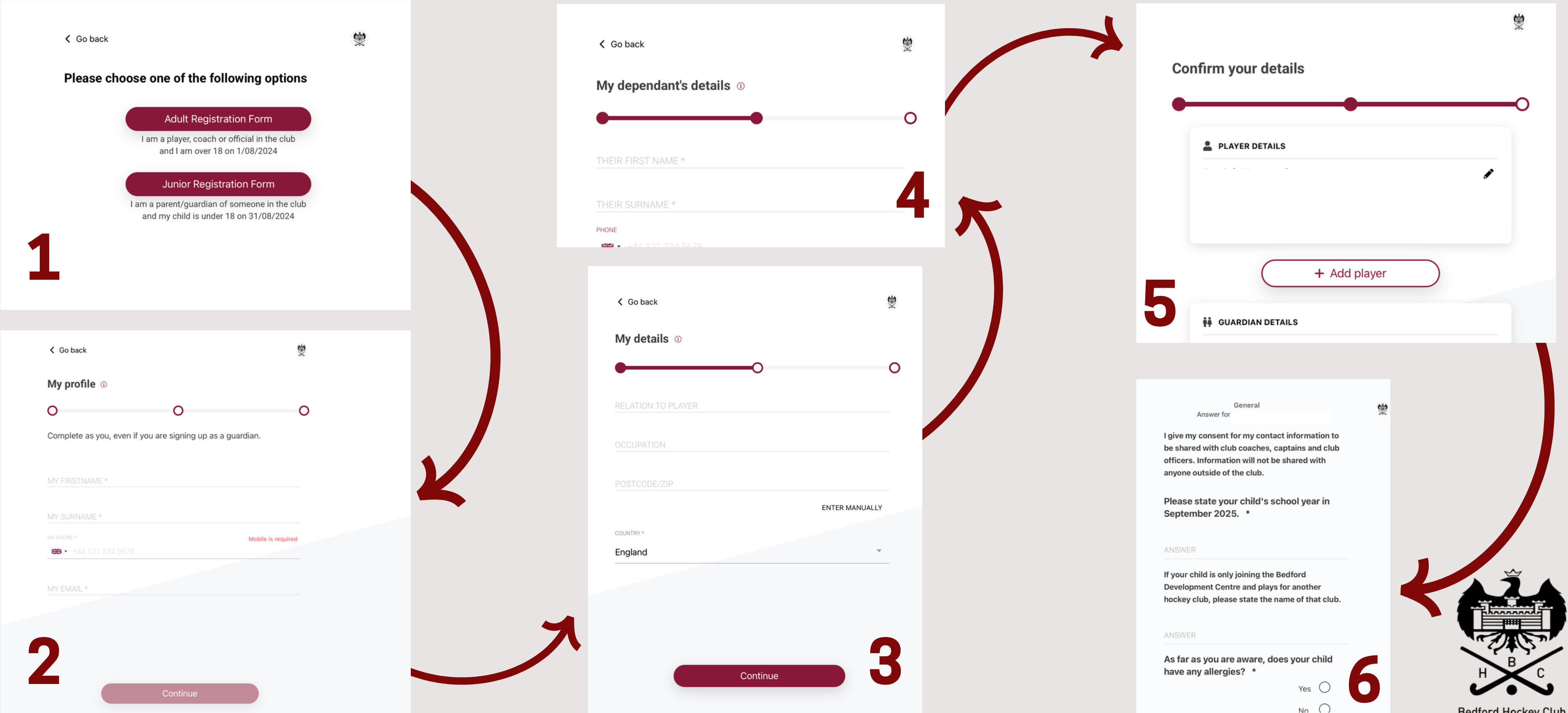
For more help, please look through the next few pages for screenshots of the process or click below for a downloadable guide.

Download Here



Bedford Hockey Club

Teamo Set up and how to use



Teamo App and Subs



Please make sure you download the Teamo App and turn on notifications.

