



Scottish Borders
Hockey
Development
PROGRAMME
2009



Contents

Coach Education Courses

Hockey Participation Centres

Summer Hockey Leagues
for Women

Scottish Borders Coaching
Courses Easter 2009

SHU Youth Summer Camps

Local Clubs

Holiday Programme 2009

South School Girls Association

Scottish Borders Sports Academy

Boys Hockey

Umpire Development

Hockey Key Contacts

Terms & Conditions



Introduction

On behalf of Scottish Borders Council's Sports Development Unit, Scottish Hockey and the South Hockey Development Group, I would like to welcome you to the new Hockey development programme for 2009.

The aim of the guide is to help the Council, the National Governing Body and the Development Group establish a pathway for hockey players, coaches, volunteers and clubs in the area to reach their full potential.

This guide is the start of a long term planning process for hockey. During the past twelve months the group has established a three year development plan to assist with this process, the aims are:-

- To increase Hockey participation at Primary Age
- To increase the capacity for clubs to cater for young people
- To increase the number of hockey coaches and umpires in the area

With the help of the new Hockey Development Officers and Scottish Hockey the future of Hockey looks very promising.

Ruth Hounam

Chair, South Hockey Development Group



Coach Education



LEADERS COURSES

Leaders Course is a 6 hour introduction to the basic skills in hockey and is targeted at volunteers, senior pupils, parents and teachers to increase their knowledge of the skills in hockey. Minimum age is 14 years old.

UKCC LEVEL 1 COACHING COURSES

UKCC Level 1 Course is an assistant coaching award and the minimum age of participants is 16 years old. It is two and half days and introduces theoretical areas of coaching and technical elements such as passing, receiving and elimination skills.

UKCC Level 1

Venue	Dates
Borders	17th - 19th July 2009

UKCC LEVEL 2 COACHING COURSES

UKCC Level 2 Course is a Club Coach award. It is approximately 4 days and increases the depth of knowledge of the skills and introduces the tactical topics such as attacking, defending and set pieces. Minimum age is 18 years old.

UKCC Level 2

Venue	Dates
Glasgow/Edinburgh Uni	24th/31st May 2009
	21st/28th June 2009
Inverclyde	29th/30th August 2009
	5th/6th September 2009

Please see www.scottish-hockey.org.uk for more details

UKCC LEVEL 3 COACHING COURSES

Level 3 Course is a Head Coach award. It is currently delivered in conjunction with England Hockey and Welsh Hockey Union once a year. It involves attending a weekend course, 6 modules on various tactical areas and collating information and session planning over a season

6 Modules will be organised in 2009 on Team Defence, Goalkeeping, Unit Play, Goalscoring, Attacking Outletting and Attacking Final Third Transition. More details will be advertised shortly on www.scottish-hockey.org.uk

RELIENCES SCHEME

Coaches will be asked to re-validate their qualification every 3 years in order to continue to be 'active' on the SHU coaches database with the introduction of the UKCC. It involves collating information about sessions delivered and courses attended whether they are hockey specific or generic.

CONTINUOUS PROFESSIONAL DEVELOPMENT

There are opportunities for sports specific and generic workshops and courses to be attended in order to keep knowledge and delivery up to date. These are delivered by sportscotland and Local Authorities mainly through Sportscoach UK courses and SHU throughout the year.

Support to attend these courses may be available from your District Sport Council & Local Clubs

For further information Contact Borders Hockey Development Officer, Sports Development Unit, 3 St John's Street, Galashiels TD1 3JX.
Tel: 07766056937 Email: JJack@scotborders.gov.uk

Hockey Participation Centres - Juniors



GO ON GIVE IT A GO - PICK UP YOUR STICK

The Scottish Borders Sports Development Unit has been working in partnership with the Scottish Hockey Union to provide an opportunity for children in Primary 5 through to S1 to participate in the sport of Hockey. These Participation Centres are part of a long term plan that will allow boys and girls of all abilities to reach their potential through quality coaching, provided by qualified and experienced coaches. With the London Olympics of 2012 and the Commonwealth Games in Glasgow for 2014, there has never been a more exciting opportunity for the community to become involved in sport. The Centres run on a weekly basis and all equipment required by participants is provided. Participants are coached in the fundamental skills of hockey as well as being given the opportunity to experience competitive hockey. These Participation Centres give all these opportunities in a safe and controlled environment, using the best equipment, coaches and facilities in the Borders.

