



2018/19 UHC START OF SEASON NEWSLETTER



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MESSAGE FROM THE PRESIDENT

— I trust you all enjoyed the summer. Most unusual to have so much sun and heat, no doubt as the season approaches the cold and wet that we are used to will return. Anyway, here we go again. 2017/18 was not quite as successful for us as we had hoped, although it was not all bad by any means.

— All the Ladies teams, for instance, managed to stay in their respective Leagues (no mean feat) with the 1's finishing in 7th place in East Div 1 South. As for the Men, they did not fare quite so well, with the 4th and 5th Teams being relegated. The positives were that the 1st X1 finished very strongly in Div 1 and could possibly have gained promotion (not necessarily a totally good thing) with some better early season form. So what will 2018/19 bring? Hopefully we will have no further relegations and (if at all possible) we will receive the odd promotion. We will keep our fingers crossed for this. Regarding the Juniors, not only do they continue to get better on the results front, they are making great strides forward in the Club's Senior/Saturday sides. Not only are they playing for these sides, they are already moving up through them. This obviously augurs well for the future of the Club. Large numbers continue to attend training sessions throughout the season which is great. The U10 and U12 girls and boys represented the Club in the Minis League against other

Clubs in Essex. The Girls U16 and U14 progressed well within the England Hockey League Competitions and enabled them to develop their skills and gain match experience against some very good opposition; so much so that the U16 Girls won the Southern Section Tier 2 Area Final against Reading. This is an excellent outcome. The U14 Boys came third in their League and many made their debut in the Senior 5th team. Hopefully this will lead to a successful U16's squad this year. As usual, the Club has benefited greatly from the tremendous support and encouragement given to the youngsters and the Club, both on and off the pitch, by the Mums and Dads and on behalf of the Club I would like to add my thanks to them all. Needless to say the Club also benefits from the hours of hard work put in by the Coaches without whose dedicated commitment and efforts none of this would be achieved. What is even more important however is that **you**, the members, turn up to the training sessions in order to make the best possible use of the opportunities provided.

— As an Umpire, I know that we are not always the most popular person on the pitch but without us your games just would not happen. Running 11 teams on a Saturday does put a strain on the band of stalwarts who put themselves forward in this capacity. It is a fact that we still need more to take up the whistle, achieve a Level 1 qualification, join in, and contribute to the well-being of the whole Club in this way. We have, of course, relied for many seasons on Colin Wright's ability to achieve the impossible by juggling those available to cover our weekly needs. It was inevitable that at some point in time he would step down as Umpire Co-ordinator and that time has now come; although he will still continue to 'blow' as an Umpire. Thank you Colin for all you have done.

Umpire Liaison Officer Colin will be a very difficult act to follow indeed, but we are very fortunate in that another committed Club Member, Tony Dance, has volunteered to take on the position. We wish him the very best of luck and I would ask you all to assist him as much as you can (especially in the early stages) whilst finding his feet.

— As I understand it, there are **no new rules** scheduled for introduction in the 2018/19 season, just make sure you know the old ones! It is a fact that over the years UHC has developed a reputation for being a well-disciplined Club. We still need to maintain the highest of standards and to eliminate any breaches of good conduct. Showing **respect** now has a much higher profile, although verbal abuse appears to be on the increase. England Hockey have determined this should be taken seriously and eliminated. So beware! Last year I set the Club the target of completing the whole season without collecting a single Red card, a reduction in Yellows, and minimal Greens. In the end we did pretty well. Let's keep it that way.

— As a Club, we are obliged to maintain formal records of all members so please ensure you complete and return your membership form when requested to do so at the beginning of the season. **This is a must.** Likewise, it is a **must** that you **pay your subs on time.** Whilst the Club remains in a strong financial position, we are going to have some significant expenditure in the near future. The Coopers' pitch will need to be replaced and (as in the past) we will no doubt be asked to contribute financially to the project.

— As beneficiaries that does not seem totally unreasonable in principle. The issue will be **'how much?'**, especially as we have plans to redevelop aspects

of the Clubhouse as highlighted in previous newsletters and AGMs. The Development will provide a larger kitchen area, Ladies changing and showering facilities, improved toilets for both Ladies and Men, heating to the bar area, and (if there is any money left over) redecoration of the bar and Club room. This will involve considerable expense so please do all you can to support all the Social Events and the bar, which are a financial lifeline for the Club. We need to generate as much income as we can. We do have planning permission so as soon as we have confirmation of the lease extension we will be going out to Contractors to price the job. This is a Pavilion Club Project which we hope to fund from savings and grants, but it may be necessary to call on the members of both Clubs for additional funding. So watch this space.

