

Club Sponsors:

Gladstone Health & Leisure

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Perthshire Hockey Club



Parent Welcome Pack

The aim of this pack is to provide parents, both new and existing, with information about the club, the coaching and what you and your children can expect.

Club Website : www.perthshirehc.co.uk



In conjunction with the
Scottish Hockey
Limited

Perthshire Hockey Club Child Protection Policy

Responsibilities

Perthshire Hockey Club will:

- Promote the health and welfare of children by providing opportunities for them to take part in Hockey safely.
 - Respect and promote the rights, wishes and feelings of children.
 - Promote and implement appropriate procedures to safeguard the well being of children and protect them from abuse.
 - Recruit, train, support and supervise its members to adopt best practice to safeguard and protect children from abuse and to minimise risk to themselves.
 - Require members to adopt and abide by this Child Protection Policy and these Procedures. A copy of the Child Protection Policy is available on request from the Child Protection Officer, the Youth Coach & Organiser or the Secretary. (See further on for details).
- A copy of the Policy can be found on the clubs website www.perthshirehc.co.uk
- Respond to any allegations of misconduct or abuse of children in line with this Policy and these Procedures as well as implementing, where appropriate, the relevant disciplinary and appeals procedures

Perthshire Hockey Club Details

Perthshire Hockey Club provides opportunities for all young people, their parents and volunteers to become involved in hockey. The club encourages fun, participation, sportsmanship and the social aspects of sport to anyone interested in participating. All we ask in return is that you respect the other members of the club, other teams and officials who support the game.

Perthshire Hockey Club is registered and provides Personal Accident insurance through the Scottish Hockey Union ; details are available from the Secretary.

Perthshire Hockey Club has a Child Protection Policy in place and our Child Protection Officer is:- Mr Stuart Hunter, 4 Rossie Place, Forgandenny, Perth, PH2 9EJ
Tel No - 01738 812478

You will be provided with a player Parent/Guardian Consent form; this also includes a consent form that covers medical information. It also requires contact numbers, in case of emergency. Please ensure it is completed as soon as possible and returned to the coaching staff at the training sessions.

The club requires your child to wear shin pads and have appropriate footwear, ie trainers. If a child does not wear these they will be unable to participate in a session. We also recommend

your child wears a mouth guard/ gum shield and due to hygiene considerations these cannot be provided by the club and must be your own.

The club website www.perthshirehc.co.uk is the repository of all club information, including contact details and copies of all important documents (including the welcome pack).

To contact the Club on any other matter, please get in touch with the Secretary:-
Stephen Pedgrift, 2 Squires Cottages, Craigie Knowes Road, Perth PH2 0BY
Phone 01738 561833 email - spedgrift@blueyonder.co.uk

Or Youth Convener; Ialene Mitchell, 8 Torwoodlee, Perth, PH1 1SY tel 01738 630154
Email - imperth@gmail.com

Club Training / Match Details

Training Sessions are as follows:

Age Group	P4/P5	P6/P7	S1/S4
Venue	Perth Academy	Perth Academy	Perth Academy
Day of week	Tuesday	Monday Or Wednesday	Wednesday
Time	5pm to 6pm	5pm to 6pm	6pm to 7pm
Lead Coaches	Andrew Blaikie 01738 560912	Ialene Mitchell 01738 630154	Ialene Mitchell 01738 630154

The club enters the following national and district competitions:

As many Primary School Aged Tournaments in the Midlands District as we can.
U14 Mixed Midlands League, U16 Boys League, U14/U16 Boys Tournaments, U15 Girls Tournaments, U18 Girls Tournaments, U18 Girls Knock Out Cup & National Cup and U18 Boys National Reserve Cup.

Managers/Assistants for the different age groups are as follows :

U12 Boys/Girls	Andrew Blaikie	Sandra Robertson
U14 Boys/Girls	Ialene Mitchell	Jo Campbell
U16 Boys	Neil Robertson	Michael Swan
U18 Boys	Stuart Hunter	Gordon Loudon
U15, U16 Girls	Vacant	Vacant
U18 Girls	Siobhan Penman	Helen Thomson

Friendly matches are organised at different times throughout the season. Children will be notified in good time.

Away games are always a difficulty. Assistance is required to help transport children to and from games. All parents are asked to assist at least once a season. If you are available please contact the team managers or coaches as above.

