



WELCOME

INVERLEITH HOCKEY CLUB



SEASON 2020/21



WELCOME TO INVERLEITH HOCKEY CLUB

We are Edinburgh's hockey club for everyone.

We have a 100 year old history of being an inclusive, family-orientated club.

With hockey programmes for under eights through to veterans, catering for everyone from social players to internationals, we are a club for any player.

Welcome to or welcome back to Inverleith Hockey Club!



WELCOME TO OUR YOUTH ACADEMY

Inclusion.

Development.

Enjoyment.

As a youth section we focus on the development and enjoyment of all our junior players, supporting them to fulfil their potential and develop a long lasting love of hockey.



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THE BIG PURPLE PRINT

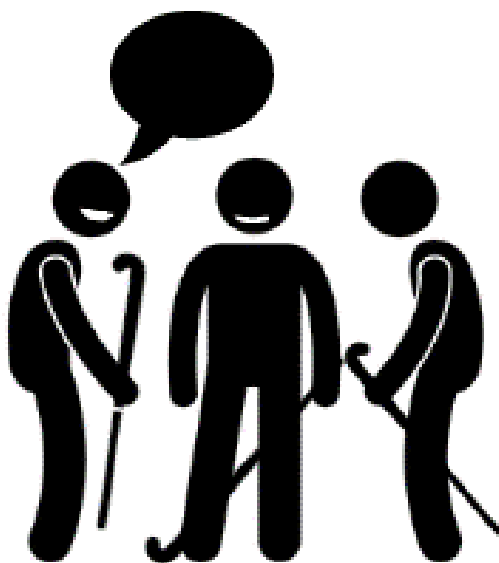
OUR WAY

Our Purple family places a lot of importance on two community building behaviours, and this season we will be asking everyone to live by them.



LISTEN TO EVERYONE

We give anyone speaking our undivided attention and respect.



SPEAK TO EVERYONE

We speak to and grow relationships with everyone.



OUR PLAY

At every level our hockey is characterised by an intent to go forward.

We play exciting attack-minded hockey. In possession we always look to go forward. Out of possession we look to win the ball back as quickly as possible, so we can go forward again.



THE SMALL PURPLE PRINT

WELCOME



WE NEED HELP

We are not a fully paid for service run by professionals.

We are an amateur sports club, who has a few paid coaches but whose life blood is parent volunteers. Our membership fees reflect this.

The different roles we need are not onerous and can be done by rota/in combination. Hockey experience is also not essential, due to the amount of guidance provided. All volunteer roles are rewarded with a discount in membership fees.

We are looking for volunteers to be age group administrators and on pitch coaching assistants.

If you can help with either, please email youthheadcoach@inverleith-hc.co.uk.

It will be massively appreciated.



WHAT HOCKEY IS ON OFFER THIS SEASON?

We have training for all players, whatever their ability, age or aspirations, led by our team of coaches.

Throughout the season, all our players will also compete in friendly matches, tournaments, leagues or cup competitions.

COVID-19, HOW WILL IT SHAPE OUR SEASON?

Covid-19 presents us with significant challenges. A strategic model has been purpose-built to help the hockey community in Scotland meet them.

The model dictates what type of play is permitted at each phase of the Scottish Government's route map for exiting lockdown:

Stage	Method of Training	Details
Phase 1	Home based individual, flexible training.	Home based fitness, tactical and skill work.
Phase 2	Pitch / Facility based modified training in small groups.	Smaller groups, with maximum player numbers and highly modified session design to conform with regulations.
Phase 3	Pitch / Facility based full contact training for U18s and non-contact training, progressing to full contact for O18s.	A return to 'normal' competitive hockey training for youth, albeit with hygiene and player quantity regulations in place. Adults continue to train in small groups with highly modified session designs, but will progress to higher numbers and full contact training during this phase.
Phase 4	Return to competitive Hockey for all.	Hockey can function in what we see as its 'normal' manner.

We have comprehensive guidelines in place, to guide our activity and make sure we comply with the requirements of the phase we are in.

For the safety of every member and our wider community you must read and comply by our Return to Play guidelines. To find out our current guidelines visit here: <http://www.inverleith-hc.co.uk/return-to-play-guidelines-youth/>

If the guidelines change all players will be notified by email.

WHAT HOCKEY IS ON OFFER THIS SEASON?

