

Hello!

This pack is to serve as your welcome to this season, and will provide you with all the key details you need to know about playing hockey in Fjordhus Reivers, starting with...

THE BIG FJORDHUS REIVERS PRINT

Our Fjordhus Reivers family places a lot of importance on these core values and this season we will be asking everyone to live by them, to help us achieve our vision of being a hockey club for everyone.

Respect - We show respect for everyone by treating them with courtesy, politeness and kindness.

Inclusivity - We will be inclusive of all. Always. We are one big family with an open door.

Excellence - We will aim for excellence and will be ambitious about what we can achieve.

Invested - We will each take ownership of all that is happening, get involved and help shape its future

The Small Fjordhus Reivers Print

What Hockey is on Offer This Season?

Our core junior training is designed to be open to all, whatever your ability. Training for juniors will be held at the following times and venues:

Day Monday – Fjordhus Futures

Time 5.30 pm - 6.30 pm

Age group U15

Venue Tweedbank

Day Monday – U16 Time 6.30pm – 7.30pm

Age group U16

Venue Tweedbank

Day Tuesday- U10's Time 5pm – 5.30pm

Age group U10

Venue Tweedbank

Day Wednesday – U14's

Time 5pm – 6pm

Age group U14

Venue Tweedbank

Day Wednesday – U14's

Time 6pm – 7pm

Age group U14

Venue Tweedbank

Day Wednesday – Boys

Time 6pm – 7pm

Age group U14

Venue Tweedbank

Day Thursday

Time 5.30 pm - 6.00 pm

Age group U10

Venue Tweedbank

Day Thursday

Time 4.30pm – 5.30pm

Age group U12

Venue Tweedbank

Day Thursday

Time 5.30 pm - 6.30 pm

Age group U14

Venue Tweedbank

Age group categories are based on age as at 1st January during the hockey season. For example, during the season a child will be categorized as U14 if they are not aged 14 until after 1st January 2021.

Some players may move between age groups or be invited to push themselves through extra sessions, this will be a decision made by the coaches only. These kind of opportunities are open to all players who are showing the aspirations, attitude and performance levels required.

U14, U16 and U18 age groups will also have matches as well as their training. U14 matches usually occur on Sunday mornings in Edinburgh, and will be flagged in advance, by the age group team manager, via email, Facebook, Whatsapp and Teamo

Our ethos will be game time for all, so everyone will get to play plenty of matches across the season.

Term Dates

Junior hockey will run, starting and ending, on the dates below:

Winter: Week commencing 15th March to w/c 29th March 2021 Summer: Week commencing 19th April to 21st June 2021

Autumn: Week commencing 23rd August to 13th December 2021 Winter: Week commencing 10th January to 28th March 2022 Summer: Week commencing 18th April to 20th June 2022

Half-term breaks and cancellations will be notified via the *Facebook page and Teamo*

HOME PITCH ADDRESS:

Tweedbank Sports Centre Tweedbank Industrial Estate, Tweedbank, Galashiels TD1 3RS

What do I need to take part?

We try to make our sessions as safe as possible but recognise that accidents and injuries will happen. To minimise injuries it is our strong recommendation that players come with:

- A good fitting gum shield. We have been fortunate not to have had any significant injuries over the past few years but do not want to take a risk that your youngster loses teeth for the sake of not having a gum shield. If you need help/advice with how to mould a gum shield, just ask one of our coaching staff. SISU gumshields are highly recommended https://www.amazon.co.uk/SISU-Guards-Custon-Mouthguard-Original/dp/B00HJCNGYE/ref=sr 1 5?s=sports&ie=UTF8&qid=1534785372&sr=1-5&keywords=SISU+Mouth+Guards
- Hockey shinpads (i.e. not football shinpads). Shinpads are compulsory for all matches.
- A hockey glove for the left hand. Gloves are highly recommended for all sessions and matches for players 12+.

There is a first aid kit at all Fjordhus Reivers training sessions and competitions. In event of injuries the coaches will contact parents or emergency contacts and will administer first aid as appropriate. If considered necessary, emergency services will be contacted.

It is also recommended that players come with:

- Appropriate clothing for the weather conditions
- Water

If players do not have their own hockey sticks, the club has sticks available at the training sessions that players can use.