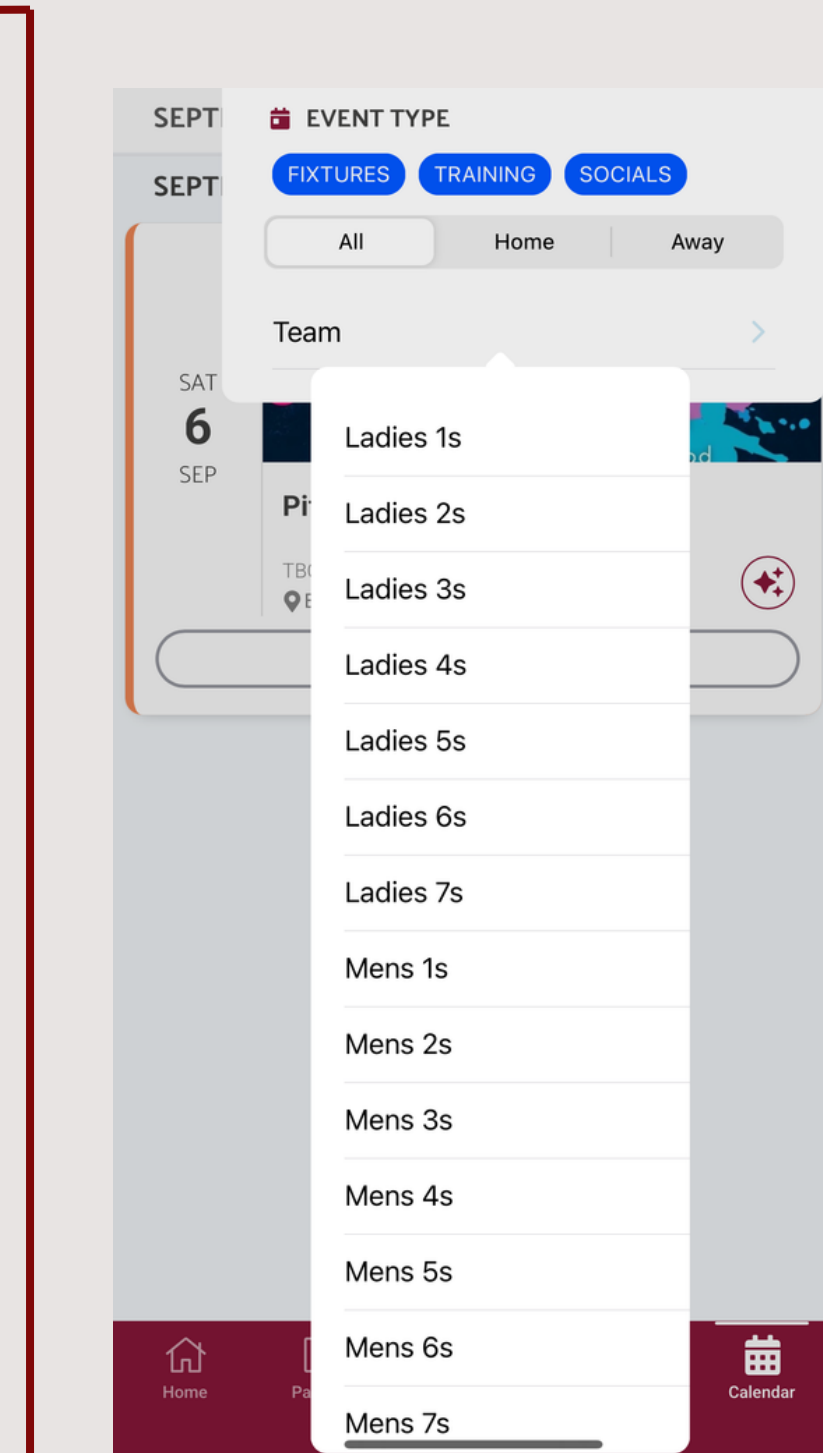
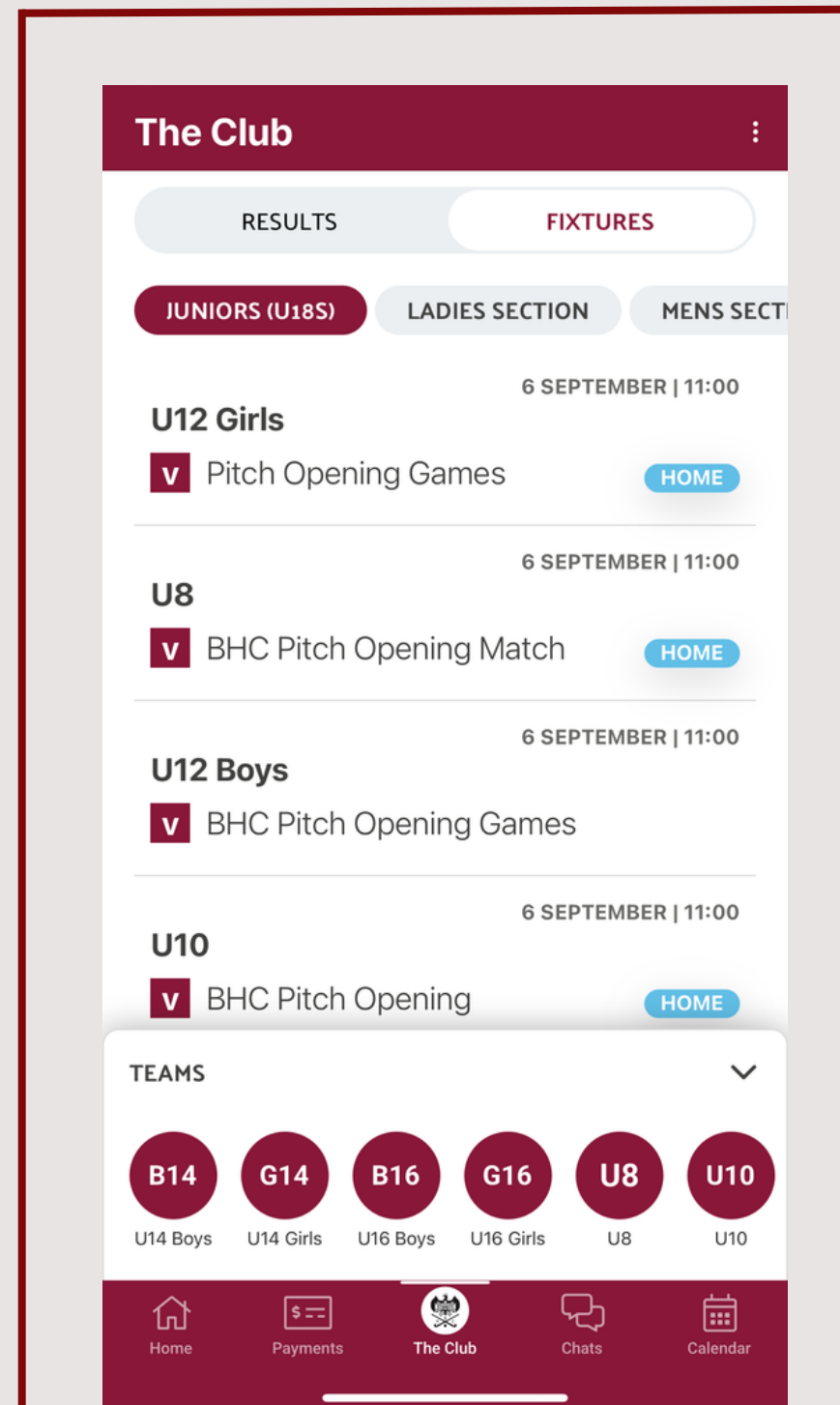