Youth training will be held at the following times and venues. Please note the staggered starts and multiple venue use, in place as Covid-19 safety measures:

Age Group	Day	Time	Venue
Under 8	Sunday	10:00 – 11:30	Edinburgh Academy Junior School Pitch
Under 10	Sunday	09:45 – 11:15	Edinburgh Academy Newfield Pitches
Under 12	Sunday	10:00 – 11:30	Edinburgh Academy Newfield Pitches
Under 14	Sunday	11:45 – 13:15	Edinburgh Academy Junior School Pitch
Under 14	Wednesday	18:30 – 20:20	Edinburgh Academy Newfield Pitches
Under 14 GKs	Wednesday	18:30 – 20:20	Edinburgh Academy Newfield Pitches
Under 16 Men	Sunday	11:45 – 13:15	Edinburgh Academy Newfield Pitches
Under 16 Ladies	Sunday	12:00 – 13:30	Edinburgh Academy Newfield Pitches
Under 16 GKs	Sunday	12:00 – 13:30	Edinburgh Academy Newfield Pitches

Autumn Term: Sunday 13th September to Sunday 6th December 2020. **Excludes Sunday 18th October and Wednesday 21st October.**

Spring Term: Sunday 17th January to Sunday 21st March 2021. **Excludes Sunday 7th February and Wednesday 10th February.**

Summer Term: Sunday 25th April to Sunday 20th June 2021.



WHERE ARE WE?

We play where the club was founded,
Inverleith Park.

HOME PITCH ADDRESS:

Edinburgh Academy Newfield
2 East Fettes Avenue EH4 1DL

We also use:

Edinburgh Academy Junior School Pitch: 10
Arboretum Road EH3 5PL



CLUB KIT

Our club are proud to wear Purple, and bar a wartime shortage of purple fabric, have done so for over 100 years! Our club kit is made by Adidas and is sourced for us by the fantastic PSL Team Sports and will be available for you to purchase, via an online club shop and in person, at PSL's Edinburgh Shop.

What items am I expected to own?

- Home top, skorts/shorts and socks.

What personalisation should I get on my kit?

- U8/10/12 to get first names not numbers on back of shirt
- Over 12s to get numbers on shirt. If you need a number, YOU MUST email getyourpurplerobes@gmail.com to be issued one, this is to prevent number duplication across club.
- Leisurewear can be personalised with initials only.



CLUB KIT

Our stores:

- <http://www.inverleith-hc.co.uk/club-shop/>
- Aitken & Niven, 6 Falcon Road West, Morningside, Edinburgh, EH10 4AQ (PSL operate out of the Aitken & Niven store)

What items can I get online?

- All our leisure wear
- All our home and away kit

What items can I get in our physical store?

- All our leisure wear
- All our home and away kit
- In store, initials and numbers can usually be applied to kit on the same day as purchase.

For issues regarding kit please contact getyourpurplerobes@gmail.com



REGISTRATION

Ready to sign up to a season with Inverleith Hockey Club?

To join or rejoin our club you must complete an online registration form.

Upon completion you will receive a confirmation email and information about how to pay subscriptions.

It is as easy as that!

The online form can be found here:

<http://www.inverleith-hc.co.uk/youth-registration-form>



SUBSCRIPTIONS

Outdoor fees, determined by age as at 1st January 2021:

- 6-11 years: £125
- 12-18 years: £155

Adult indoor fees (available to those aged 14+):

- Existing outdoor member: £80
- New member: £100

Due to the potential cancellation of the season due to Covid-19, we are asking members to pay in two installments.

- 6-11: September 30th 2020 £75 / February 28th 2021 £50
- 12-18: September 30th 2020 £95 / February 28th 2021 £60
- Adult indoor: November 30th full amount.



SUBSCRIPTIONS

Account Name: Inverleith Hockey Club

Account Number: 06001708

Sort Code: 80-02-28

Reference: Subs-FIRST INITIAL-SURNAME

Payment can be made in installments of your choice by special arrangement, please contact our treasurer to discuss:

inverleithtreasurer@gmail.com

One payment per player. This helps keep our administration easy.



COMMUNICATION

Web Site

The Inverleith Hockey Club website can be found at:

<http://www.inverleith-hc.co.uk/>

This is the source for all key information.

Social Media

Facebook Page: Our main community hub. Follow for club news and events!

Instagram: Your insight into club life!

Twitter: A feed for club news!

Follow us:

Twitter: @Inverleithhc

Facebook: Inverleith Hockey Club

Instagram: Inverleith Hockey Club



COMMUNICATION

Members Facebook Group

The club has a Members Facebook Group. This group serves as a forum, out of the public eye, for club discussions about anything from training cancellations, arranging club events to organising umpires.

We recommend joining this community.

<https://www.facebook.com/groups/461196747381937/>

Teamer

We will be managing our season through the sports management app Teamer. Events will be made on Teamer, invites will be sent, you will receive a text or email and you will be asked to reply Yes or No to the event - easy as that. It is even easier if you download the free app!