For all games, supporters with loud encouraging voices are always welcomed.

Subscriptions & Fees for Youth Section

A subscription is being introduced this season at £5 per household from September 09 to June 10. This will be payable after the 4th session attended. (To make sure the players are enjoying their hockey). By filling out the consent form the young player becomes a member of our club. The club then submits the player's details to the Scottish Hockey for registration with them, which allows the young player to compete in competitions that the club enters and then the young person is also covered by insurance.

A £2 weekly fee will be charged for training.

A £2 fee for any U16 or U18 Youth Game will be charged to help cover costs of pitch hire and transport and parents helping with transport are encouraged to claim expenses for petrol. Fees and expenses claims will be the responsibility of the managers/coaches.

Senior Training (14 Years old and Upwards)

At senior training anyone who is 14+ age can go along to these sessions and are able to compete in the senior competition. To some young players, this may feel like a big jump and attending the youth training may still be the best option. If unsure as to whether senior training is appropriate for your child contact Ialene Mitchell (01738 630154) to discuss.

Details are for 2009

Women : Outdoor at Craigclowan School on Tuesdays from 6.00pm to 7.30pm to 8th September then -Indoor at Bells Sports Centre - Tuesdays from 7.30pm to 9pm (starting 15th September) for 1st and 2nd team players. 3rd X1 players will be notified of training sessions by Ialene Mitchell.

Circuit training is also available for Women on Thursdays - Contact Tracey Greer 07867975658

Men: Outdoor at Craigclowan School - Wednesdays from 6.00pm to 7.30pm to 9th September then Outdoor at Strathallan school 7.30pm to 9pm - starting 16th September (women are also welcome to attend).

Subscriptions and Fees for Playing Senior Hockey

For those playing Adult hockey, the Full (Outdoor & Indoor) annual membership fee is £65 or (£60 if paid by 31 October). For those playing Outdoor hockey only the fee is £45 (or £40). For those playing Indoor hockey only the fee is £25 (or £20). Match fees for Outdoor are £3 per game and Indoor £3 per day. (There are no weekly training fees for adults)

Perthshire Hockey Club Organisation

As with the majority of sports clubs, this club is run by volunteers. These people are players, parents and other supporters who give their time to ensure children benefit. They administer the club, conduct the coaching and transport children to activities and games.

President	Mr James Ford	Secretary	Mr Stephen Pedgrift
Treasurer	Mrs Noelle Duncan	Youth Convener	Mrs Ialene Mitchell

Ladies 1 st XI Captain	Miss Siobhan Penman	Ladies 2 nd XI Captain	Ms Tracey Greer
Ladies 3 rd XI Captain	Mrs Ialene Mitchell	Ladies Indoor Captain	Ms Helen Thomson
Men's 1 st XI Captain	Mr Scott Turkington	Men's 2 nd XI Organiser & Men's 3 rd XI Captain	Mr Gordon Loudon
Men's Indoor Captain	Vacant	Child Protection Officer	Mr Stuart Hunter
Social/Fundraising Convener	Ms Pauline Cullerton	Marketing Convener	Miss Alix Doe
Coach & Umpire Convener	Karen Thomson	Web Designer	Andy Millar

These people work hard for the club and any assistance you can give them would be greatly appreciated. If you would like to find out contact details or volunteer for one of the above positions please go to www.perthshirehc.co.uk

Coaching

If you are interested in becoming a leader, coach or umpire, courses are run for each of these roles. To find out more please contact the Club's Coach/Umpire Convener on 01738 622905, or the Clubs website www.Perthshirehc.co.uk in the first instance. Also Scottish Hockey on 0131 453 9070, or look at the SH Website, www.scottish-hockey.org.uk. The club is able to assist with costs of training. No experience, only enthusiasm required!

Volunteer Opportunities within Perthshire Hockey Club

Volunteers

The club is run by many volunteers providing small amounts of assistance. We have a very active Youth Committee and if you feel you would like to be part of this please contact Ialene for a chat.

We understand the time commitments of parents and would happily appreciate any support available.

Coaches Code of Conduct

The Perthshire Hockey Club supports and requires the following good practice by coaches when in contact with children and vulnerable adults.

