



Footscray Hockey Club Inc.

Founded 1934

Hello interested hockey player! You have been sent the pre-season newsletter and may be wondering what to do next. Well it's easy! It can seem a little daunting walking in to a new club but the ladies section often have over 30 new players joining each season so there are bound to be heaps of other people in the same position as you. Please feel free to just turn up to one of the many training sessions before round 1 and ask for Nicole, Glenn, Rod or Fidz and we will look after you, show you around and introduce you to our friendly members.

Or if you are more the social player and are only interested in playing games, contact Nicole as soon as possible to let her know you are keen to play in season 2010 and find out the practice match game times or round 1 game times! Some new members are concerned about their fitness and ability, however there are all levels of fitness, ages and ability at training sessions. There are coaches to assist you at what ever level you may be at and you are encouraged to do only what you can! We have a few coaching groups to cater for different levels. Hope to see you soon!

**I NEED TO KNOW IF YOU ARE PLAYING WINTER IN SEASON 2010 BY THE
END OF MARCH AT THE LATEST PLEASE!
10 REASONS TO COME AND PLAY HOCKEY AT FHC!**

- * Facilities: 2 Grounds - Water Based and Wet/Dry Ground, Hit Up Area, Large Pavilion, Change rooms, Showers, Canteen and Bar!
- * Variety of competitive and social grade teams
- * Players of all age and levels of experience are welcome
- * Quality coaching and free training sessions
- * Increase fitness and learn new skills
- * Family oriented club
- * Social Club and events through out the year
- * Learn something different, meet new people and have fun!
- * Cheap fees, junior and student discounts
- * Less than 10 mins from the CBD! Just off the West Gate. (McIvor Reserve, Fogarty Ave, Spotswood. MEL 41-G10)



FHC LADIES PRE-SEASON TRAINING SCHEDULE

IMPORTANT DATES & MEETINGS



PRESEASON

It is expected that you start your own personal running and fitness training in conjunction with any summer sports or hockey you are playing prior to the 19th of January if you are wishing to play in the top 4 sides.

SESSION	DATE	WHERE	TIME	
SESSION 1	Tuesday 19 th January	at FHC	6.30pm - 8.00pm	
PLAYERS MEETING TUESDAY 19TH JANUARY AT 8.00PM @ FHC. COMPULSORY FOR ALL SENIOR LADIES!				
The following will be addressed: Selection Criteria, Selection Process, Player's Expectations, Election of Players' Reps, Administration Information.				
SESSION 2	Thursday 21 st January	at FHC	7.00pm - 9.00pm	
<i>F.Y.I Australia Day Tuesday 26th January</i>				
SESSION 3	Thursday 28 th January	at FHC	7.00pm - 9.00pm	
SESSION 4	Tuesday 2 nd February	at FHC	7.00pm - 9.00pm	
<i>F.Y.I Summer Hockey Competition Round 8 Thursday 4th February</i>				
SESSION 5	Tuesday 9 th February	at FHC	7.00pm - 9.00pm	
<i>F.Y.I Summer Hockey Competition Round 9 Thursday 11th February</i>				
SESSION 6	Tuesday 16 th February	at FHC	7.00pm - 9.00pm	
<i>F.Y.I Summer Hockey Competition Round 10 Thursday 18th February</i>				
SESSION 7	Tuesday 23 rd February	at FHC	7.00pm - 9.00pm	
<i>F.Y.I Summer Hockey Competition Semis Thursday 25th February</i>				
SESSION 8	Tuesday 2 nd March	At FHC	7.00pm - 9.00pm	
<i>F.Y.I Summer Hockey Competition Grand Finals Thursday 4th March</i>				

TRAINING Then Every...

Tuesday 6.30pm – 8.30pm (be there 6.30 sharp ready to warm up) at FHC

Thursday 7.30pm – 9.30pm (be there 7.30 sharp ready to warm up) at FHC

...FROM Tuesday 9th March & Thursday 11th March right up until round 1 (April 17TH & 18TH) and for the remainder of the season. **Thursday 1st April - Easter Thursday - there will be no training**

PRACTICE MATCHES

Bring FHC uniform (dark and light t-shirt & socks)

Squads and Teams will be announced the Tuesday before each prac match, it is advisable to pencil these dates and times into your diary NOW!