Participation Centre Details - School Year 2008 - 2009

This block of Participation Centres will run until Summer Holidays 2009, with a break of two weeks for the Christmas and Easter Holidays 2009. Sessions are available to all children in Primary 5 through to S1 within the Borders Area.

Peebles - In conjunction with Peebles Hockey Club

Age	Venue	Days	Times	Cost
P 6-P7	Gytes Leisure Centre	Mondays	5.30 - 6.30pm	

Grass/Artificial Pitch and Indoor - seasonal.

Contact: Rachael Forsyth Tel: 01721 724693 Email: rachael.forsyth@virgin.net
Susan Campbell Tel: 01721 723259 Email: campbells-@tiscalli.co.uk

Tweedbank/Queens Centre

Venue	Days	Times	Cost
Tweedbank/Queens	Thursdays	4.00 to 5.00pm	£2 per Session

Session will run indoor October - March Outdoor April - September

Contact: Annabel Small Tel: 07805101637 Email: smalla@tiscalli.co.uk

Hawick

Venue	Days	Times	Cost
Hawick High School	Thursdays	5.00 - 6.00pm	£2 per Session

Contact: Ruth Hounam Tel: 07931422415

Colin Manson Tel: 07871677870 Email: colin.manson@yahoo.com

Session will run indoor October - March Outdoor April - September

Earlston

Venue	Days	Times	Cost
Earlston High School	Saturday	9.00 - 10.00am	£2 per Session

Contact: Natasha McLaren Tel: 07725229144

Kelso

Venue	Days	Times	Cost
Kelso High School	Sundays	11.00am - 12noon	

Sessions are run indoor and Outdoor at this venue dependent on Weather

Contact: Dawn Paxton Tel: 07725511881 Email: dawnkelso@hotmail.com

Eyemouth

Venue	Days	Times	Cost
Eyemouth High School	Thursday	4.00 - 5.00pm	£2 per Session

Contact: Debra Martin Tel: 07786312524 Email: dmartin@scotborders.gov.uk

Colin Manson Tel: 07871677870 Email: colin.manson@yahoo.com

Selkirk

Venue	Days	Times	Cost
Cricket Pitch	Saturday	9.30 - 10.30am	£15 per block
Selkirk High School	Tuesdays	6.00 - 7.00pm	

Contact: sara.jam@hotmail.co.uk Tel: 07882771014

For further information Contact Billy McIntosh, Borders Hockey Development Officer, Sports Development Unit, 3 St John's Street, Galashiels TD1 3JX
Tel: 07711279093 Email: bmcintosh@scotborders.gov.uk

Summer Hockey Leagues for Women



Scottish Borders Sports Development Unit is offering hockey opportunities for all women regardless of ability or experience to play the sport during the summer months.

Borders Summer League Fixtures for ladies will be played at Tweedbank, Earlston, Berwickshire and Hawick all weather pitches in Summer 2009. Games will be organised by the ladies clubs with assistance from the Sports Development Unit, players must be registered to a club for insurance purposes.

Minimum age of Participants is 14.

For further information Contact Billy McIntosh, Borders Hockey Development Officer, Sports Development Unit, 3 St John's Street, Galashiels TD1 3JX
Tel: 07711279093 Email: bmcintosh@scotborders.gov.uk

BORDERS MIXED SUMMER HOCKEY TEAM

Any Players wishing to play in 11-a-side midweek matches and weekend tournaments should contact: Billy McIntosh Tel: 07711279093
bmcintosh@scotborders.gov.uk rosiepup@btinternet.com

Scottish Hockey Union Summer Camps



The Scottish Hockey Union will hold Coaching Camps in 2009. Booking Forms and other general information will be available online from the Scottish Hockey Website in early 2009. Check website for updates www.scottish-hockey.org.uk

All camps are provided on a fully residential basis. This includes

- Accommodation (Shared rooms)
- All Meals
- Full use of available facilities
- Coaching from experienced coaches
- Mini Tournament
- Social Activity

In addition all candidates will receive a certificate of attendance and a Hockey Ball.

Youth Coaching Camps

These camps are aimed at providing a fun camp to improve young players skills and ensure they enjoy their hockey. They are open to any young hockey player aged 10-13 and 14-17 for details contact the Hockey Development Officer.

Youth Development Camps

These camps are aimed at developing the skills and game play of players. They will include information on Nutrition, Tactics, Advanced skills and the Rules. Players should be experienced in 11 a side game play.