You will receive an invite to join Teamer from your team manager.



CANCELLATIONS

If a session is cancelled, we will notify you by the following channels:

- The website home page will be updated with a cancellation notification
- Notification of cancellation will be shared on Facebook page and Facebook Members Group
- Email will be sent to all affected.



WHAT WILL I LEARN?

WELCOME

LEARNING OBJECTIVES: U8s

ASPECT	PLAYERS WILL...
Go forward	<ul style="list-style-type: none">• Move (run/pass) to space away from defenders.
Winning the ball back	<ul style="list-style-type: none">• Try to win the ball back.• Not swing when tackling.
Social	<ul style="list-style-type: none">• Listen to everyone• Speak to everyone
Receiving	<ul style="list-style-type: none">• Control the ball and have it glued to the stick as quickly as possible.
Evasion	<ul style="list-style-type: none">• Try and change direction to move away from defenders.
Moving the ball	<ul style="list-style-type: none">• Move with the ball while keeping it glued to their stick.• Carry ball in middle of stance.• Look up and maintain vision of pitch.• Hold the stick correctly.
Passing	<ul style="list-style-type: none">• Push the ball effectively.
Physical	<ul style="list-style-type: none">• Perform basic agility and co-ordination.
Rules	<ul style="list-style-type: none">• Have an understanding of the rules, pitch dimensions and fouls to enable games to occur.

LEARNING OBJECTIVES: UI0s

ASPECT	PLAYERS WILL...
Go forward	<ul style="list-style-type: none">• Move (run/pass) to space away from defenders.• Know their next action.• Always look to go forward.
Winning the ball back	<ul style="list-style-type: none">• Try to win the ball back.• Deny a player space quickly.• Not swing when tackling.
Social	<ul style="list-style-type: none">• Listen to everyone• Speak to everyone
Receiving	<ul style="list-style-type: none">• Control the ball as quickly as possible.• Move to space with their first touch if capable.• Position their body when receiving to make their next action easier.
Evasion	<ul style="list-style-type: none">• Try and change direction to move away from defenders.• Protect the ball with their body.
Moving the ball	<ul style="list-style-type: none">• Move with the ball while keeping it glued to their stick.• Carry ball in middle of stance.• Look up and maintain vision of pitch.• Hold the stick correctly.
Passing	<ul style="list-style-type: none">• Push and sweep the ball effectively.• Be introduced to the hit if capable.
Physical	<ul style="list-style-type: none">• Perform basic agility and co-ordination.
Rules	<ul style="list-style-type: none">• Have the ability to play games without constant reminding of the rules.

LEARNING OBJECTIVES: UI2s

ASPECT	PLAYERS WILL...
Go forward	<ul style="list-style-type: none">• Always look to go forward.• Constantly scan the pitch to gather information.• Know their next action.• Move (run/pass) to space away from defenders.
Winning the ball	<ul style="list-style-type: none">• Deny a player space quickly.• Dictate where attackers can go.• Try to win the ball back.• Not swing when tackling.
Social	<ul style="list-style-type: none">• Listen to everyone• Speak to everyone
Receiving	<ul style="list-style-type: none">• Control the ball as quickly as possible.• Move to space with their first touch if capable.• Position their body when receiving to make their next action easier
Evasion	<ul style="list-style-type: none">• Try and change direction to move away from defenders.• Protect the ball with their body.• Be able to lift the ball to move away from defenders.
Moving the ball	<ul style="list-style-type: none">• Move with the ball while keeping it glued to the stick.• Carry ball in middle of stance.• Look up and maintain vision of pitch.• Protect the ball.
Passing	<ul style="list-style-type: none">• Push, sweep and hit the ball effectively.• Explore reverse sweep or hit if capable.
Physical	<ul style="list-style-type: none">• Perform basic agility and co-ordination
Phycological	<ul style="list-style-type: none">• Be self organising.They will figure out their own solutions and make their own decisions.• Be self aware.They will reflect on their performance and engage in purposeful practice.

