

# Cambridge South Hockey Club

## Junior Handbook

**Welcome to Cambridge South Hockey Club Juniors (CSHCJ)!** Here is some useful information. For other more general information, subs, registration forms, policies etc please go to [the website](#).

### About Training

We have a dedicated team of qualified coaches, ably supported by parent and player volunteers who coach the Junior section. All training takes place at Long Road 6<sup>th</sup> Form College (CB2 8PX) or the St Mary's pitch just a little further along Long Road where there is plenty of free, onsite parking. Training times are all on the website.

Visit Spond to see which date training starts and ends. Note that sessions start at 9:00 (Sat) and 18:15 (midweek) but we ask that players turn up 15 mins early so we can have good warm-up and make full use of the pitch time.

Parents of U8s and U10s must stay onsite for training and matches – or clearly delegate to a named contact (on Spond) who will be present.

Occasionally training is cancelled – normally only due to frozen pitches or extreme weather e.g. thunderstorms, strong gales. Check Spond before you travel if frost or extreme weather is forecast.

### Goalkeeper Training

If your son or daughter is interested in trying out as a goalkeeper, talk with the coaches. There is dedicated goalkeeper training for both boys and girls and plenty of club goalie kit to protect them. Some children alternate between goalkeeper training and outfield training – there is no need to commit to one or the other.

### What kit do I need?

All sticks, balls and equipment are provided, but players may bring their own stick if they have one (please label clearly). Players require comfortable sportswear and trainers with grippy soles, and should bring a water bottle. **Mouthguards and shinguards are strongly recommended for all players** and warm, grippy gloves in winter. Coaches may ask your child to miss out on some or all of training if they do not have a mouth guard. There are often snap-fit mouth guards available to buy from the junior shed if you forget one – ask the organising club volunteer.

Everyone receives a purple club t-shirt when they join. This should be worn for matches together with navy shorts or skirt and purple socks. In cold weather, base layers to be worn under the club uniform are recommended. Additional club kit can be ordered.

### Fixtures

All fixtures are on Spond. We put them up as far in advance as we have notice so you can get them in your calendar but timings are often not available until much closer to the day. They will show as starting at 00:00 until we have this information at which point Spond will be updated. In general, development tournaments run 10-3 ish on Sundays (youngest children first, eldest at the end of the day). Likewise, if fixtures change or are cancelled this will be shown on Spond.

All but the very strongest players will be invited to play in development tournaments (and stronger players may be asked to play up an age group so that they still get to participate whilst remaining in the spirit of the development tournaments).

### **How are teams selected for matches/ tournaments?**

Each age group play matches at different levels to make sure there is competitive hockey for all our players. Development tournaments are very friendly occasions that enable newer/ less experienced players to have matches against similarly skilled opposition.

For our stronger U10 players we also arrange fixtures against local clubs which give them the chance to develop their skills at a higher level in preparation for the England Hockey In2 Hockey tournament which is usually held in February/March. Stronger U12 will have the opportunity to play fixtures against local teams in 7-a-side fixtures/tournaments (Sundays) and our U14s in 11-a-side teams fixtures and England Hockey tournaments.

This gives our players excellent opportunities to develop their skills. It is worth noting that our fixtures are almost always on Sundays and are **additional** to training. This contrasts with some other local clubs which often 'train' more than once a week but actually use one of those sessions for matches.

The coaches will select teams for matches based upon availability (as shown on Spond) and appropriate ability. PLEASE therefore keep availability updated. We will endeavour to confirm team selection by the Thursday before the fixture at the latest. The club universally uses Spond as the "source of truth" for fixtures' availability.

### **Socials**

Your age group reps hope to arrange at least a few social gatherings over the season. This is great fun for the children, and also a nice opportunity for parents to get to know each other away from the hockey pitch.

### **How can my son/daughter progress at Cambridge South?**

Many children just enjoy the weekly training and regular club tournaments. However, some players are keen to play more, and South can help support your child find the right opportunities for them.

As a smaller club, we do not 'set' our players and celebrate our inclusive attitude to hockey. If your child is a particularly strong player and you think they would enjoy being stretched, it may be possible to train with an older age group - please reach out to your age group lead if you feel this would benefit your child.

In addition to the Junior training and matches which cater for children in year 9 and below, players are eligible to join senior club hockey training from the age of 13. We have a good track record of supporting our juniors to transition to the senior club and are thrilled to see so many thriving there.

This can be a real bonus of playing at South – rather than holding our juniors back to strengthen younger teams, players get the experience of playing at a higher/senior level which can be enriching socially as well as for their hockey game.

**Progression to Senior Hockey:** Each year we will speak to parents of Year 9 players to discuss the move up to senior hockey and there may be opportunities to join senior training/attend senior summer pay and play sessions beforehand. 13-year-olds are eligible to play in senior men's teams; 12-year-olds can play in a Development Team (CSHC's Men's 7s is a Development Team).

