



2019 New Parents Guide

Welcome to the 2019 hockey season. This guide is to help give you an understanding of how hockey at Frankston Hockey Club is organized and run.

Club background.

Frankston Hockey club was established in 1973 with 17 teams playing each year involving kids aged from 6 to 16 in the Juniors, Senior Women and Men, and Master's competitions.

The Home Ground address is – 2 Bloom St. Frankston 3199

The club committee of management consists of a representative from each section of the club – Juniors, Masters, Men and Women, together with President, Vice President, Secretary and Treasurer.

Communications and information

Team App is the primary communication and information source, this is a downloadable app for your mobile phone or tablet/iPad. The FHC website frankstonhockeyclub.com and the Facebook page <https://www.facebook.com/frankstonhockeyclub/> are also key information sources. The Committee, Team Managers and Coaches will also use email and SMS to communicate throughout the season.

Competition:

FHC is part of the Hockey Victoria Metropolitan competition. Hockey Victoria manage the competitions in which FHC competes, including managing of fixtures. Winter Season Hockey is generally a winter sport and the main hockey season is over winter, with games generally from April to early September. The junior teams play in a 14 round home and away season.

Age Groups:

The age groups for junior are:

Under 16 – children born in 2003 or 2004 (on or after 1st Jan 2003)

Under 14 – children born in 2005 or 2006 (on or after 1st Jan 2005)

Under 12 – children born in 2007 or 2008 (on or after 1st Jan 2007)

Under 10 – children born in or after 2009 (on or after 1st Jan 2009)

Some children may play in an age group older than they are qualified, this is at the discretion of the junior committee and in consultation with their parent/guardian/s.

Girls and Boys

Within the U16, 14, 12 and 10 there is a mixed competition for both boys and girls, and a girl's only competition. FHC has teams competing in both mixed and girls. We encourage girls to play in the girls' competition.



Registration:

It is critical that all players are registered for communication and insurance purposes. Registration needs to be done as early as possible preferably before training starts. There are 2 registrations required:

1. Frankston Hockey Club Membership and Registration
2. Hockey Victoria Registration (which includes an injury insurance policy).

Registration can be done at any time or registration can be done at the club on Thursday training nights prior to season commencing. day is

Link to FHC Rego forms

[FHC Registration Form](#)

ink to HV registration page

<http://membership.hockeyvictoria.org.au/Membership>

Fees:

Frankston Hockey Club

- U10's Hook In2 Hockey \$85.00 - (This includes a starters kit / refresh kit, 8 week "Skills in Action" program and presentation)
- Stick to Hockey \$95.00 - (This includes 8 weeks of training and games,
- U10 Half Field \$180.00 - 14 weeks interclub games
- U12 - U16 Winter \$270.00 - (This includes 8-week pre-season, 14 games + 3 finals, and presentation)

Hockey Victoria Registration

- U10 Competition \$50.00
- U12 - U16 Competitions \$70.00

Whilst the Hockey Victoria Insurance Policy can cover many costs, we recommend that you have your own Ambulance Cover Policy.