WHAT	WHO	DATE	TIME	WHERE
Prac Match 1	SL2, PB, M1N & M1S	SUN 14 th March	12.00pm – 3.30pm	AT FHC
Prac Match 2	All Senior Ladies	SAT 20 th or SUN 21 st March	T.B.A AWAY PRAC MATCH	T.B.A AWAY PRAC MATCH
SL2 TOURNAMENT	State League 2 Squad	SAT 27 th & SUN 28 th March	9.00am - 6.00pm	AT FHC
Prac Match3	PB, M1N, M1S, M2N, M3N, M3S, M4N	SUN 28 th March	3.00pm - 6.00pm	AT FHC
<i>EASTER 3rd & 4th April</i>				
PRE-SEASON CAMP	SL2, PB & M1N an invitation will be sent to players Jan 2010	FRI 9 th April SUN 11 th April	7pm Friday - 2pm Sunday	AT TORQUAY SURF LIFE SAVING CLUB
Prac Match 4	M1S, M2N, M3N, M3S, M4N	Sunday 11 th April	3.30pm – 7.00pm	AT FHC

ROUND 1
17th & 18th April

APOLOGIES

Apologies for non attendance at any meeting, training or practice match to go to Glenn Lloyd 0408464559 glennlloyd52@optusnet.com.au. All apologies noted and attendance records are checked at the selection table.



FOOTSCRAY HOCKEY CLUB 2010 PLAYER INFORMATION



FOOTSCRAY HOCKEY CLUB BOARD OF DIRECTORS

Chairman & Planning and Performance	Neil	Coster	0412931196	ncosi49@hotmail.com
Secretary & Ladies Administrator	Nicole	Virtuoso	0424132715	nicolevirtuoso@gmail.com
Finance	Leon	Gale	0419307412	lwgale@netspace.net.au
Men's Administrator	Tom	Griffin	0424617363	tom.griffin@buchan.com.au
Vets	Mark	Stephens	0408326985	markstephens63@hotmail.com
Juniors	Brendan	Sheehan	0415061536	brendan.sheehan@dvc.vic.gov.au
Promotions and Fundraising	Rico	Virtuoso	0416054086	rico.virtuoso@aapt.com.au
Social	Tom	Edgar	0412768429	t.edgar@tjartificiallawn.com.au
Grounds & Pavillion	Alby	Speed	0417121588	burnsidebobbie@yahoo.com
Bar & Kitchen & Cleaning	Lorraine	Quinlan	0407816009	lquinlan4@gmail.com

FOOTSCRAY HOCKEY CLUB OTHER CONTACTS

Bookings	Neil	Coster	0412931196	ncosi49@hotmail.com
Assistant Treasurer	Lynn	Gale	0419307412	jlgale@netspace.net.au
Uniforms	Heather	Shaw	0409173334	heather_shaw21@hotmail.com
Joint Men's Administrator	Scott	Wood	0412875528	scottw@wehi.edu.au

TRAINING

TUESDAYS

LADIES 6.30 - 8.30 (be there 6.30pm sharp ready to warm up)

MEN 8.00 - 9.30 (be there 7.30pm)

	7.00 - 7.30	7.30 - 8.00	8.00 - 8.30	8.30 - 9.00	9.00 - 9.30
WET	FHC LADIES			FHC MEN	
WET/DRY	FHC LADIES			FHC MEN	
JUNIOR HIT UP	FHC LADIES	FHC MEN	FHC LADIES	FHC MEN	

THURSDAYS

MEN 7.00 - 8.30 (be there 6.30pm)

LADIES 7.30 - 9.30 (be there 7.30pm sharp ready to warm up)

	7.00 - 7.30	7.30 - 8.00	8.00 - 8.30	8.30 - 9.00	9.00 - 9.30
WET	FHC MEN			FHC LADIES	
WET/DRY	FHC MEN			FHC LADIES	
JUNIOR HIT UP	FHC MEN	FHC LADIES	FHC MEN	FHC LADIES	

- Please notify your coach if you are unable to attend training. (Compulsory for those Men and Women wishing to play in top 4 sides – contact your coach)
- You are expected to arrive at training at the times nominated.
- Often announcements will occur after training, please do not leave straight away.

ADMINISTRATION

You may note that there are 2 Men's Administrators in season 2010 who will share the role and will be working closely together to ensure the administration of the men's section is a success. Both will attend board meetings, although the Men's Section only has 1 Vote at the meetings and for the purposes of this, Tom Griffin was elected at the AGM. In short, Tom will continue to head the men's coaching appointments, recruitment, State League sponsorship, men's budget, playing numbers, pre-season tournament and coordinate the admin of the Pennant & State League. Scott will be responsible for registrations, Men's data base, e-mail data base, general communication to men's members, pre-season information packs, rosters, selection scribe & communication, coordinate the admin of the Metro Teams.

Nicole will be heading up the ladies section with her Ladies Sub Committee workers.