The camps will consist of:

- Boys Development
- Girls Development
- Goalkeeper Development

The camps are for players aged 14 - 17 years

Local Clubs

Clubs in the area offer competitive and social hockey for players of all ages and abilities. Many of the clubs are competing in Indoor and Outdoor competitions at Local, District and National League Levels and are always keen to attract new players and members.

Please find below details of all the Clubs within the Region.

HAWICK HOCKEY CLUB

Contact Person – Ruth Hounan Tel: 01450 370 738 Mobile: 07931422415
Email: rhounam@hotmail.com

This club provides social hockey for both men and women on a Monday night at Hawick High School Artificial Pitch from 6.00pm to 7.00pm and Mini Hockey from 5.00pm to 6.00pm

REIVERS HOCKEY CLUB

Contact Person – Andrew Bell Tel: 01896 860 334

Reivers is a Men's Club competing in the Indoor and Outdoor East District Leagues. Training is at Tweedbank Artificial Pitch on Monday and Wednesday nights from 8.00pm to 9.00pm. The club are also currently creating and developing a boy's Potential squad in conjunction with the High Schools and the Active School Co-ordinators within the area which will eventually become the Reivers Development team competing in the lower East Leagues.

PEEBLES HOCKEY CLUB (MEN)

Contact Person – Sandy Barratt Tel: 01721 721 607 Mobile: 07727 800 815
Peebles Men compete in the East League 3 and play their games and train at the Gytes on Thursday night between 7.00pm and 9.00pm.

PEEBLES HOCKEY CLUB (WOMEN)

Contact Person – Angela Martin Email: angela.martin50@virgin.net
Peebles Women compete in the East District Outdoor Leagues and play their games at the Dalkeith Campus Community School and train on a Thursday night at Gytes Leisure Centre, Peebles from 7.00pm to 9.00pm. They also run a Junior Section on a Monday night at the same venue from 5.30pm to 6.30pm.

Local Clubs (cont'd)



FJORDHUS BORDERS HOCKEY CLUB

Fjordhus 1 - Contact Person – Pippa Bell Mobile: 07973412723

Email: pips62@hotmail.com

Fjordhus 2 - Contact Person - Sheena Stark Mobile: 07835939764

Email: sastark16@hotmail.co.uk

Fjordhus beginners section (Ladies) and Junior Section - Contact Person Annabel Small

Mobile: 07805101637 Email: smalla@tiscali.co.uk

Fjordhus Borders run two teams, Fjordhus Borders 1 in National League Division 2 and Fjordhus Borders 2 in East League Division 2. These squads train 6.30pm - 8.00pm on a Thursday night at Tweedbank Artificial Pitch.

The National League Team play at the highest level of Club Hockey available in the Borders. They also run a beginners hockey session for Ladies at Tweedbank Wednesday nights 7.00pm - 8.00pm.

The Club runs a Junior Section for 8-13 year olds which is held at Tweedbank 5.00pm - 6.00pm on a Thursday night.

The Club's games are played at Tweedbank.

Holiday Programmes 2009

Summer and October breaks

These sessions are aimed at Boys and Girls aged between 8 and 15. They will provide a fun way for anyone to learn more about the fantastic sport of Hockey. The sessions will cover all fundamental aspects of hockey including basics right up to game skills and match practices. Specialist sessions for goalkeepers will also be offered during these holidays.

There is also provision for Primary School children through the Active Schools 'Activity Club' programmes, however coaching is provided by qualified hockey coaches through the Hockey Development Officers. Further information regarding this can be obtained from the Borders Sport Development Unit and the holiday programme brochure.

Playing equipment for the course will be provided at the venues.

From the 20th November there will be a session designed to develop skills on an artificial pitch for pupils between the ages of 15 – 18. This session will be at Tweedbank between 5.00pm – 6.00pm coached by Janet Jack and managed by Fjordhus Borders. It is open to anyone in this age group and participants will NOT be tied to the club. The cost of this session will be £2 .

Contact Billy McIntosh, Borders Hockey Development Officer, Sports Development Unit, 3 St John's Street, Galashiels TD1 3JX
Tel: 07711279093 Email: bmcintosh@scotborders.gov.uk

South Schools Girls Association



The South School Girls Association exists to promote, foster and develop youth hockey at U18 age level throughout the South Schools. The Group encourages schools to organise friendly competition and to ensure players have the opportunity to receive the highest levels of coaching possible.