— The new Summer League organised by Jordan Southan was a great success and will no doubt be repeated at the end of the forthcoming season. Likewise, all the background work done by Bella Colafrancesco has led to the Club being awarded the England Hockey Clubmark Certificate which will be presented at the early season HockeyFest which will be held at Coopers on the 8th September 2018. As such we will be the first or one of the very few Clubs in the South of England to achieve this recognition. A truly tremendous achievement. Thank you Bella for all your efforts on our behalf. Currently the Club is on a high and we need to keep the momentum going.

— It is **your** Club, so make sure you get the most out of being a member. Being a **responsible** member is a must. It would really help your Captains if there were less mid-week dropouts, so please try hard to let them know your availability the week before and stick to the commitment you make. Socialising

post-match (and responsible drinking) is an essential tradition so please do your best to return to the Clubhouse after games to eat the excellent food that Debbie provides and to enjoy yourselves while hosting the visiting teams. Please remember to volunteer to put yourself down on the Bar Duty Rota for this season.

— For the benefit of those who were not at the AGM please note that this will be my swan song 'Message from the President'. I did indicate that this will be my **last year as your President** – a job which I have very much enjoyed doing but the time is now right for me to step down and pass on the baton to someone else at the 2019 AGM. It wouldn't be the same if I didn't remind you at this point that whatever team you play for when you wear the **blue** and **gold** of Upminster Hockey Club remember to maintain the highest standards of play and behaviour both on and off the pitch such that your actions will reflect well on the Club at all times – the ultimate objective is to enjoy both your hockey and your time as a member of this Club.

— Have a great season and may I take this final opportunity to wish the Club all the very best for the future. Thank you all for your support over the years.

- **Eric Collier**



HOCKEYFEST 2018

UHC HockeyFest 2018

We're excited to holding our first ever HockeyFest this September! Come and celebrate the start of a new season with Upminster Hockey Club for Upminster HockeyFest 2018 on Saturday 8th September. We've packed a day full of hockey activities, with something for everyone to enjoy.

Whether you're new to the sport or have been with the club for years come and join in with any of the sessions we have going on throughout the day. Feel free to spend the day with us, but so that we can give you a great session let us know which ones you'd like to come to by RSVPing on our eventbrite page, which also includes the FAQs. There's no limit on what you can attend, come to as many sessions as you'd like.

Upminster HockeyFest 2018 is a **free** event, however if you'd like to make a donation then all proceeds will go to the John Killilea Fund. Throughout the day we'll be serving refreshments, selling club and hockey kit, have mini competitions and the Stix Duel arena will be set up.

- **Bella
Colafrancesco**

Timetable

**11am-
12pm** Flyerz Hockey
(Disability Hockey) &
Coaching Workshop

**12.10pm -
1.30pm** New To Hockey and Back
To Hockey (All Ages)

**1.30pm -
2pm** Small Sided Games and
Hockey Obstacle Courses

**2pm -
2.30pm** Official ClubMark
Presentation

**2.30pm -
3.15pm** HockeyFit and Walking
Hockey

**3.15pm -
4.15pm** Junior Training

**4.15pm -
6pm** Senior Mixed Hockey

upminsterhockeyfest2018.eventbrite.com

SUMMER LEAGUE 2018

— This year saw the introduction of the first ever Intra-club summer league for our club. The summer league consisted of 6 teams of mixed gender players from all teams of different playing levels within our club. 100 members signed up to the summer league and took part over the 10 weeks. We decided to give the summer league a World Cup theme, as the Ladies Hockey World Cup was taking part this summer too. It was a very successful event which everyone really enjoyed, including a huge amount of spectators that were pitch-side watching the games.

— Team Belgium led by Aimée Daltrey won the summer league this year but a big thanks went out to all of the captains that helped to run the teams. The Intra-Club summer league will be back again next year and following feedback from club members, there will be some improvements made. So if you didn't take part in the summer league this year, please consider it for next year.

**- Jordan
Southan**

MEMBERSHIP AND GDPR UPDATE

— Over previous years our sign-up process has always relied on a lot of paper forms being completed, which are incredibly hard to keep on top of and also result in us really struggling to keep details up to date. This ultimately resulted in some members not receiving communications and also made life very difficult from an admin point of view.