SELECTION

- Please give **NICOLE (LADIES)** **0424132715** **nicolevirtuoso@gmail.com**
SCOTT (MEN) **0412875528** **scottw@wehi.edu.au**
AND YOUR COACH as much notice as possible when you are unavailable to play.
- An **UNAVAILABILITY LIST** is situated on the Ladies & Men's notice board. If you know you will be unavailable for any future round, please write your name on this list as soon as possible! Nicole & Scott will always check this list week to week.
- The selection of teams will be completed on Tuesdays (and finalised on Thursday night).
- The selectors are the coaches of each team and any selection panel nominated by the Men's or Ladies Selection.
- Please refer to the selection policy/guidelines given out at the Pre-Season players meetings for the Men's or Ladies Section Criteria
- After selection of the top 4 sides, Nicole (Ladies) and Scott (Men) will scribe the team sheet and check player eligibility and movement in line with HV rules and regulations. The selection of the Metro teams is finalised. We will ensure every team has 11 players and a GK.
- The team sheet will be e-mailed to the Ladies & Men's playing group on Tuesday evening/Wednesday morning.
- You may be asked to confirm your availability by Thursday night 5pm. It is recommended to check your e-mail on Wednesday to see where you are playing.
- **GOLDEN RULE**
UNLESS YOU ARE TOLD OTHERWISE, YOU WILL PLAY IN THE SAME TEAM AS THE WEEK BEFORE. AND UNLESS NICOLE OR SCOTT IS NOTIFIED OTHERWISE, SHE WILL EXPECT YOU TO PLAY IN THE SAME TEAM AS THE WEEK BEFORE!
- Thursday Nights the teams will be finalised and read out after training. Feel free to stay for a drink and a light meal!

GAME DAY

- Please arrive at the ground early enough to get changed and to warm up. Your coach will inform you on when he/she would like you to arrive before the game.
- Be aware of your coach or captains mobile number on game day in case of emergency
- It is advisable to carry a pair of FHC's alternate red socks in your bag and a white FHC old uniform shirt or a white t-shirt. (sometimes uniform clashes occur)

UNIFORMS HEATHER SHAW

0409173334

heather_shaw21@hotmail.com

Usually available every Tuesday Night 6.00 - 7.00 at Training

Socks	\$ 8.00
Shirts	\$ 35.00
Shorts	\$ 35.00
Skorts	\$ 50.00
Skirts	\$ 35.00

INJURIES

- If you are injured during trainings or a game please gain a Sportscover Claim form at www.hockeyvictoria.org.au
- Please e-mail or provide the paperwork to Nicole Virtuoso, who can sign the forms and the authorised office bearer of FHC.
- If injured during a game please make sure it is also written on the team sheet & signed by the umpire.

CLUB DUTIES CANTEEN & WATERING ROSTER

- Every senior Men's and Ladies player will be required to do 3-4 duties of either umpiring, canteen duty or watering duty.
- You may not be aware that every year the canteen/bar (through normal match day and tournaments) raises enough money to subsidise every player's fees by over \$100. In 2009 it raised over \$42,000
- Having FHC members do umpiring duty saves the club having to pay for umpires, therefore reducing your fees too.
- A few 1.5 hours canteen/watering or umpiring duty is not much to give up considering it saves you over \$100!
- You will be given a roster, if you cant make your scheduled time, please arrange a swap or an alternative time. The rosters are monitored closely. Please make sure you complete your duties this year!
- If you do not wish to do any of your duties, the Club's Board of Management will allow any member to opt out of their commitment this year (of coarse meaning that they would not receive the \$100 fee subsidy that the canteen operation allows us.) If you would prefer not to contribute to canteen or watering duty please let Nicole or Scott/Tom know.

UMPIRING ROSTER

- You may be given umpiring commitments and you can opt to do it yourself, arrange a swap or pay someone to do your commitment
- FHC is required to provide 1 umpire to any games that do not have rostered umpires (which will most probably be the Metro teams each week). If FHC had to pay for umpires our fees would go up considerably.
- This commitment is part of the selection criteria "Commitment to the club". Please keep an eye out for the umpire's roster. (If you do not wish to do your commitment you can – arrange a replacement, pay someone else \$25)

PLAYER'S REP

- Player's reps are elected by the Men's and Ladies members respectively prior to the start of the season at a Player's meeting. It is important to communicate with your coach, captain, ladies administrator or player's rep if you have any issues, concerns or questions throughout the year.

VOLUNTEERS REQUIRED

- Volunteers are required to fill any of the following jobs - Team Managers, First Aid Kits, Canteen Roster Coordinator, Watering Roster Coordinator, Fees Collectors. Please contact Nicole or Scott/Tom if you can assist

PLAYER SPONSORSHIP & CLUB SPONSORSHIP

All members are invited to participate in our 2010 Player Sponsorship or Sponsorship Initiatives.