LEARNING OBJECTIVES: UI4s

ASPECT	PLAYERS WILL...
Go forward	<ul style="list-style-type: none"> • Always look to go forward. • Move (run/pass) to space away from defenders. • Constantly scan the pitch to gather information. • Know their next action. • Support the ball carrier.
Winning the ball	<ul style="list-style-type: none"> • Deny a player space quickly. • Dictate where attackers can go. • Disrupt dribbles by getting their stick in. • Try to win the ball back.
Social	<ul style="list-style-type: none"> • Listen to everyone • Speak to everyone
Receiving	<ul style="list-style-type: none"> • Control the ball as quickly as possible. • Move to space with their first touch if capable. • Position their body when receiving to make their next action easier.
Evasion	<ul style="list-style-type: none"> • Try and change direction to move away from defenders. • Protect the ball with their body. • Lift the ball to move away from defenders. • Use deception to move away from defenders.
Passing	<ul style="list-style-type: none"> • Push, sweep, hit and reverse sweep consistently. • Develop reverse hit if capable.
Moving the ball	<ul style="list-style-type: none"> • Move with the ball while keeping it glued to the stick. • Carry ball in middle of stance. • Look up and maintain vision of pitch. • Protect the ball.
Goal scoring	<ul style="list-style-type: none"> • Execute shooting skills inside the circle to get something on goal.
Physical	<ul style="list-style-type: none"> • Perform basic agility and co-ordination
Phycological	<ul style="list-style-type: none"> • Be self organising.They will figure out their own solutions and make their own decisions. • Be self aware.They will reflect on their performance and engage in purposeful practice.
Tactical	<ul style="list-style-type: none"> • Help create solutions to win the ball back as a team. • Make use of team shape to exploit space in order to go forward.

LEARNING OBJECTIVES: U16s

ASPECT	PLAYERS WILL...
Go forward	<ul style="list-style-type: none"> • Always look to go forward. • Move (run/pass) to space away from defenders. • Constantly scan the pitch to gather information. • Know their next action. • Support the ball carrier.
Winning the ball	<ul style="list-style-type: none"> • Deny a player space quickly. • Dictate where attackers can go. • Disrupt dribbles by getting their stick in. • Try to win the ball back.
Social	<ul style="list-style-type: none"> • Listen to everyone • Speak to everyone
Receiving	<ul style="list-style-type: none"> • Control the ball as quickly as possible. • Move to space with their first touch if capable. • Position their body when receiving to make their next action easier.
Evasion	<ul style="list-style-type: none"> • Try and change direction to move away from defenders. • Protect the ball with their body. • Lift the ball to move away from defenders. • Use deception to move away from defenders.
Passing	<ul style="list-style-type: none"> • Push, sweep, hit and reverse sweep consistently. • Develop reverse hit if capable.
Moving the ball	<ul style="list-style-type: none"> • Move with the ball while keeping it glued to the stick. • Carry ball in middle of stance. • Look up and maintain vision of pitch. • Protect the ball.
Goal scoring	<ul style="list-style-type: none"> • Execute shooting skills inside the circle to get something on goal. • Develop penalty corner attack and defence skills
Physical	<ul style="list-style-type: none"> • Perform basic agility and co-ordination
Psychological	<ul style="list-style-type: none"> • Be self organising. They will figure out their own solutions and make their own decisions. • Be self aware. They will reflect on their performance and engage in purposeful practice.
Tactical	<ul style="list-style-type: none"> • Help create solutions to win the ball back as a team. • Make use of team shape to exploit space in order to go forward.



SELECTION POLICY



WHAT DO WE WANT TO ACHIEVE?

- Opportunities for everyone at our club to PARTICIPATE both in training and matches.
- Opportunities to stretch the PERFORMANCE of all players appropriately.
- Opportunities for everyone to enjoy hockey with their PEERS.

This selection policy lays out how we will achieve the above.

SELECTION POLICY

Players age groups are defined by their age on the 01/01/2021.

U8, U10 and U12

- Participation: Participation for all. We do our best to ensure every player receives equal invites to match days. Every training session open to all.
- Performance: At this age teams are not picked based on performance, we instead pick teams based on school year. High performing players are stretched with additional content.
- Peers: Large focus on players playing with peers.

U14 and U16

- Participation: Participation for all. We do our best to ensure every player receives equal invites to match days. Every training session open to all.
- Performance: To ensure we stretch the performance of all players appropriately, at this age players are seeded on performance, into teams who compete in different leagues.
- Peers: We still aim to guarantee players are playing with peers.

We will consider moving players up or down an age group if:

- We think a new age group will provide appropriate stretch
- All their peers are in another age group.

Decision making:

- Team Managers are NOT involved in selections, please do not bring them into selection debates; as you can imagine this is sometimes uncomfortable for them!
- For all selection discussions please contact our Head of Youth Thomas Barton ONLY: youthheadcoach@inverleith-hc.co.uk, 07914296848



PERFORMANCE SELECTIONS

When we select players for opportunities based on their performance, we consider the following three criteria:

- **Talent:** A player's performance against the learning objectives [see previous] for their age group.
- **Behaviours:** An athlete's long term improvement is not determined by talent, but by behavioural traits. Therefore when identifying players for opportunities we prioritise considering behavioural traits and not talent.
- **Stretch:** We must consider whether the intensity of the game play will be enjoyable and beneficial to the player and therefore appropriate.