— For the first time this year we are going completely paper-free throughout the club and are also moving everything onto Coacha, a new third-party membership system. This will enable us to manage every single member in one secure area while staying GDPR compliant. This new system is especially important as we'll now be able to send centralised club communications via email and text to an up-to-date and accurate contact list, which will hopefully be a huge improvement on last year.

— On top of this we are now able to let users edit and keep their own details up to date alongside enabling team captains and coaches to access emergency contact details far easier than before. Hopefully, we will never need to use these emergency contacts, but this is definitely a step in the right direction. Details on signing up and our terms of membership are all located at :

www.upminsterhc.co.uk/memberships

All sign-ups can be submitted through the same form, however for consent purposes all under 18 memberships need to be completed by the parent/guardian.

Hopefully this should all be straightforward, however if you have any questions please email

members@upminsterhc.co.uk

***- Philip
Hudson***

ANNUAL MEMBERSHIP FEES

Adults (18+): £180 (Reduced to £150 if paid before 1st November.)

Family Membership*: £360 (Reduced to £300 if paid before 1st November).

Juniors (Under 18):** £90

*No family will pay more than £300 collectively.

**Reduces by £10 for each additional child in this category.



FUNDING OPPORTUNITIES

— Don't forget help raise funds for Upminster Hockey Club whenever you shop online! We have already raised over £180 for the club and with your help this will continue growing.

— Use 'easyfundraising' to shop with over 3,300 big name retailers including Amazon, Argos, John Lewis, ASOS, and Booking.com – and when you shop, you'll raise a free donation for us every time.

It's that easy!

Help support us:

www.easyfundraising.org.uk/causes/upminsterhockeyclub

- **Ian Loman**

SPONSORSHIP

— Upminster Hockey Club (UHC) is continuously looking for partners to assist with the development of the club so that we can continue to grow and offer opportunities to all members of the local community both on and off the pitch.

— As part of our development, we would like to increase and enhance the quality of hockey that we can offer through facilities, equipment and coaching to improve the standards across all the teams and all age groups. Whilst helping us to continue to push forward this vibrant club, partnering with UHC will give you the opportunity to promote your business or services/products to our membership (players, parents and supporters) and to the wider hockey community.

— If you would like your business to be associated with this thriving local club and are interested in hearing more about the partnership opportunities we are offering, however large or small, then please contact

sponsorship@upminsterhc.co.uk

to arrange a time when we can visit you. We look forward to hearing from you and thank you for your consideration.

**- UHC
Sponsorship
Committee**



CLUB COMMUNICATIONS

— The end of season survey gave us a real insight into our club's communications, latest news and events. The results showed that the majority of our members are actively using our social media sites as well as our website. Last season we made a real effort to push content that was informative and hopefully relevant to keep you all up-to-date with what's happening at the club and our main aim is to promote the club further to make Upminster Hockey Club really active in this space. But we do need your assistance.

— So, if you are playing a match or attending an event then it would be great if you 'tag' Upminster Hockey Club into your own social media posts. If you see a post across our social media sites please 'like' and 'share' this content. This will gain UHC a wider audience so more and more people see all of the great things we do. And should you wish to use #hashtags then please use #blueandgold #UHC and throughout the season we will introduce various #hashtags which will be linked to each social event.

— We are also using Instagram stories a lot more to try and showcase more of what it's like to be part of Upminster Hockey Club. An idea for this upcoming season would be to have an Instagram Story 'Takeover Day' where we would select one of our teams to capture a behind the scenes match day. We can also use this for any events throughout the season. The more content we share with our audiences the more we can grow the club and attract more members!

Website

www.upminsterhc.co.uk

Our website's main purpose is to keep all of our members up-to-date with everything that is happening at the club.

Members

www.upminsterhc.co.uk/members/

We have introduced a new area on our website for existing and new members. If you would like to join or renew your membership at our club, please fill out the membership form via our 'memberships' page. Or if you are already a member then see our 'members area' page for all of our AGM Minutes, Club Policies & Development Information, Club Finances, Committee Minutes as well as the Bar Rota for the new season. For your password, contact: webmaster@upminsterhc.co.uk

Facebook

www.facebook.com/UpminsterHC

As mentioned above please 'tag' us in any posts as well as 'like' and 'share' posts that we send out.

Twitter

[@UpminsterHC](https://twitter.com/UpminsterHC)

As mentioned above please '@mention' us in any posts as well as 'like' and 'retweet' posts that we send out.

Instagram

[@upminsterhockeyclub](https://www.instagram.com/upminsterhockeyclub)

As mentioned above please '@mention' us in any posts and 'like' posts that we send out. Should anyone like to get involved with writing match reports, taking photographs, promoting events or sponsorships then please contact

webmaster@upminsterhc.co.uk

Thanks and get posting!