As part of the process four Girls Hockey squads are selected in the following ages, U15, U16 and U18 for Outdoor Hockey and U18 Indoor.

The squads selected represent the South at Inter District tournaments. Each squad requires a coach, manager and umpire and the South Schoolgirls Hockey Association are grateful to the people who volunteer to give up time to ensure the squads are successful and sustainable.

2009 CALENDAR

Venue	Event	Date
Hawick/Tweedbank	1stX1 Tournament	28/10/2008
Queens Centre	Indoor Tournament	6/12/2008
Kelso	S2 Tournament	21/02/2009
Hawick	S3 Tournament	28/02/2008
Galashiels	S1 Tournament	07/03/2009
Tweedbank	2nd X1 Tournament	07/03/2009

Inter District Dates

Event	Age	Date
Inter District Outdoor Peffermill	U16/18	08/09/11/2008
Indoor Scottish Finals	U18	17/01/2009
Indoor Inter District	U18	31/01/2009
Youth Cup Finals	U16	15/03/2009
Outdoor Inter District	U15	06/06/2009

Scottish Borders Sports Academy

The Scottish Borders Sports Academy is a three day residential excellence camp for the District target Sports Group's.

The Academy provides three days of top class intensive coaching to 24 Secondary school age group girls who have been selected through a trial process to attend the Academy. Many of these athletes will go onto play for the South District and hopefully progress further to National Trials and National Squad selection.

The players are selected at the Hockey Sports School.

The Academy is the ultimate aim for any young hockey player, attendance at the Academy ensures a player is on the pathway to success.

For further information please contact your school pe department.



Photo - Hockey Academy Squad 2008

Boys Hockey



Sessions are run by highly qualified, passionate coaches providing boys within the area a perfect opportunity to learn the fundamental skills of Hockey

Reivers Hockey Club

Reivers Hockey Club provide competitive hockey opportunities for boys within the Borders area, playing in East District Indoor and Outdoor leagues this club provides an excellent stepping stone for young male hockey players in the area to develop. The club trains and plays at Tweedbank Artificial Pitch. Training sessions are Monday and Wednesday evening at Tweedbank Sport Centre 8pm-9pm, for further details please contact Reivers HC.

Boys School Competition

The Border Sport Development Unit is planning to run a boys schools tournament on October 23rd 2008. Further details and information will be distributed directly to the schools.

South Potential Squad

In partnership with Reivers Hockey Club the Borders Sport Development Unit are working toward creating a boys potential hockey squad which would represent the region in matches against both Midlothian and East Lothian Potential squads. This squad will be put together through the School Boys tournament, Hawick sessions and in communication with all High Schools within the area.

Current boys sessions run at Hawick Artificial Pitch on a Monday between 6.00pm- 7.00pm and for Kelso High School, at the School on a Wednesday 3.45pm - 5.00pm.

Contact: Billy McIntosh Tel: 07711279093 bmcintosh@scotborders.gov.uk

Umpire Development



Umpire Development

Scotland have more international umpires at various levels than most countries in the world and in order to achieve this level they first progressed through the Scottish system below -

'C' Badge is the introductory qualification and consists of attending a **'craft night'** where you will learn about the practical elements of umpiring. The written test paper, which you should have completed using a rule book and brought with you, will be discussed. If you pass the written paper you should contact the District Convenor once you have set up a full game to complete your practical umpiring test.

'B' Badge is the next step and if you are interested in applying for this badge contact the District Convenor. You have to hold a valid theory test paper and go through 2 practical tests with a panel of testers. These should be tested at district, regional or lower national league games.

'A' badge can only be applied for if you have held a 'B' Badge for 1 year and made a commitment to umpiring. In order to receive an 'A' Badge you have to complete 3 successful tests at a suitable standard and this may be at U16 and U18 International level.

Important Dates: Umpire Craft Nights

Wed 22nd October, Kelso High School 7.00pm.

Wed 21st January, Gala Fairyclean 7.00pm.

Youth Umpire Award

The purpose of the award is to provide young people new to umpiring with an opportunity to develop a better understanding of the role and techniques of the umpire and the Rules of Hockey. It introduces and motivates an abundance of young players, young spectators and young leaders into an area of the game that for many remains unexplored.

The award is aimed at young players and students in schools, clubs, district coaching programmes, and colleges throughout the country. Anyone from 12 to 18 years old, who has a basic knowledge of hockey will learn from completing the award. All registered schools, clubs and other groups are able to access the award. It can be delivered in either modular format or across part of a day. Players completing the assessment, both the theory and practical sections, will be able to umpire youth hockey games.