You will obviously also need some Fjordhus Reivers Robes!

Our club are proud to wear Fjordhus Reivers

Our club kit is sourced for us by the fantastic <u>PlayerLayer</u> and will be available for you to purchase, *via an online club shop*

Before you order your kit, there is some information you need to know:

What personalisation can I get on my kit?

• Numbers on the back of playing kit are required for all those aged 13 years old and upwards. Please DO NOT get a number on your playing kit if you are under 13, numbers are only for those 13 years old plus.

- Numbers will be issued by the club. If you need a number, YOU MUST email Fjordhus Reivers@gmail.com to be issued one. This is to prevent number duplication across club.
- · Leisurewear can be personalised with initials on the sleeve only.

What items am I expected to own?

- Home top: For youth Fjordhus Reivers tshirt red and away shirt- black
- Skorts/shorts Black
- Socks- club Whacky socks which you can buy from your club coach

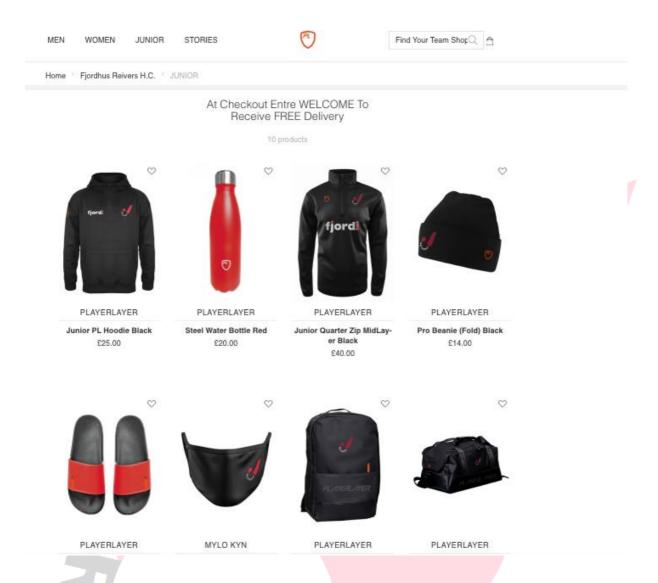
What items can I get online?

- All our leisure wear
- In store, initials and numbers can be applied to kit on the same day as purchase, however, for names players will have to wait

If you are unsure what kit to buy, please ask your coach Where is the online store?

https://playerlayer.com/teams/fjordhus-reivers-h-c/junior.html





Those players, playing age 14 in senior hockey are required to order a sublimated playing shirt from the club: Please email fjordhusreivers@gmail.com

Registration

Every player must complete an online junior registration form to sign up for the season! The online form can be found here:

http://fjordhusreivers.org/junior-registration-form/

Subscriptions

U10s & U12s - £50

U14s - £80

U16s & U18s: £120

(Players pay, relating to their age, not relating to whether they play senior hockey)

The amount is to be paid in full at the start of the season and covers the entire year. A 10% discount will be given for second and subsequent siblings

Payment can be made in installments by special arrangement, please contact **Elena Lunn at elena.lunn@fjordhus.com** for further details of arrangements like these.

Preferred method of payment is through the Paypal option which you can find on the website

Accepted payment methods:

- Bank transfer to

Account Name: Borders Hockey Club - Galashiels

Account Number: 00649884

Sort Code: 832019

Reference: FRJ - CHILD'S NAME

Each child is permitted two sessions free of charge, after that they will not be allowed to train until they have paid.



Communication

Web Site

The Fjordhus Reivers Hockey Club website can be found at http://fjordhusreivers.org/ and is a valuable source for news and all club info. Please check the site regularly for the latest updates. Any training or match cancellations will be put on this site, usually a minimum of one hour beforehand.

Social Media

We heavily use social media to communicate club events, club news, results and all key club information. It is therefore, heavily recommended that every player over 14 and a parent or guardian follows us on our Social Media channels.

Twitter: @fjordhusreivers

Facebook: Fjordhus Reivers Hockey Club

Facebook: Fjordhus Reivers Hockey Club-Players

Instagram: fjordhusreivershockeyclub

Members Group

The club has a Members Facebook Group. <u>Fjordhus Reivers Hockey Club-Players</u>
This group serves as a forum, out of the public eye, for club discussions about anything Fjordhus Reivers.