Our policy is that interested players who are already playing County/County Development hockey will be invited to have a go at training (and potentially be available for selection) with the Men's 6th and 7th teams. If your player doesn't do County but you would like them to be considered for senior hockey before year 10, please speak to your age group lead.

**Hockey Camps and County:** There are also several independent companies who offer excellent holiday hockey camps which we strongly recommend attending. Many South Juniors also get selected to play for Cambridge County hockey. Cambs Hockey run sessions through the summer at which they coach and assess players then select players to join either their Development training or County Squad training which goes on through the winter. Several of our coaches also coach with County so please do ask your age group lead if your child is keen and interested. Ask a lead coach if you would like to discuss whether your child is of a suitable standard to join County sessions.

Please don't be intimidated – the summer sessions are welcoming and a good opportunity to get affordable coaching over the summer months. Players are assessed during those sessions and the strongest selected for County development or main squad at the end of the summer. Sign up via <https://cambshockey.co.uk/getinvolved> to find out more.

For the bigger picture, visit [England Hockey](#) to find out more about the national structure of the hockey talent system. For the very strongest players there is the opportunity to train at a Regional Centre from age 14.

#### **Who to contact if you have questions?**

At the time of writing (2024-25 season), these are the people acting as the main point of contact and match coordinator for each age group. Use Spond messaging to get in touch.

U8 & 10G Georgie Hurford

U10B Justin Lecher

U12 & U14 Girls Jessica Kitt

U12 & U14 Boys Louisa Warburton

Alternatively, please contact Ellie Raffan (Junior Coordinator).

For more detail about key club policies on issues such as Safeguarding, Welfare, Photography and our Code of Ethics please [visit the website](#).

### **Reporting of injuries**

In order to collect meaningful data, England Hockey requires clubs/associations to complete the England Hockey online 'Injury Monitoring Form' following injuries sustained that require one or more of the following:

- Treatment from a first aid specialist (e.g. Team doctor/ first responder)
- Hospital treatment
- Subsequent visit(s) to a GP

Please complete the form found on the [England Hockey website](#) for any injuries sustained which meet one or more of the criteria outlined above.

### **Would you like to get involved?**

There are lots of opportunities to get involved with Cambridge South Juniors. We train, support and pay our coaches and assistant coaches. We also welcome parent volunteers to help with training - especially for the U8 and U10 sessions. You don't need to commit to every week. There are also opportunities to help with the administrative side of things e.g. confirming fixtures, running tournaments, communications etc. If you have a skill, spot a gap that you think you can fill or just want to chat about how you can be more involved let us know!

We hope your child(ren) have a great season playing for CSHC Juniors. Don't forget there are lots of senior teams, including social vets hockey, if parents would also like to play.

### **Tips for using Spond**

We use [Spond](#) to communicate and also to invoice for payments e.g. subs. This is the one place where you will find all the information about training and matches and where other key information will be posted e.g. if training is cancelled, who is selected for a match.

How to:

#### **1. Set up Spond for CSHC Juniors**

<https://help.spond.com/en/articles/28550-installing-spond-s-team-management-solution-spond-app>

#### **2. Sync with your calendar.**

- The app can be synchronized with both iCal (iOS) and Google Calendar (Android). You can also set reminders for events that you are attending.
- If you declined this option the first time you downloaded Spond, your preferences can be changed in your profile in the app (the profile icon in the top left corner).
- If you can't find the calendar you wish to synchronise with in Spond's calendar settings, you need to add the calendar into the devices accounts:
  - iOS: Phone settings > Passwords and Accounts > Add account > Enable 'Calendar'

- Android: Phone settings > Account > Add account > Enable 'Calendar

### **3. *Indicate your availability for training or matches***

- You will be invited to indicate your child's availability for training or matches.
  - For training, the default is 'Attending'. Please click on 'Decline' if your child is not able to attend.
  - For fixtures, the default is unanswered. Please indicate your child's availability by selecting 'Attend' or 'Declined'. It is really important to provide accurate availability as early as possible to enable coaches to select the most appropriate team for the fixture.
  - If availability changes you can simply go back into the event and alter it.

### **4. *Message your age group rep or coach.***

- Please be considerate when leaving comments. If the whole group doesn't need to see your post, please either:
  - 'Send message to hosts' within the event. Use this if you have questions specifically for the coach or age group rep.
  - If you only want to message 1 person, click on their name and select the 'Message' option.

### **5. *Turn notifications on/off***

- Every single invitation will give you the option of turning off notifications for comments. There could be several reasons as to why you would like to turn this off, for example you may find that the comment field is used too much or if the content is of no interest to you.
- You can turn off the notifications if you enter the event or group in the app. Choose the "More" tab to the top right corner, and then "Stop push notifications". You will no longer receive comments (alerts) from this particular event if you choose this option, but you can always change your mind. This process is done in the same way.