



Footscray Hockey Club Inc.

Founded 1934

Welcome to the FOOTSCRAY HOCKEY CLUB (FHC).

May I extend a warm welcome to the Footscray Hockey Club (FHC)!

Come and Try Clinics

Continue each Wednesday night through February – 5.30 to 6.30 pm (remember: free hot dog and drink after each session, free showbags after the final Come 'n Try – Feb 24).

Background Information

When children decide that they are going to try hockey for the coming season, we supply that family with a comprehensive 'new family kit' which contains written information about hockey, and the FHC. For now though, here is a brief summary of some key issues:

Pre-Season Training

Commences at the end of the February 'Come and Try' Clinics, from the first week in March.

Training / Match Times

In Under 9 and Under 11 we offer mixed boys and girl teams. For older age groups we have both girls only and mixed (girls and boys combined). FHC run teams in the following age groups (with typical training times):

Under 9s – Train 5.30 to 6.30 Wednesday nights, play 10.55am to 12.00 Saturdays,

Under 11s - Train 5.30 to 6.30 Wednesday nights, game times early Saturdays a.m.,

Under 13 girls - Train 5.30 to 6.30 Tuesday nights, play Saturday mornings,

Under 13 mixed - Train 5.30 to 6.30 Thursday nights, play Friday nights,

Under 15 Girls - Train 5.30 to 6.30 Tuesday nights, play Friday nights,

Under 15 mixed – Train Thursday nights 5.30 to 6.30, play Friday nights,

Under 17 Girls - Train Tuesdays 5.30 to 6.30, play Friday nights

Under 17 mixed – Train Thursday nights 5.30 to 6.30, play Friday nights.

We also run a 'Minkey' (mini-hockey) program on Wednesday nights (5.30 – 6.30) for younger children.

Note: The above training times are typical, but not guaranteed. Depending upon the coach's availability, these nights may vary. Will be resolved by early March.

Eligibility

The cut off date for age groups is 1st Jan each year. An example would be: if your child turns 11 on 2nd Jan or any date after that, they are still eligible to play in Under 11s team that year.

Under 9's:

The Under 9 game is played cross-ways on half of the full field. This smaller area allows the kids to get the idea of hockey games without having to cover the distances of a full field. Teams have 7 children on the ground at once, a goalie and 6 field players (under 11s and older teams have 11 players on the full field at once). FHC's policy on team selection for U9's is to select multiple teams of roughly equal ability, factoring in friendships and car-pooling needs. Prior to the team selection process, you will be asked to indicate the names of children that you would like your child to be 'teamed-up' with.

Squad Sizes / Field Time

At all age levels teams normally have extra numbers, and this allows for interchange during the game. At FHC we aim to give every child a significant time on the field during each game.

Equipment

Each player requires a stick, mouth guard and shin pads for both practice and games. During our Come 'n Try clinics, FHC provides equipment on loan. Each child should bring their own 'marked-up' drink bottles, and once the season starts a mouthguard is compulsory. Younger aged kids normally use the moulded styled mouth guards available from chemists for under \$10. The older children typically use individually moulded mouth guards. A specialist dental technician visits the club early in the pre-season (date announced soon) to fit children. A fitted mouth guard typically costs around \$65 to \$70.

You may borrow a stick and shin pads from the club. If you wish to purchase your own stick and shin guards you can buy "starter packs" for the younger ages from sports stores such as Ascot Vale Sports and Trophies (Epson Rd Ascot Vale), Just Hockey, Rebel Sport or Adrenaline Rush for approximately \$30. Sticks for older children range in price from \$30 up to several hundred dollars depending on the style and quality of stick you choose. Parents please note for beginning players, they do not need a really expensive stick (despite what they think!)

Fees

FHC fees are amongst the lowest in Melbourne, particularly low given that every time your child steps out on to the field they are utilising a floodlit, state-of-the-art \$1 million artificial grass pitch! U9 player fees are substantially reduced, partly because the players only utilise half of the field. Their fee is \$60 for the winter season. For U11 players and above, the season fee is \$180. For siblings in the same family, this drops away to \$120 for the second / third child. Fees can be payed off incrementally if that suits a family's finances.

Uniforms

The full FHC uniform applies from U11 up. U9 players (because of our multiple teams at that level) will have their own shirt reflecting different colours – red, white, blue, gold, etc). Uniforms can be obtained from Uniforms Coordinator Heather Shaw during / after training sessions during the pre-season. Indicative prices are: Shirts \$35, Shorts/Skirts \$35, Skorts (Skirts with shorts type lining) \$60, Socks \$8, and shirts for U9 players are \$10.

Specialist Programs

FHC offers excellent training programs for children that want to learn umpiring skills, goalkeeping skills, and specialist field play skills. We are looking for a new U11 male and an U15 female goalie for the coming season. Our goalies are coached by Australian squad goalkeepers.

Parental Involvement

FHC is a community-based club in which we all pitch-in where possible, whether it's occasionally helping in the kiosk, serving as a team manager, helping at working bees, etc. At minimum we require parents to be positive at all times when attending games – acknowledging efforts from both teams playing, and respecting all players, coaches and officials.

Junior Section Policies

FHC Juniors have a comprehensive policy document that covers everything from team selection to coaching goals to codes of required conduct for players, parents, coaches, spectators and officials. You can access the policy document at the FHC website: footscrayhockey.com.au

Questions

If you have any other questions please do not hesitate to ask one of the many friendly coaches, administrators or helpers at FHC. Or call our Junior Secretary Brendan Sheehan on 0405061536.