



# Bangor LHC Juniors 2019-2020

## Welcome Letter

“Having FUN Developing TALENT in the Bangor COMMUNITY”

### Contents

<b>Contents</b>	<b>1</b>
<b>Welcome Prologue</b>	<b>2</b>
<b>Club Calendar</b>	<b>2</b>
<b>Registration &amp; Fees</b>	<b>3</b>
<b>Training Schedule</b>	<b>3</b>
<b>Kit Update</b>	<b>3</b>
<b>Volunteers</b>	<b>4</b>
<b>Child Protection and Club Mark</b>	<b>4</b>
<b>Training and Matches</b>	<b>4</b>
Under 9's	5
Under 11's	5
Under 13's	5
Under 15's	6
<b>Ulster Talent Development Program</b>	<b>6</b>
<b>Club Day</b>	<b>7</b>
<b>GDPR</b>	<b>7</b>
<b>Epilogue</b>	<b>7</b>

# Welcome Prologue

Hi all, we hope you had a great summer! Last year was another great year for Bangor LHC Juniors, seeing the club grow from approx. 160 girls to just 230 girls . With teams playing in all the Ulster Hockey competitions, our U15 squad having a stellar year, a number of our girls taking part in the Ulster Talent Development Programs, representing South East and Belfast Schools and representing at Ulster at U16 and U18 level respectively.

As with the previous year probably the biggest highlights where the Bangor Blitz and the junior club's Club day with the later seeing over 150 girls play an inter club tournament and then those girls plus another 350 parents and siblings fed and watered, down at B.Y.C.. Both events really showed that the club is continuing to establish itself as part of the Bangor community.

The following letter provides you an update on what to expect for the coming season.

## Club Calendar

A rough overview of the year (approx 30 week season) as follows:

- **Start back and Train:** August through to April
  - U9/U11/U13 Start Back Friday 30th August
  - U15 Start Back Monday 2nd of September
- **U9 Blitz:** September, October, November, February, March
  - U9 Bangor Blitz 27th October
- **U11 and U13 Blitz:** September, October, November, February, March
  - U.H. North Down HC Blitz 22nd September
  - U.H. Bangor HC Blitz 20th October
  - U.H. Ballynahinch HC Sunday 24th November
  - U.H. South Antrim HC Sunday 9th February
  - U.H. Ards HC Sunday 1st March (inc U13 Qualifier)
  - U.H. U11 festival Day 29th March
  - U.H. U13 Plate and Cup Finals 22nd Match
- **U15 League and Cup matches:** September to May. Dates TBC
- **U.H. Indoor Hockey Tournaments (U15 and TBC):** December and January
- **Summer Term Hockey:** April, May, June

- Family Club Day Tournament and BBQ: May

## Registration & Fees

We have made a slight adjustment to the Fee structure this year which we feel better represents running costs for each age group:

- U9 - £70
- U11 and U13- £80
- U15 - £90
- All subsequent siblings at £50

Pitch hire fees for Juniors actually increased considerably from Christmas last year. With all facilities in ND and Ards pricing being brought roughly into line. We will be monitoring the impact of this over the coming season to determine if Registration fees need to be adjusted to accommodate this change.

As communicated last year Hockey Ireland will be introducing their registration system this year. However currently this does not include Junior club membership. Once we have more information we will communicate this to you together with any financial implications.

**One really important point is that BLHC is a fully inclusive club so if any member does need financial support in order to join please do not hesitate to let us know.**

As stated we aim to take all girls who want to join the club. However if we are unable to do this and we are over subscribed then preference will be given to existing members first and then in order of registration i.e. if we have to limit an age group to 60 then the first 60 existing members to register will get priority.

## Training Schedule

- U9 - Friday 18:00 to 19:00
- U11 - Friday 18:00 to 19:00
- U13 - Friday 19:00 to 20:00
- U15 - Monday 19:00 to 20:00. Year 11 Girls will also be able to train with the senior Club on Wednesday's from 19:30 to 21:00

## Kit Update

This year we have a new Kit Manager Mrs Debbie Ferguson which is great. Orders for Playing and Leisure Kit will open up approx 2 weeks after the start of the season. Debbie will be in touch.

Supplier wise we changed our Playing Kit last year and whilst the Kit seems to be generally regarded as looking good, this process is continuing to have challenges. Hopefully these challenges can be worked through.