All major club events will be organised via this group. Please join this community.

Teamo

The club has introduced the App Teamo to help manage players. Teamo is used for registers, matches, team chats and currently being used for track and trace purposes.

To register with Teamo please contact Helen-helengracemontgomery@hotmail.co.uk

Communication

We will be managing our season through emails with your team manager or club coach

If training or matches are cancelled this will be communicated via social media and Teamo. It is your responsibility to check in advance

Key Contacts

Head of Youth

Janet Jack

Email: jack788@btinternet.com

Mobile: 07766056937

Youth Secretary

Child Wellbeing Protection Officer

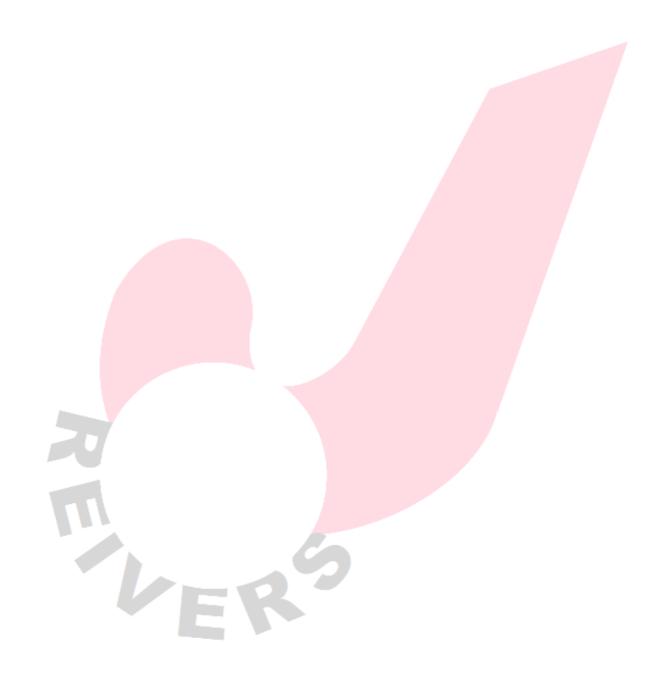
Janet Jack

Email: jack788@btinternet.com

Team Managers

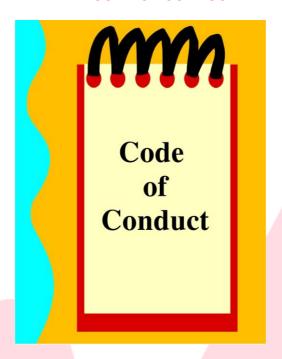
U10: Elena Lunn U12: Janet Jack U14: Janet Jack

U16: Ashley Prentice (Performance); Debra Crick (Development)



By registering as a player at Fjordhus Reivers you are signing up to our

CODE OF CONDUCT



COACHES CODE OF CONDUCT

Fjordhus Reivers Hockey Club supports and requires the following good practice by coaches when in contact with children and vulnerable adults.

- Make our sport fun and enjoyable, first and foremost;
- Always work in an open environment avoiding private or unobserved situations;
- Treat all children and vulnerable adults equally, with respect and dignity;
- Be an excellent role model;
- Give enthusiastic and constructive feedback rather than negative criticism;
- Promote fair play;
- Involve parents, guardians and carers wherever possible;
- Build balanced relationships based on mutual trust that empower children and vulnerable adults to share in the decision making process;
- Recognise the developmental needs and capacity of children and vulnerable adults and avoid excessive training or competition and either pushing them against their will or putting undue pressure on them. We will put the welfare of each child or vulnerable adult first before winning or achieving performance goals;
- Encourage players to respect the SH 'clean air policy';
- Insist that players respect the decisions of the umpires;
- Always maintain our club values;
- Aim to deliver the best coaching possible, in line with the club framework for junior coaching.