See link to Hockey Vic Insurance Policy : <https://hockey.jltsport.com.au/>

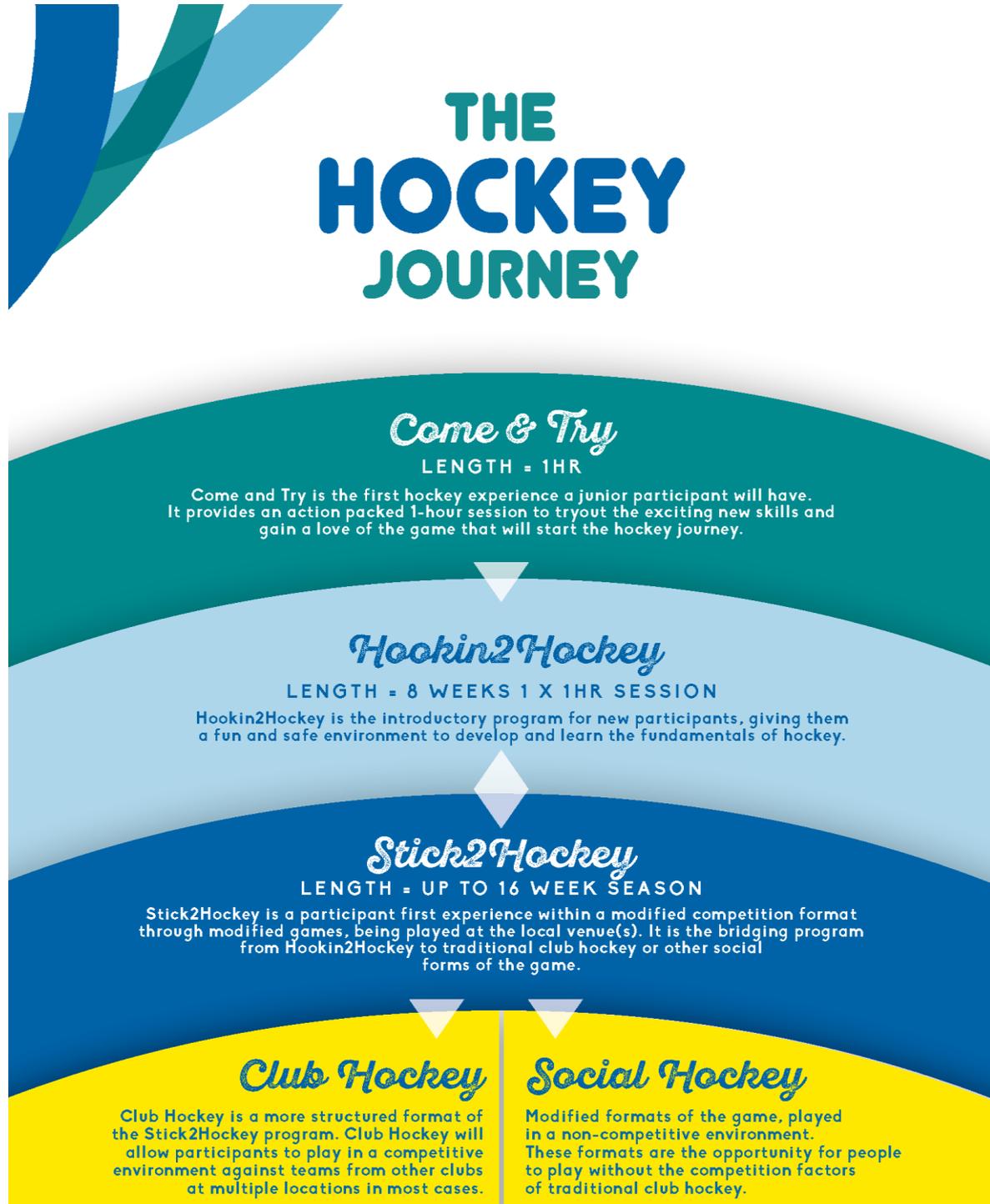
Many Local Councils offer assistance towards the cost of joining a local sports club. If you are a holder of a Health Care Card or Pension Concession Card, you may be eligible.

See link to Frankston City Council Grant (Inclusion Support Grant):

http://www.frankston.vic.gov.au/Our_Community/Community_Grants/Miscellaneous_Grants

Development Pathways

New Starters



The Hockey Journey outlined above is based on each player's competency level and may vary for each individual. Participants are able to enter at any stage of the journey.



Ongoing Development

Hockey Academy

The Frankston Hockey Club has established a successful Hockey Academy. This gives junior players the opportunity of extensive skills and game craft training. It runs during the preseason and is has given the participants a great grounding in hockey.

Leadership Program

The Frankston Hockey Club has commenced a Leadership program to allow the development of our players in coaching and umpiring. It will provide a grounding for the future leaders of the club and provides the skills to ensure the ongoing growth of the club.

When are the games played?

The U10 and U12 games play on a Saturday morning. Generally, the U12 games play first, starting between 8.30 and 10.30, with the U10 games somewhere between 10.30 and 11.30. The U14, U16 and games are played on a Friday evening. The aim is that no game starts prior to 6.30, or starts later than 9pm, although there can be exceptions. The U14 games generally will play first, then the U16 games.

How long are the games?

The U14 and U16 games consist of 2 x 30-minute halves, with a 5-minute half time.
 The U12 and U10 full field games consist of 2x25 minute halves with 5-minute half time.
 The U10 half field is 2 x 20-minute halves with 5-minute half time.

Dates:

Come and Try day – Thursday 22 February from 5pm at Home.

Registration Day – Thursday training nights.

Junior training starts – Thursday 15 February from 5pm and then every Thursday to September.

The season for 2019 is fourteen rounds of home and away games. The junior season commences in April. There is no hockey on Queen's Birthday weekend – 8/9th June. There is also no junior hockey on the weekends of 6/7th July due to school holidays. The semi-finals will be played on in August and the grand finals in September. For the U10 players there will be an end of season carnival in August (TBA).

Grades for 2019:

Age Group	Division	Training times	Game Times
Hi2H and Stick2Hockey	Mixed	Thursdays 5 – 6pm	
U10	Mixed	Thursdays 5 – 6pm	Saturday morning
U12	Mixed Pennant	Thursdays 5 – 6pm	Saturday mornings
U12	Mixed District	Thursdays 5 – 6pm	Saturday mornings
U14	Mixed Pennant	Thursdays 6 – 7pm	Friday evenings
U14	Girls Pennant	Thursdays 6 – 7pm	Friday evenings
U16	Mixed Pennant	Thursdays 6 – 7pm	Friday evenings



What to Wear & Bring to hockey.

The FHC uniform can be purchased at uniform shop at the club.

Footwear: Players can play in runners, but shoes designed to play on the hockey turf provide better grip and support. Long socks are required to hold and support the shin pads.

Clothes: Active wear, sport shorts, sport shirt, no peak caps.

Protective wear: Mouth guards and shin pads are essential. Mouth guards can be purchased at chemists, sports shops or from your dentist.

Stick: The hockey stick needs to grow with the player. Ideally the stick reaches from the ground to the players hip bone.