The Scottish Hockey Union Youth Umpire Award is available at £3 per head to all registered schools and clubs, non-registered schools and clubs will have an additional registration fee of £20 for the course and £3 per head.

If you want to organise a Youth Umpire Award Course and you are experienced in working with young people, please know we are here to help you. Just call us and ask for the Youth Development Officer (0131 453 9070) or alternatively you can e-mail any enquiry to: info@scottish-hockey.org.uk

Hockey Key Contacts

Janet Jack

Borders Hockey Development Officer
Sports Development Unit
3 St John's Street
Galashiels TD1 3JX
Tel: 07766056937
e-mail: jjack@scottish-hockey.org.uk

Ruth Hounam

Chair
South Hockey Development Group
7/9 Old Mase Lane, Hawick TD9 0AG
Tel: 01450 370738
e-mail: rhounam@hotmail.com

Hazel Dods

Secretary
South Hockey Development Group
27 Whytbank, Clovenfords TD1 3NE
Tel: 07939084378
e-mail: dodds633@btinternet.com

Billy McIntosh

Borders Hockey Development Officer
Sports Development Unit
3 St John's Street
Galashiels TD1 3JX
Tel: 07711279093
e-mail: bmcintosh@scotborders.gov.uk

Mary Christie

South School Girls Hockey Association
Galashiels Academy
Elm Row, Galashiels TD1 3HU
Tel: 01896 754788
e-mail: mchristie@galashiels.scotborders.sch.uk



Useful Websites

www.sportborders.gov.uk

www.elsports.org.uk

Etrick & Lauderdale Sports Council

www.tweeddalesports.com
Tweeddale Sports Council

www.sportscotland.org.uk
The National Agency for Sport

www.scottish-hockey.org.uk
The National Governing Body for Hockey

www.helpforclubs.org.uk

Help for Local Clubs
(a great source of information)

www.scotborders.gov.uk
Scottish Borders Council

www.fihockey.org
International Hockey Federation

www.eurohockey.org
European Hockey Federation

Terms and conditions

1. All applications for Courses are to be made on the appropriate application form. The person signing the form must be 18 and over and will be referred to as the Applicant. A parent/guardian must sign the application for anyone under the age of 18 and by doing so agree to that person's participation on the course.
2. Where an organisation is named on the application form, that organisation shall be jointly liable with the course participant(s) under these conditions.
3. In the event of cancellation by the course applicant of a confirmed booking, a cancellation charge will be made at the discretion of Scottish Borders Council, referred to hereafter as the Council.
4. Unless expressly stated otherwise, the person (over 18 yrs) signing the form will have responsibility for any charges. Course charges will be in accordance with the pricing policy operating at the time of the Course.
5. Applicants/participants are responsible for maintaining good order and behaviour when participating on a course including due regard being paid to other participants. Participants in breach of this condition may be asked to leave the course and/or refused admission to the remainder of the course and future courses.
6. The Applicant is responsible for ensuring that any participant booked onto a Course is on time for the start of the Course at the agreed venue.
7. It will be the Applicant's responsibility to ensure that all equipment or property brought to a Course is in a safe and sound condition and complies with all relevant safety regulations. The Council reserves the right to exclude any equipment or property it deems unsuitable.
8. The Applicant is responsible for ensuring that any participant booked onto a Course is able to leave the Course on time safely. Unless specifically stating a particular arrangement, participants will be allowed to leave the venue at the end of a Course on foot. The Applicant is responsible for any additional costs incurred of any additional supervision of participants beyond the finish time of the Course.
9. Without limiting any other aspect of these Conditions, the Applicant will indemnify the Council from and against all actions and claims, including loss of properties belonging to applicants or participants. Applicants are strongly advised to ensure that they take out suitable insurance to cover themselves for making good any damage or meeting a claim from an injured person at the event for which the organisers could be held responsible.
10. The Council reserves the power to cancel any booking at any time and will not be liable for any loss or damage arising from such cancellation.
11. The employee of the Council, on behalf of the Council will ensure compliance of the Conditions of Let and has the right to terminate or refuse admission at any time.
12. Spectating is permitted only at the discretion of Council staff.
13. No cameras or photographic equipment may be used without the permission of the Director of Lifelong Learning.
14. All disputes which may arise shall be settled by the Council, whose decision shall be final.

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