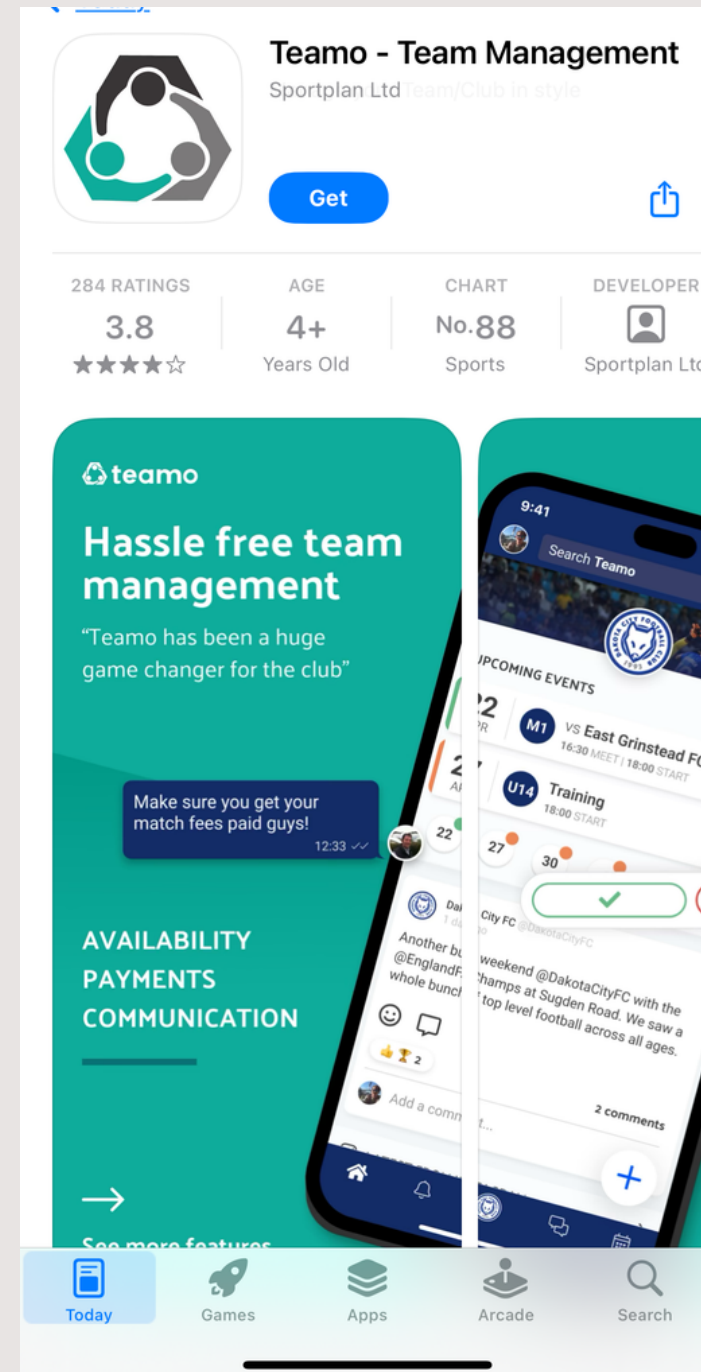
The Teamo App will become the first point of contact for updates on training, fixtures and general club news.