PLAYER CODE OF CONDUCT

As a player at Fjordhus Reivers Hockey Club you are expected to abide by the following club rules:

- Make our sport fun and enjoyable, first and foremost;
- All players must play within the rules and respect officials and their instructions and decisions.
 The use of bad or offensive language will not be tolerated;
- All players must respect opponents. The use of bad or offensive language will not be tolerated. The East District 'Zip It' policy must be observed;
- Players must not use social media as a platform to be abusive to other members of the club, opponents or officials. This will not be tolerated;
- All players must respect team mates and coaches;
- Players should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late;
- Players must wear suitable kit for training and match sessions, as agreed with the coach/team manager;
- Players must pay any fees for training or events promptly;
- Promote good sportsmanship;
- Engage with what my coach tells me taking ownership of your development;
- Always maintain our club values;
- Talk to someone I trust if I'm unhappy about anything at my club.

PARENTS OR GUARDIANS/SPECTATOR CODE OF CONDUCT

- All parents/ spectators must respect coaches and officials and their decisions. The use of bad language or negative comments which may cause upset to coaches or officials will not be tolerated. Parents/spectators displaying these kinds of behaviour will be asked to leave the pitch and the Club reserves the right to ask the relevant youth player to leave the Club. This covers training sessions and matches and also applies to the use of Social Media;
- All parents/ spectators must respect players and their opponents. The use of bad language or negative comments will not be tolerated. Parents/spectators displaying these kinds of behaviour will be asked to leave the pitch and the Club reserves the right to ask the relevant youth player to leave the Club. This covers training sessions and matches and also applies to the use of Social Media;
- Parents/spectators should applaud good play on both teams;
- Parents/spectators should be role models congratulating opponents and making their players and coaches feel welcome;
- Parents/guardians must deliver and collect their children to and from the pitch. Players are not the responsibility of the Club until they are actually on the pitch;
- Parents/spectators should note that the use of photography is only permitted where the permission of a coach or Club official has been obtained prior to the pictures being taken;
- Parents/ guardians are requested to ensure that their children keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late;
- Parents/guardians are requested to ensure that fees due to the Club are paid on time;
- Always maintain our club values;
- No smoking is permitted at the side of the pitches.

CHILD PROTECTION POLICY

Fjordhus Reivers values young people as being a vital part of the organization and desires to see them grow, mature and be challenged in a healthy and safe environment.

The name of the child protection officer for the group is Janet Jack

Purposes

The purpose of **Fjordhus Reivers** programme is to offer young people a safe and welcoming learning environment where they can grow and learn.

Aims

To provide sport for young people to help them develop from childhood into adulthood and to provide support for them.

To enable the young people to express themselves.

To assist young people in integrating into the community.

To help children/young people appreciate the diversity of their cultures.

Each young person should be formally registered with Fjordhus Reivers.

The information includes an information/consent form which their parent/guardian must complete. These forms have vital information about health and emergency contacts and will be kept securely and brought to each session

Child Protection Representative

Fjordhus Reivers has appointed a child protection representative, JANET JACK: Phone:- 07766056937, email:- jack788@btinternet.com

If anybody has any child safety concerns, they should discuss them with her.

Janet will take on the following responsibilities:

- Ensuring that the policy is being put into practice;
- Being the first point of contact for child protection issues;
- Keeping a record of any concerns expressed about child protection issues;
- Bringing any child protection concerns to the notice of the Management Committee and contacting the Local Authority if appropriate;
- Ensuring that paid staff and volunteers are given appropriate supervision;
- Ensuring that everyone involved with the organisation is aware of the identity of the Child Protection Representative.

Code of Conduct and Grievance Procedure

Fjordhus Reivers Hockey Club is fully committed to safeguarding and promoting the wellbeing of all its members and to its child protection policy. The club believes that it is important that all members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club.

Grievance Procedure

Should any parent or guardian have a grievance against the club or any of its members, there is a set procedure that should be followed.

If the matter cannot be resolved by reasonable conversation between those concerned then the following process should be followed:

- The grievance should be detailed in writing to the Head of Youth Janet Jack jack788@btinternet.com
- The Head of Youth will then investigate the matter, seeking advice and if required ask for evidence from all parties involved.
- A conclusion will be reached and all parties directly involved advised.

The club has always preferred any matters arising be settled amicably and without resort to formal process, however, this path is open to all.