We expect Leisure Kit to stay the same as last year.

## Volunteers

Bangor LHC is run by volunteers and we have a brilliant group of volunteers who make BLHC a success. This has allowed us to not have to say no to any girl who wants to attend BLHC, which is something we hope to continue to do.

The most critical of these volunteers are Coaches, the number of Coaches that we have determines how many girls that can join the club. No experience is necessary to become a coach. If you have run your daughter's birthday party, then you're qualified. The club will provide all training and support after that. Coaching is a very rewarding experience so if you have one hour per week to spare and would like to join our coaching team please let us know.

It isn't just coaches that we need, so if you fancy helping Bangor LHC continue to grow, take a look at the following "exciting" opportunities (that generally require very little time) and get in touch: <https://bangorladieshockeyclub.org/volunteer-opportunities/>

## Child Protection and Club Mark

Hopefully you are all aware that Caralyn Scales became our new Child Officer last year. If you do have any child related issues then please don't hesitate to contact her.

Caralyn is also running our push to attain Club Mark. Carlyn has done a fantastic job and we are due to be audited in October of this year. We feel Club Mark will help us deliver one of our Club goals of sustainability. By working through this process, we feel that we will document much of the tacit knowledge that key people in the club. By doing this we hope that new volunteers will gain greater support in getting up to speed and if key individuals have to reduce their involvement then it will be simpler to fill the void.

## Training and Matches

*"Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning." — [Mahatma Gandhi](#)*

The goal of Bangor LHC Juniors is to create a positive environment where the girls enjoy being part of a team sport and develop their individual talent within that team environment. From this it is hoped that the girls will take this positive outlook into senior hockey and also potentially help develop the next generation of girls by helping coach our juniors.

Our approach aims to focus on coaching positive behaviours both technically and mentally rather than focusing on outcomes like winning etc. If or girls develop good behaviours then this will result in good outcomes. Your support of this approach is greatly appreciated.

## Under 9's

Training for U9 remains the same as last year be led by Gail Hanna and Glenn Stranaghan with help from our junior coaches. The emphasis will be on fun, coordinated movement and developing the basic hockey skills.

Last year our U9 played in 3 mini Blitz's plus the Club day tournament. We will again be running our U9 Blitz in October.

We understand that joining a club with lots of girls can often be daunting for some of our younger girls and Gail's program aims to make entry into a team sports environment a fun and enjoyable experience for the girls. However, if your daughter is struggling then please let us know so that we can help manage that.

## Under 11's

Training for the U11's this year will be led by Adam Reading (P7) and supported by Jonathon Todd (P7), Mike Kimber (P7), Stephen Short (P6), Valarie McKibbin (P6) and Kat Lee (P6).

At Bangor LHC we feel very strongly that each girl should have the opportunity to develop their talent to their chosen level. This may mean that at certain stages through the season we may stream girls so that they are able to develop at a level they are comfortable with. We will continually assess the girls and if applicable will facilitate movement between streams.

For some of our P7's this is a relatively important point in their educational development with AQE and GL exams. None of the girls should feel uncomfortable or worried when they need to prioritise their studies, the club fully supports them through this stage and our training program and matches will reflect this.

We have asked to enter 5 teams in the U.H. Blitz's. We hope that the other Blitz organisers will accommodate this number of teams.

## Under 13's

Training for u13's will remain the same on Fridays between 19:00 and 20:00. It will be led by Stephen Short (Y9) and supported by Darren Stewart (Y9), Alistair McVicar (Y8/Y9), Mike Kimber (Y8), Garth McCullough (Y8). Sue Taylor will be Goalkeeper Coach.

However this is by far our largest group with 88 girls from last years P7 and Y8 groups in total. If we have this number of registrations again this year and we have enough coaches then we may have to look to split U13's with either the Y8 or Y9 group moving to Mondays.

The u13 group is very much a split group, with many new to the game, but also some very experienced girls. With less experienced girls, the emphasis will be on fun, skill development and the basic game development. With the more experienced, it will be enjoyment, advanced skills development and a much greater focus on game awareness. If your daughter is just starting to do not be concerned that there are girls who have more experience. At this stage the girls catch up

very quickly and we have a number of girls who are now some of our strongest players who only started hockey in Y8. The key goal is that they enjoy being part of a team sport and make friends through that. The level they play at is far less important.

We have asked to enter and 4 teams in the U.H. Blitz's.