Subs and payments must be made through the online portal or App.

U6 and 8's Subs - £105 for the year

U10 and 12's Subs - £115 for the year

U14s, U16s and U18s Subs - £165 for the year, plus £10 match fees



Junior and Youth Selection Policy



Like us at Bedford Hockey Club, we want every young player to feel valued, challenged, and supported.

We believe this approach gives each player the chance to develop their skills, grow in confidence, and contribute to the club in a positive and rewarding way — both on and off the pitch.

At Bedford Hockey Club, our priority is to provide all juniors and youths with opportunities to develop their skills, enjoy the game, and grow as part of a team. We aim to ensure selection for tournaments and matches is fair, transparent, and based on a combination of factors.

Selection criteria include:

Ability – current skill level, game understanding, and readiness for the standard of competition.

Participation – consistent attendance and engagement in training sessions throughout the season.

Availability – for the specific dates of each tournament or fixture.

Attitude & Behaviour – respect towards coaches, officials, teammates, and opposition, both on and off the pitch.

Commitment – reliability, punctuality, and willingness to work hard in training and matches.

Team Spirit – supporting others, demonstrating good sportsmanship, and representing the club positively.

Additional points to note:

Selection is not solely based on ability; we value commitment, attitude, and teamwork as highly as skill.

Coaches may rotate players to ensure all eligible juniors gain experience, especially in development-focused tournaments.

In some competitive tournaments, selection may prioritise players most suited to the required playing standard.

Goalkeepers will have opportunities for both specialist training and match play appropriate to their age and development stage.



Bedford Junior Hockey Club Kit List



Our kit consists of maroon playing shirts, maroon socks, and white shorts or black skort, with an optional purchase of a black mid-layer and/or black rain coat.

You can purchase these from our website at <https://bedfordhockeyclubshop.com/bhclub/juniors>.

Please note the main Club kit will all be changing next season (2027 - 2028) so you may wish to hold off buying new kit this season.



Safeguarding and Administration

Bedford Hockey Club's designated safeguarding leads are Debbie Wilson and Stephen Bilham.

If you are worried about any child or would like to discuss any safeguarding matter please contact Nicola Reddy at juniors@bedfordhockeyclub.com and she can put you in touch with the safeguarding leads as required.

To view Bedford Hockey Club's policies on safeguarding, GDPR, and various Club procedure policies please see our main website.

Bedford Hockey Club is dedicated to upholding the principles of equal opportunity. The club strives to guarantee that everyone, regardless of age, gender, ability, race, religion, ethnic origin, creed, colour, social status, or sexual orientation, has a fair and equal chance to engage in hockey at all levels and in all capacities.

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Accessibility Fund

Supporting All Our Players

At Bedford Hockey Club, we believe every young player should have the opportunity to enjoy and develop in our sport, regardless of personal circumstances.

We understand that sometimes the cost of membership, kit, or participation in events can be challenging. Our Accessibility Fund is here to provide confidential support to families who may need a little extra help.

If you feel this could benefit your child, please speak in confidence to Nicola Reddy or email juniors@bedfordhockeyclub.com. All requests are handled sensitively.

Hockey is for everyone — we're committed to making sure no child misses out.



Sponsors at Bedford Hockey Club



Proud sponsors of Bedford Hockey Club, Sira Building was founded in 2004 and incorporated in 2011 by husband-and-wife team Sandeep and Sharan Sira. A true family business, Sira Building & Development Ltd is built on strong family values, which influence everything they do from the way they run their company to the way they support their community and the sport of hockey.

Sira Building manage the design, build, and maintenance of all types of buildings for both public and private sector clients. Based in Bedfordshire, they work throughout England, Scotland, and Ireland, serving a wide range of markets and industries. They pride themselves on delivering quality projects safely, on time, and within budget.

Both Sandeep and Sharan actively support the club, not only through sponsorship but also by playing and volunteering their time throughout the year, bringing the same dedication, teamwork, and integrity to hockey as they do to their business.



Times Tables Rock Stars was created by Bruno Reddy, a secondary school teacher with a passion to ignite a love of maths in his pupils.

‘Times Tables Rock Stars’ and its handy cousin ‘NumBots’ were developed as apps to turn maths into a fun and engaging way for children to learn. Used by over 17,000 schools and over 100,000 households, the apps are helping millions of children across the world to develop their understanding, recall and fluency in basic maths.

Both Bruno and Nicola Reddy support the club in volunteering their time throughout the year and playing within the club.



Club details



Based in the heart of Bedford, the club provides players with brand new pitches for our juniors and seniors to play on.

Bedford Sports and Hockey Centre

Chester Road
Bedford
Bedfordshire
MK40 4HL
07939524883