DISTRICT NOMINATIONS

For each of the below we can nominate players to trial to represent their District:

- U14 District Festivals - purpose is for Scotland programmes to see talent for the first time.
- U16 District Festival - purpose is talent confirmation and giving late developers a platform.
- U18 District Competition - this tournament is less relevant for Scotland programmes from talent development perspective. Vast majority of potential international players already identified or playing high level club hockey.



DISTRICT NOMINATIONS

For each of these opportunities our policy is we nominate based on our belief in whether a player could make the final District squad. Nomination process:

- All players in an age group given an opportunity to identify to Head of Youth they would like to be considered for District selection
- Head of Youth consults age group Head Coaches on who to nominate
- Head of Youth circulates a list of names to Ladies 1s Head Coach, Men's 1s Head Coach for sign off
- All players who wanted to be considered for District selection given feedback on their nomination or non-nomination.



KEY CONTACTS

KEY CONTACTS

Logistics:

- Each age group has a Team Manager who will be your primary contact for all match day and training logistics. You will receive an email confirming the details of who your Team Manager is.

Selections:

- Head of Youth ONLY.

Registration:

- Youth Secretary | Claire Tait | inverleithyouthsecretary@gmail.com

General Queries:

- Head of Youth.

Head of Youth: Thomas Barton

Tom is responsible for our Youth programme. His day to day role sees him work to design and monitor what we deliver in order to ensure we maintain our standards, our development and a safe training and playing environment.

youthheadcoach@inverleith-hc.co.uk

07914296848

For all club matters beyond the remit of the above please contact our President, Paul Bowyer, now into his 8th term.

Paul Bowyer: president@inverleith-hc.co.uk



CODE OF CONDUCT

— WELCOME —

Player Code of Conduct

A code designed to ensure we all know how to behave when representing the club both in club kit and beyond. When completing our online registration form you will be asked to sign up to this code.

The following Codes of Conduct are based on the concept of fair play, defined by:

- Respect for the rules of Field Hockey as governed by the FIH and as directed by Scottish Hockey;
- Respect for the officials and their decisions, always;
- Respect for all participants, including team-mates, coaches, opponents, parents, carers and spectators;
- Equality in participation;
- Maintaining positive self-control, at all times.

PLAYER CODE OF CONDUCT

- Make our sport fun and enjoyable, first and foremost;
- Play fairly and encourage your team-mates;
- Display good sportsmanship at all times;
- Never threaten players or officials;
- All players must play within the rules and respect officials and their instructions and decisions;
- Never use foul or abusive language to either your team-mates, officials, spectators or opponents;
- Respect the choices of all members;
- As a representative of Inverleith Hockey Club, you must behave well and in an appropriate manner at all times;
- Police each other. Set an example for yourself and all to follow;
- Pay any fees for training or events promptly;
- Do not use social media as a platform to be abusive to other members of the club, opponents or officials. This will not be tolerated;
- Reply promptly to match invitations;

Player Code of Conduct

- Keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late;
- Wear suitable kit for training and match sessions, as agreed with the coach/team manager;
- Engage with what my coach tells me. Take ownership of your development;
- Listen to everyone;
- Speak to everyone;
- Talk to someone I trust if I'm unhappy about anything at my club;
- Abide by our Covid-19 Guidelines;
- Substance use / abuse:
 - All players must abide by the Scottish Hockey Anti-Doping Rules
 - All players must not use illegal substances whilst at club events or whilst representing the club
 - All players must not promote the use of illegal substances;

Hockey is a great team sport to be involved in and your conduct is central to enjoyment of the game. Particularly be aware of how your actions affect those of your team-mates and opposition.

'Lead, do not follow' - play your part and do your best.

Spectator Code of Conduct

In addition to our Player Code of Conduct we also have a Spectator Code of Conduct:

- All spectators must respect players, coaches and officials and their decisions. The use of bad language or negative comments which may cause offence will not be tolerated. Spectators displaying these kinds of behaviours will be asked to leave the pitch and the Club reserves the right to ask the relevant player to leave the Club. This covers training sessions and matches and also applies to the use of Social Media;
- Spectators should applaud good play on both teams;
- Spectators should be role models congratulating opponents and making their players and coaches feel welcome;
- Listen to everyone;
- Speak to everyone;
- Abide by our Covid-19 Guidelines.

WELCOME

Paul Bowyer | President

T: 07782326109

E: president@inverleith-hc.co.uk