**- Ryan
Hodges**

SOCIAL EVENTS 2018/19

— Here's a full list of our Social Events for the upcoming season. Please pop these dates into your calendars as we'd love to see as many of you down the clubhouse as possible. Not only is this a great way to meet other members from the club but it's always a good way to raise funds for the Pavilion Clubhouse. In addition to these dates the clubhouse is always open to all of our members every Saturday from midday through to late evening. We'll always be showing various football, rugby and other sporting events for you to enjoy.

Should anyone wish to host or suggest a Social Event for the club then please contact

social@upminsterhc.co.uk

with your ideas and any budget you may require.

**- Megan
Miller**

Calendar Dates

September 2018

Sat 8th HockeyFest - Club Day
Fri 14th Start of Season Dinner
Sat 22nd Hawaiian Themed BBQ

October 2018

Sat 20th Cocktail Night

November 2018

Sat 24th 90s Night

December 2018

Sun 16th Juniors Christmas Party
Wed 26th Boxing Day Match
Mon 31st NYE Party

January 2019

Sat 19th Quiz & Crackers Night

February 2019

Sat 9th Auction of Promises

March 2019

Sat 23rd End of Season Party

April 2019

Sat 6th D&D
Sat 20th Easter 7s

FUNDRAISING

— Big thanks to everyone who signed up for our UHC Fantasy Football League. Last count was a massive 56 entries. With 50% of entries going towards to clubhouse refurbishment and with some outside of the league donations we should make around £450!

The prize pot will look something like this:

1st Place	£125
2nd Place	£60
3rd Place	£25
4th Place	£10

And to keep the interest going throughout the season, we will also be running a Manager of the Month prize which will be £5 per month.

If you wish to enter then here are the details:

League Code:	795175-177319
Entry Fee:	£10
Bank Details:	40-07-31 02224127

Good Luck!

- **Ryan
Hodges**



JUNIOR HOCKEY

— A full weekly coaching programme will operate as with past years, so please do check the section within this newsletter showing the weekly training schedule and familiarise yourself with the appropriate sessions for your child. Please remember, all age groups run in line with school year age groups.

Minis - We will again have teams within the Essex Mini League for boys and girls at U10's and U12's. This ensures that youngsters are able to take the skills they have learnt and utilise this within a competitive environment.

U14 & U16 - We will have U14 & U16 Girls and Boys teams entered into relevant competitions, again ensuring competitive hockey for those within these age groups. This is the first time we will have U16 Boys, a great testament to the success of our junior section, which through the efforts of coaches, team managers, volunteers and parents, we are seeing a year on year growth in numbers.

Tour - We again held our annual tour down to Folkestone in June 2018, which was once again a great success and enjoyed by all who attended. Watch out for the announcement for 2019 when this is released, be quick to reserve your place as they do go very fast.

Membership - Please do read the membership part of the newsletter. This is important for the Junior section and we require all those participating to sign up and pay the required membership fee. If people do not do this, we will be unable to communicate with you when changes to the training schedules occur or more importantly, we will be unable to select your child for matches.

The membership section of this newsletter can be found on page 9.

Cheers

- **Andrew
Berry (Bezza)**

TRAINING

Adult Training Sessions

Day	Time	Adults	Who
Tuesday	8.30pm - 9.30pm	Mens - Lower X1s	3s, 4s, 5s & Boys Year 8+
Wednesday	7.00pm - 8.00pm	Ladies - Lower X1s	3s, 4s, 5s, 6s & Girls Year 8+
Wednesday	8.00pm - 9.30pm	Ladies - Higher X1s	1s & 2s
Wednesday	8.00pm - 9.30pm	Mens - Higher X1s	1s & 2s

Junior Training Sessions

Day	Time	Boys & Girls Squads	Who
Wednesday	6.00pm - 7.00pm	Girls & Boys U12	Years 6-7
Friday	6.00pm - 7.00pm	Girls & Boys U8 & U10	Years 1-5
Sunday	9.30am - 10.30am	Girls & Boys U8 & U10	Years 1-5
Sunday	10.30am - 11.30am	Girls & Boys U12	Years 6-7
Sunday	11.30am - 12.30pm	Girls & Boys U14 & U16	Years 8-11

Training sessions are located at Coopers Company and Coborn School, RM14 3HS





**THANK YOU
HAVE A GREAT SEASON**