- Make sport fun, enjoyable and promote fair play;
- Always work in an open environment avoiding private or unobserved situations and encourage an open environment for activities;
- Treat all children and vulnerable adults equally, with respect and dignity;
- Put the welfare of each child or vulnerable adult first before winning or achieving performance goals;
- Be an excellent role model including not smoking or drinking alcohol in the company of children or vulnerable adults;
- Give enthusiastic and constructive feedback rather than negative criticism;
- Ensure that if any form of manual or physical support is required for a child or vulnerable adult, it is provided openly, the child or vulnerable adult is informed of what is being done and their consent is obtained;

- Deliver educational instruction first verbally; secondly role-modelled; and thirdly, and only if necessary, with hands on which must be accompanied by telling the child or vulnerable adult where you are putting your hands and why it is necessary and obtaining their consent;
- Involve parents, guardians and carers wherever possible;
- Build balanced relationships based on mutual trust that empower children and vulnerable adults to share in the decision making process;
- Recognise the developmental needs and capacity of children and avoid excessive training or competition and either pushing them against their will or putting undue pressure on them.

Participants Code of Conduct

Perthshire Hockey Club is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with Ialene Mitchell, Youth Organiser & Coach or Stephen Pedgrift, Secretary or Stuart Hunter, the Clubs Child Protection Officer.

As a member of Perthshire Hockey Club you are expected to abide by the following club rules:

- All members must play within the rules and respect officials and their decisions.
- All members must respect opponents.
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late. Members must not leave the sports grounds without the permission of the coach or official.
- Members must wear suitable kit for training and match sessions, as agreed with the coach/team manager. This includes Training Shoes suitable for hockey, Shin Guards and it is highly recommended that mouth guards/gum shields are worn. Protective Goal Keeping Equipment will be provided by the Club.
- Members must pay any fees for training or events promptly.
- Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.
- Members must not cause deliberate damage or deface any piece of furniture or equipment nor break any rules set out by the staff at the pitch/court that has been hired by the club.

Should there be a breach of any of the above the following steps will be taken to resolve the situation.

- ❖ The coaching staff will deal with any minor rules broken appropriately.

If deemed serious

- ❖ Coach/staff meet to discuss incident and contact the child protection officer.

- ❖ Parents contacted regarding their child's behaviour and given opportunity to discuss with child protection officer who will explain procedures in line with the Child Protection Policy (a copy of which can be found on the clubs website www.perthshirehc.co.uk)

Competitions

U18 (Senior) Boys

- U18 District Outdoor Trials - September 2009
- SHU U18 Outdoor Reserve Cup - September 2009 to April 2010
- U18 Indoor Midland Qualifier - November/December 2009
- U18 District Indoor Trials - December 2009

U16 & U15 Boys

- U16 District Outdoor Trials - September 2009
- U16 Outdoor Midland Qualifier - February 2009
- U16 National League - December 09 to April 2010
- U15 District Indoor Trials - December 09/January 2010
- U15 District Outdoor Trials - April 2010

U18 (Senior) Girls

- U18 District Outdoor Trials - September 09
- U18 National Cup Competition - 1st Round September 09
- Senior Midland Tournament - September 22nd 09 at Strathallan 4.30 - 8pm
- Senior Indoor Midland Qualifier - December 5th 09 at Mayfield 9-1pm
- U18 District Indoor Trials - December 08 (Auchterarder TBC)
- (Schools Only Midland Knock Out Cup - Qualifier to National School Comp) - N/A (runs from Sept to Jan)

U16 & U15 Girls (& Junior - S3 and Below)

- U16 District Outdoor Trials - September 09 at Strathallan
- U16 Midland Knock Out Cup - (November to February 09)
- Junior Outdoor Tournament - November 10th 09 at Strathallan 4.30pm -8pm
- Junior Indoor Tournament - January 23rd 10 at Mayfield
- U15 District Outdoor Trials - March 10 at Strathallan

U16 Boys

U16 National League - October 09 to April 10

U14 Mixed

P7 - S2 Perth Squad Trials - September 2009

Perth Squad Training Programme - (Oct - Dec 09) (Jan - April 10) (May - June 10)

U14 Mixed League - September 2009 to June 2010

U14 Outdoor Midland Cup - March 2010 (Qualifier for National Comp)

U14 District Outdoor Trials - April 2010

U12 Mixed

Perth Tournament - TBC

Perth Cluster Festival - April 2010

Perth & Kinross Festival - May 2010 (Qualifier for Tayside Festival)

Tayside Festival - May 2010 (Qualifier for National Festival)

Competition Structure