<i>Player Sponsorship</i>	<i>\$100</i>	<i>Bronze Sponsorship</i>	<i>\$500</i>
<i>State League Team Sponsorship</i>	<i>\$250/\$500</i>	<i>Silver Sponsorship</i>	<i>\$1000</i>
<i>Team Sponsorship (any FHC team)</i>	<i>\$1500</i>	<i>Gold Sponsorship</i>	<i>\$2000</i>
<i>Product or Service Sponsorship</i>		<i>Platinum Sponsorship</i>	<i>\$3500</i>

What to do:

1. Visit FHC website: www.footscrayhockey.com.au or Contact Nicole, Tom or Rico to gain all relevant information and letters (Rico 0416054086 E-mail: rico.virtuoso@aapt.com.au)
2. It's easy. - just find someone to sponsor you or our Club!
3. Let Tom, Nicole or Rico Virtuoso know you have acquired a Sponsor and pass on all details - any business cards and/or brochures as well as the sponsorship money.
4. FHC will arrange your fee reimbursement and all of the benefits for you and the person or business who has sponsored you

FHC SHIRT NUMBERS

There is a senior numbering system in place for the higher grades of the Men's & Ladies Section - please see Nicole or Scott/Tom for further details.

FHC E-MAIL

If any FHC senior member does not receive e-mails from Nicole Virtuoso - General Secretary please e-mail nicolevirtuoso@gmail.com to be added to the e-mail data base. If you do not receive weekly e-mails from Nicole (Ladies) or Tom (Men) please contact them a.s.a.p.

2010 REGISTRATION FORMS

Registration forms will be e-mailed to you before the season to fill in (we encourage all members to fill in via e-mail to save paper). Some hard copies will be provided at trainings/practice matches. Nicole Virtuoso and Karen Veitch will be using the FHC Club Data Base to keep registration form records up to date.

2010 FEES

It is your responsibility to approach the appropriate fee collector and arrange payment of your fees.

IT IS NOT THE RESPONSIBILITY OF THE FEE COLLECTORS TO CHASE YOU!

A late payment fee may be imposed for players not paying by the 4th game. Selectors will be instructed to exclude players from selection if fees have not been paid on time.

Fee Collectors

Ladies : Nicole Virtuoso 0424132715
Men's: Lynn Gale 0419307412
Juniors: Heather Shaw 0409173334
Vets: Karen Veitch 0419110943

FEE STRUCTURE 2010	
SENIORS	
Senior Men's or Ladies	\$ 450 or \$66 + \$32 per game
Housewives/Unemployed/Tertiary Student/Retired	\$ 300 or \$66 + \$22 per game
Secondary Student Playing Seniors Only	\$ 300 or \$66 + \$17 per game
Senior fee if playing juniors as well U15's U17's	\$ 60 or \$6 per game
Senior fee if playing juniors as well U15's	Board approved no fees shall apply
Goalies (with own gear)	\$ 66
SENIORS & VETS	
Vets playing Monday night or Wed. night and Seniors	\$ 684
Vets playing Mon. and Wed. nights and Seniors	\$ 780
Vets Retired/Unemployed Monday night or Wed. night and Seniors	\$ 520
VETS	
Vets playing Monday night or Wednesday night	\$ 300 or \$66 + \$22 per game
Vets playing Monday and Wednesday nights	\$ 420 or \$66 + \$22 per game
JUNIORS	
Juniors 1 st Child	\$ 180 or \$66 + \$12 per game
Juniors 2 nd Child etc	\$ 120 or \$66 + \$12 per game
Juniors Under 9's	\$ 60
FAMILY FEES	
Maximum Cost per Family (excluding Vets)	\$ 700
Maximum Family Fee (including Vets)	\$ 840
MEMBERSHIP FEE	
Non Playing Member	\$ 66

Payment Options

Option 1: Pay in full by Round 4 (cash, direct deposit, cheques made out to Footscray Hockey Club)

Option 2: Payment plans arranged prior to Round 4.

Payment 1: Rd 4 \$70
Payment 2: Rd 7 1/2

Fees

Payment 3: Rd 10 Full Fees

Option 3: Per Game. Rd 4 \$66 + game fee each week

Option 4: PAYPAL FHC Webpage

www.footscrayhockey.com.au, Click on

"Fees Forms & Admin" section, Click on Paypal, Follow links & instructions.

