



Members Welcome Pack
2015-2016

Welcome

Uddingston Hockey Club is a Scottish Hockey club based in South Lanarkshire and is a section within Uddingston Cricket & Sports Club. We have five men's teams, two ladies teams and a very successful youth section with mixed teams that cater for 4 to 16 year olds. Our teams participate in outdoor and indoor competitions at district, regional and national level.

We have a reputation for being forward thinking and having a coaching structure which is second to none.

At Uddingston we take coaching very seriously, we're committed to providing our members with the very best coaching available whether that's for someone's first time holding a stick or for our top athletes striving for the first teams.

We believe our coaching structure is second to none, and while we offer a great structure as well as a great environment we try to make each session as enjoyable as possible too. We have sessions available in a number of areas and levels from general participation hockey, Veterans, or specific GK coaching.

We are also very active in umpiring and hold regular rules sessions and grading's.

Club Committee

Our club committee has all the normal positions but it's structure is healthy in the regard that we have positions to cover everything we do within our club, which includes having our team captains involved, youth representatives, coaches and also veterans representatives. An example of our structure can be found in the 'About Us' section of our website.

Playing Structure

We have a range of opportunities available, which covers children all the way to veteran's hockey, both in male and female participation. We also have summer hockey and mums and dads fitness sessions, we truly have something for everyone.

Our teams play at various levels with our Men's first XI playing at the very top level in the country, where our Men's fifth XI play in the bottom West District league. Our Ladies First XI play within West District 3, our Ladies Second XI plays West District 4 and we've just started a Third XI.

On top of this members can also participate within summer hockey from June to August, this is a mixed sex version of the sport which is very social and great for keeping active over the summer when the league seasons have come to an end.

Our Youth Section also has the opportunity to play matches and these are usually done in a festival format, often hosted at our pitch in Uddingston. The age groups usually follow U8, U10, U12, U14 and U16. By the time the players have reached the U16 age group its normal for them to start playing senior hockey and to have trials for the Inter-District teams, which then lead to selection for Scotland.

Training Structure

Our pitch is in use every day of the week and also during the weekends to accommodate our members training and matches. There are training sessions available for all levels and we have a high percentage of our members utilising our training sessions.

We currently offer the following training sessions, details can be found on our club website: <http://www.uddingstonhockeyclub.co.uk/2011/>

- Youth training – 2 times per week
- General club session
- Ladies training – 1st, 2nd & 3rd Team
- Men's 1st XI training – 3 times per week
- GK Academy – once per two weeks
- Mum and Dad fitness sessions
- U16 Development Squads – Male and Female

Membership & Costs

It's free for prospective senior members to utilise our training sessions to gauge if joining is for them. Once membership has been completed

you'll then be able to play in matches and fully utilise our facilities. There will be no other costs other than the £5 payment per match that you pay, the 'Hoys' help cover the costs of travel for teams and any another expenses associated with playing a match.

Youth prospective members can utilise our junior coaching sessions for £3 per session, each session lasts approximately 1.5 hours and happens on Tuesday and Thursday evenings.

It is not possible for youth players to take part in matches, festivals or competitive play until they become a full member. The membership covers the cost of their playing kit and also allows the club to offer comprehensive insurance coverage.

Further membership details and costs can be found on our website.

Equipment

If you are turning up for the first time and you have no hockey specific equipment then we recommend that you come along with what you feel comfortable running around in. We can provide a stick for your first few sessions. In terms of footwear an astroturf trainer or running shoe style footwear will be sufficient.

If you're looking to continue with the sport and would like to purchase your own equipment, Gilmour Sports is the best retailer for this. Our recommendation would be to have the following as a minimum; a hockey stick, shin guards & hockey shoes. There are other protective items available such as a gum shields or gloves but this is personal preference as not all players wear these.

Gilmour Sports also have a website:

<http://www.gilmoursports.com>

Playing Kit

Our playing kit is Adidas hockey and is also supplied via Gilmour Sports. Under the club shop section you'll find Uddingston Hockey Club, you can find everything you'll need there.

The club colours are blue top, black shorts/skort and yellow socks for the home kit and white top, black shorts/skort and red socks for the away kit. If your playing in the Men's first team this is slightly different.

The only other thing you'll need is a playing number; you can obtain one from our Director of Hockey, Steven Percy. His contact details are at the bottom of the welcome pack.

Key Contacts

We've listed some key contacts below to help you get in touch with the relevant person within the club depending what the query is:

Director of Hockey – Steven Percy – uddingstonhc.doh@gmail.com

Club Secretary – Kate Loudon - uddingstonhc.clubsec@gmail.com

Youth Convenor – Ross McWilliams - uddingstonhc.youth@gmail.com

General Enquiry - uddingstonhc@gmail.com

Coaching Enquiry - uddingsonhc.coaching@gmail.com