During Training

At training full uniform is not required. Shin pads and mouth guards are mandatory both at training and during a game.

Colour Clashes: When playing a team with a uniform that clashes, an alternative shirt needs to be worn. In the junior grades this can be a white t-shirt, or a club away shirt can be purchased for this purpose.

Teams

Each player will be allocated to a team, based on the club's selection policy. There often is some movement of players between teams as the season ebbs and flows due to injury and player availability.

Link to selection policy.

Each team has a coach (or coaches) and a team manager. The team manager will be responsible for sharing information about the team to all members of the team and their parent / guardians. They will also allocate a family each week to bring half time refreshments – often oranges and snakes and create a roster for canteen duty. If you have any questions about the team or what is happening with the team please contact your team manager, or the Junior co-ordinator if needed.

A team for full field hockey consists of 11 players on the field, including goalie, plus substitution players. These players are rotated during the game. For ½ field hockey the team is 7 players on the field. Each full field team (U12 – U16) requires one child per game to play as goal keeper. Ideally the team has one child who takes on this role for the season, if this is not possible, the role of goal keeper is rotated around the players. The club provides safe and good goal keeping kit for each junior team. Where a goal keeper provides their own kit, a fee discount is available. The club provides specialist goal keeper training each year, generally every 2 or 3 weeks.

Game day.

The fixtures for the games are available from Hockey Victoria on <https://sportsdesq.onesporttechnology.com/11/>. The fixtures contain details of the location of each game. From this selection of your child's grade will allow you to see the fixtures for the year, together with the results and the ladder. Generally, players are asked to be at the game location ½ an hour or more before the game, your team manager will let you know exactly how early before the game. Players need to be in full uniform, together with their mouth guard and shin pads. A water bottle is also necessary for the game. A player's family will be allocated to bring the ½ time refreshments. If playing at home people will also be allocated to help in the canteen. This is only necessary once or twice a season. The canteen is a key fundraiser for the club, so this small amount of time you provide does help the club considerably. If your child will not be able to make it to the game or any game, please let the team manager know as soon as possible.



Training.

Teams train once a week on a Thursday. Extra training sessions can be held during pre-season.

Pick up after training. You are welcome to stay at the ground at watch your child participate in training, we have a great family and community atmosphere, there are lots of people around – this is a great opportunity to get involved with the Club, and the Canteen is generally open during Training times.

Please remember that our coaches are volunteers. Please be early for pickup of your child after training. Sometimes training may finish a bit early due to weather etc.

Finals

The full field teams play during the season in a fourteen round home and away competition. At the end of the fourteen rounds, the top four teams play in finals. The semi-final consists of 1v4 and 2v3. The winners of both of those games play in the grand final. The locations of the finals are only available the week of the finals. They are not held at home grounds of the teams playing.

Presentation Day

The club runs a presentation day for each age group at the end of the season. At this presentation players receive their team photo and the team/age group awards are presented. For U12, U14 and U16 teams, a Best Team Player, Most Improved and a Coaches Award is presented.

What can I do to help?

Like most sporting clubs, FHC relies on the volunteers to run the club and everything around it. You do not need to know anything about hockey to help. Firstly, junior parents are rostered on canteen duty when their child's team plays at Home. Two parents per game. The canteen is a considerable fund raiser for the club, and this help is appreciated by all. There are many other jobs that can be carried out, even if you know nothing about hockey.

Each team requires a team manager. This requires no hockey knowledge and is a great way to meet the other parents and get involved. The Junior co-ordinator help co-ordinate each age group. This is a task that can be carried out by anyone.

The committee is always happy to accept volunteers on the committee, or who are just helping for a specific task such as fund raising, equipment co-ordinator, team manager co-ordinator, and lots more. If you would like to help in anyway, please let the President or Junior Coordinator know. If you are a hockey player, these skills could also be used, either as coach or coach's assistant. Of course, if you are not playing at the moment, the senior and/or master's section would also love you to play.

Club Song.

Like most sporting teams, FHC have the tradition of singing the club song when the team wins.

Summer Season

Over the summer, FHC have teams competing in the indoor competitions. Clinics and summer hockey are also part of the summer program.



Representative Hockey

Players have the choice of trying out for representative hockey. FHC is part of the Southern Metro zone of hockey, and children when selected can play representative hockey for the Southern Metro Sharks. The sharks play in the Junior State Championships which run for a week during the July school holidays. FHC is proud of the many players that have represented Sharks and the state.

Additional Information Problems or Issues?

If you have issues or any problems please talk to the club about this. Your first point of call should either be the coach or the team manager. If necessary you can also talk to the Junior coordinator, and / or the club president or secretary.

Useful Links

- Website www.frankstonhockeyclub.com
- Team App on your smartphone.
- Hockey Victoria <http://www.hockeyvictoria.org.au>
- Fixtures <https://sportsdesq.onesporttechnology.com/11/>
- FHC Face Book Page <https://www.facebook.com/frankstonhockeyclub/>
- Hockey Ground Locations <http://goo.gl/maps/4wSKe>

FHC est. 1973