



EALING HOCKEY CLUB

HOCKEY CAMP INFORMATION GUIDE



Welcome to Ealing Hockey Club Training and Performance Camps

We look forward to welcoming you to Ealing Hockey Club's hockey camps.

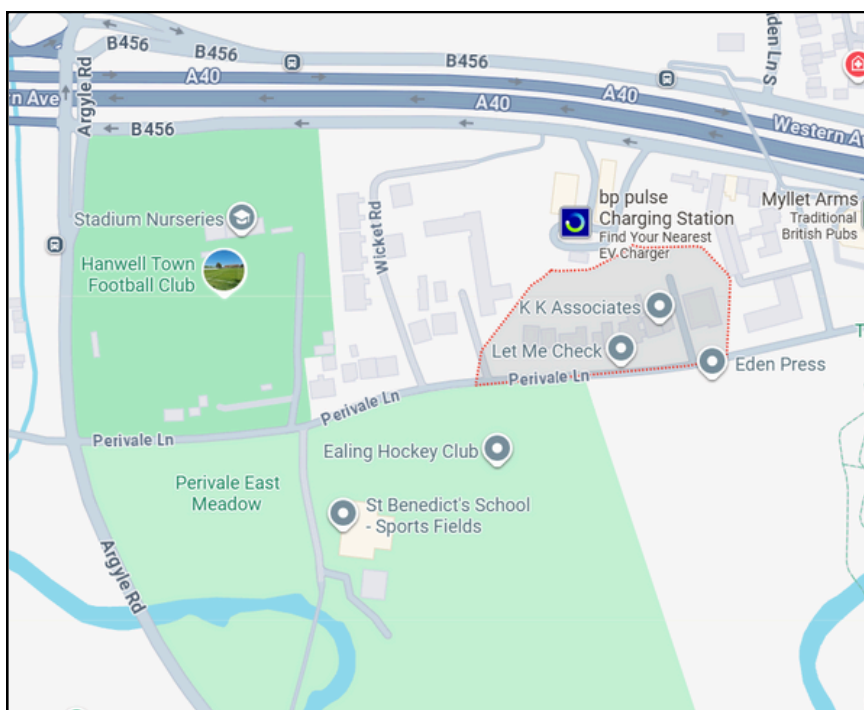
The following sets out the programme and contains all the information that you will need.

We hope that your child will enjoy their time at the camp.

Timings: 10:00 - 15:00

Arrival: Please arrive early, at 9:45, so we can take a register and allocate players to coaches. We will split you by ability and age. If you want to be with a friend, please advise us.

Address:
St. Benedict's School
Playing Field
Perivale Lane
Greenford
Middlesex
UB6 8TW



Kit:

- All players should wear sports kit appropriate for the time of year and weather conditions. We recommend layers of clothing, which can be added or removed as required. Please ensure items are labelled with the player's name.
- Footwear: Astro shoes, trail shoes or trainers. No football or rugby studs please.
- Kit: Shorts / skort / leggings / tracksuit trousers. T-shirt / sports top / hoody etc.
- Please bring rainwear - even if the weather forecast is good.
- Hockey or football long socks.
- Spare clothes in a plastic bag are useful during wet weather conditions.
- A warm hat and grippy gloves for cooler weather.
- A sun hat / cap and suncream for warmer weather.

Mandatory:

- ✓ Mouth guard (gum shield)
- ✓ Full Length Shin Pads **with ankle protection**
- ✓ Appropriate footwear (clean of mud and neither studs, blades nor spikes). Ideally Astros.
- ✓ Please remember your hockey stick and don't forget to take it home again (we also have sticks to lend)

All good sports stores stock mouth guards, and hockey appropriate shin guards, e.g. Decathlon in Ealing and Total Hockey in Brentford.

Being Safe:

- For those of you who need to take medication please have it with you or in your bag (in a zipped pocket) and take it early. Please label it as yours.
- A qualified 1st Aider will be on-site and there is a minor trauma unit by the changing rooms.
- Please do not leave anything in the changing rooms or pitch side – please keep them in the dugout area.
- Phones: these must be kept in your bag whilst training and playing.
- Do not wander from the pitch area unless cleared by the coach and accompanied by a friend or carer.
- Let's have fun and make new friends.

Food / Drink:

- Lunch From 12:00 to 1:00pm
- Please bring a packed lunch - plenty of food (including fruit) and drink.
- Please do not bring nuts or snack / food items containing nuts or nuts products.
- Children should not share food items.
- We discourage energy drinks and sugary snacks.
- We will adjourn to the clubhouse.
- Do pick up and dispose of your rubbish in the bins and black sacks provided.
- Please bring a water bottle: Water is the healthier choice and the best way to replace the fluids that you have lost. There is water on-site to top up your water bottle.

Collection:

- Please come to the pitch to collect your child at 3:00pm.
- We may need to sign out your child, depending on age. If you want to watch, please stand in the spectator area. Please do not take any photos of the children whilst in the caged area.
- Contact details on the day Jeff Moores – please see your ticket for contact information.

Ealing Hockey Club:

If this is your first-time playing hockey, or you do not play for a Hockey Club and want to, Ealing Hockey Club has open membership. Full details are on the club website. Please visit www.ealinghockey.com

Our Expectations For Parents / Guardians:

We follow England Hockey's code of conduct for spectators and parents and England Hockey's 'Spirit of Hockey'. These can be found on our website here:

<https://www.ealinghockey.com/clubPoliciesProcedures>

We expect you to:

- Work with our coaches to build positive and friendly relationships remembering that coaches are generally volunteering to give up their own time for the benefit of the children.
- Encourage your child to learn the rules of hockey and play within them.
- Discourage unfair play, arguing with officials, and publicly accept officials' judgements.
- Help your child to recognise good performance, not just results.
- Respect our officials, your Team Manager, other parents and players.
- Help your child to learn what it means to be a good team player.
- Teach your child to be a good sportsperson by your own example, e.g. applaud all young people's achievements including your child's teammates and the opposition.
- Praise and encourage your child as much as possible.
- Always use correct and proper language.
- Not tolerate rude, aggressive, or unsporting behaviour from your child. When you are home, talk to them seriously about it, stressing how they should behave and the standards that the Club expects.
- Never encourage your child to play deliberate fouls or be overly physical.
- Not let your child come unprepared, hungry or in poor health. Always make sure they have everything they need, help them learn to organise and take care of their own things.
- Not put unrealistic expectations or pressure on your child. Remember they should participate because they want to, not because you want them to.
- Not let your child misuse or cause damage to any of the Academy's property, equipment, or grounds, e.g., climbing or sitting on goals, fences, equipment bins, trees etc.
- Not let your child wear inappropriate clothing or footwear on the pitch. Studs, blades and muddy astro shoes cause damage to the pitch surface.

If you have any queries or comments, please address them to Jeff Moores
chairman@ealinghockey.com

---See you soon ---