## Under 15's

To quote our website:

"The u15 year group is a transition group for a number of reasons. The older girl's transition from Junior hockey to Senior hockey when they reach their 15th birthday and start their GCSE's; the younger girls will be involved in School cup competitions; a few of the group will be involved with Ulster Hockey and all will be playing 11 aside both at school and club. This coupled with the natural growth cycle of girls at this age means that we endeavour to strike the right balance for the girls."

Our u15s had an excellent year last year, with the performance squad coming top of there area league and coming runner up in the Indoor and Outdoor Ulster Cups. All the girls had a fantastic attitude with many of them displaying that whilst volunteering at during junior coaching sessions (u9, u11, u13). We could not run the Junior sessions without these volunteers. This attitude is great for the club's future and we hope it continues.

U15s training will be on Monday between 19:00 and 20:00 this year which is 30 mins earlier than last year. It will be led by Mike Kimber and supported by Ross Allen, Stephen Mckinley, Ruth McNuaght and Phillip Skelly.

Like last year, we will be running both Development and Performance squads. Depending on player numbers and coaches we may aim to register a second Development team. We want every girl to define her own goals within hockey i.e. progressing their hockey skills or enjoying hockey as social sport. With that in mind the opportunity to move between squads is always open and we will assess their development regularly.

Again this year we be putting girls forward for the U.H. Young Umpires Scheme and will be running the U.H. Young Leaders Scheme. The later being run with the Mens club and being a great success last year. As previous years U15 girls are encouraged to come down on Friday and help with coaching and we will sign Duke of Edinburgh forms for those who need this.

Once your daughter is 15 years of age she is also eligible to play for our senior squads. We will contact you before this happens and help facilitate that move. Our Y11 u15 are also allowed to train with the senior squad on Wednesdays between 19:30 and 21:00.

U.H. are keen to continue to expand Indoor Hockey, so we will hopefully be entering their competition again (if we get in early enough). However, unless U.H. run a development indoor hockey competition this is a bit limiting.

## Ulster Talent Development Program

We will again be putting girls forward for the Ulster Talent Development Program (TDP). This will be for girls born in the years 2005 and 2006. Last year we had two girls successfully qualify for this with one eventually going to represent Ulster. This is very much the hard end of Hockey and is a very tough year long process that starts with the club nominating five girls (Grammar schools can also enter five girls) only, who then trial. If they are successful at the trial they will train for 12 weeks, before another trial and then 3 sets of 1 month training groups all of which see players "cut" at the end. There are a small number of girls who should do very well in this process, but they must be prepared to work very hard on their skills and also be prepared to learn to deal with disappointment, using it as a learning experience to improve and come back. All good hockey players experience disappointment at some point.

## Club Day

Our Club Day in May was a great success again and we expect to run it again this year. This event cannot happen without volunteers. The parents committee run this event and from an outside perspective last year's group seemed to enjoy this and made friends through it. We are looking for more members of the Parents committee to both organise this year's club day and provide us with feedback on how the club can grow to meet the girls' needs.

If you were lucky enough to win a cup or shield at the club day, these should be returned at the end of the year, engraved. They will then be awarded to the next group. The trophies require a plate to be put on them. So at some stage we will ask for them to be returned and then we will take them to "Billy Hamilton Trophies" to get them engraved with your daughter's name.

## GDPR

We have reviewed the Club's use of Personal Data and have prepared a Data Privacy Policy dated 24 May 2018. We encourage you to read this carefully. This will be reviewed and updated periodically. You can also find this on our website: [www.bangorladieshockeyclub.org](http://www.bangorladieshockeyclub.org). For more details, please address any questions, comments and requests regarding our data processing practices to [Bangorladieshockeyclub@gmail.com](mailto:Bangorladieshockeyclub@gmail.com) or contact our Data Protection Controller, Lyndsay Turner.

## Epilogue

We really do want all the girls to enjoy hockey, however from time to time issues arise. If something does happen to your daughter that affects her negatively, please come and see us. These things can normally always be addressed and lead to a positive outcome.

As per last year we will use facebook to publicly broadcast information about the Club and WhatsApp to communicate private information. If you are not on either of these communication channels then we will contact you via email.

We hope the above helps give you a flavour of what's to come this season and how the club is run.

Best Wishes for the coming season

**Mike Kimber**  
**Bangor LHC Junior Club Coordinator**