Option 5: Direct Deposit. Contact Nicole Virtuoso

nicolevirtuoso@gmail.com for further info

THANK YOU AND WE ALL WISH YOU THE BEST IN SEASON 2010!!!

Tom Griffin

Men's Administrator

Ph: 0424617363

E: Tom.Griffin@buchan.com.au

Scott Wood

Men's Administrator

Ph: 0412875528

E: scottw@wehi.edu.au

Nicole Virtuoso

Ladies Administrator

Ph: 0424132715

E: nicolevirtuoso@gmail.com

LADIES SUMMER NEWS 2010

Wishing you a Merry Christmas and Happy New Year to you all!

REVIEW OF 2009

Undoubtedly 2009 was a successful year for the ladies section. After 18 rounds of home and away hockey 5 out of 8 ladies teams are in the top 4 (State League 3, Metro 1 North, Metro 2 North, Metro 3 North and Metro 4 North Blue), the other teams finished 6th Metro 2 South, 6th (Metro 4 North Red) and 8th (Pennant B). SL3 and M4NBue gained automatic promotion finishing 1st as of round 18 and sealed the season winning Premiership Flags, joining them in promotion was M2N winning the Premiership Flag from 2nd spot. Metro 1 North were Runners Up Premiers after finishing 3rd. Metro 2 South held their grade which is a credit to the team in their first year of this grade. Metro 3 bowed out of the preliminary finals. Metro4 Red were unfortunately knocked out of the four in the last round and PB fortunately finished 8th, saving relegation, in their second year in this tough grade.

TEAMS IN 2010

State League 2, Pennant B, Metro 1 North, Metro 1 South, Metro 2 North, Metro 3 North, Metro 3 South, Metro 4 North

COACHING APPOINTMENTS

The ladies coaching appointments panel would like to once again welcome Glenn Lloyd as our State League Coach (6th year as FHC's head coach) and Assistant Coach Bobbie Skilton. Rod Lloyd (5th Year) has been appointed as PB coach and Geoff Peacock as his assistant. After a well deserved Premiership Flag in Metro 2 North Fidz has accepted the Metro 1 North Coaching position. There will also be a Metro 1 South side and the two Metro 1 teams will work closely together this year. Lynda Thomas will be coaching the Metro 3 North team again and with a Metro 3 South Team next year - the ability to promote players through this team to higher grades will be easier. The Ladies Coaching Panel is extremely pleased to have secured all of these appointments before the X-mas break and I would like to thank all the applicants for the positions. We are still seeking coaches or confirming coaches for M1S, M2N, M3S & M4N - please contact me if you have any suggestions or are interested.

ADMINISTRATION

In 2009, being FHC's busiest year with F2 re-surface, 75th Commemorative Year, State League Sponsorship Program, SL Tournament, New Uniform, Australian Veterans Championships. The ladies section continued to run very well admin wise in terms of 11 confirmed in each team on Thursday nights, goalies and coaches for all teams, communication of information to members, working umpires roster, fee collecting, canteen roster, tournament helpers, working through issues, appointing team managers, arranging equipment etc. Largely this is due to the fantastic dedication, communication and volunteer work by the Ladies Committee. Also the members who communicate efficiently and are reliable keep the ladies section running smoothly. Occasionally circumstances beyond our control do impact on the administration of the ladies section, however I thank everyone for their understanding during these rare times. In 2010, I hope to continue running things as in 2009. HOWEVER I don't want to get complacent - so if you have any suggestions, ideas AND are willing to help me achieve them! PLEASE let me know! **Thanks again and have a great season in 2010!**

COACHING AND ADMINISTRATION CONTACT DETAILS

SL2	GLENN LLOYD	0408464559	glennlloyd52@optusnet.com.au
ASSIST	BOBBY SKILTON	0412546080	robski@melbourne.vic.gov.au
PB	ROD LLOYD	0447876265	rlloyd@patties.com.au
ASSIST	GEOFF PEACOCK	0402271704	geoff.peacock@optusnet.com.au
M1N	FIDZ	0402522318	hafidz07@hotmail.com
M1S	COACH YET TO BE APPOINTED		
M2N	COACH YET TO BE APPOINTED		
M3N	LYNDA THOMAS	0405449270	thomashopkinsfam@iprimus.com.au
M3S	COACH YET TO BE APPOINTED		
M4N	COACH YET TO BE APPOINTED		
Ladies Admin	NICOLE	0424132715	nicolevirtuoso@gmail.com
Uniforms	HEATHER	0409173334	heather_shaw21@hotmail.com
CLUBROOMS	93153099	WEB PAGE	www.footscrayhockey.com.au
RESULTS	www.sportingpulse.com.au		