## Colchester Hockey Club

[www.colchesterhc.org.uk](http://www.colchesterhc.org.uk)

**More than 100 years hockey in North Essex**



**General Information - Juniors**

**Organisation**

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| School Year R, 1, 2 & 3 | Quicksticks Hockey | Saturday Mornings 9.30-10.30 | Starts 21st Sept |
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| School Year 4 & 5 Girls | Under 10 Girls | Sunday Mornings 10.00-11.15 | Starts 15th Sept |  |
| School Year 6 & 7 Girls | Under 12 Girls | Sunday Mornings 10.00-11.15 | Starts 15th Sept |  |
| School Year 8 & 9 Girls | Under 14 Girls | Thursday Evenings 18.00-19:30 | Starts 19th Sept |  |
| School Year 4 & 5 Boys | Under 10 Boys | Sunday Mornings 11:15-12:30 | Starts 15th Sept |  |
| School Year 6, 7 & 8 Boys | Under 12 & 13 Boys | Sunday Mornings 11:15-12:30 | Starts 15th Sept |  |
| School Year 9 Boys | Under 14 Boys | Monday Evenings 19:30-21:00 | Starts 2nd Sept |  |

**Joining the Junior Section**

All new players are very welcome to join. To register please send an email to Helen Wall atbedfordroad@talktalk.net with your child's full name, DOB, current school year and an emergency mobile contact number for a Sunday morning. Your child's name will then be added to the correct register if there is space, or added to the waiting list if full.

**Fees**

Subscriptions are collected at the start of the season, after two trial sessions, to ensure that the children are enjoying the sport and do wish to continue.Prices vary based on age and number of sessions.

**Training**

All training is held at the Garrison hockey pitch. Please see the [Club](http://www.colchesterhc.org.uk/club.html) page for directions.

**Training Kit**

Children can wear any warm and suitable clothing to training sessions. Please make sure your child has a baselayer and gloves when the weather is cold. Players will also need a water bottle. All players must have shinpads and a mouthguard. Please see safety below.

**Hockey Sticks**

We have plenty of sticks available to borrow, so please do not rush out and buy anything! If you are buying a hockey stick, as a general rule a hockey stick should reach your child�s hip.

**Safety**

All players must have shinpads and a mouthguard. Any child who forgets their mouthguard will not be allowed to play.
All children must be signed in and out of Junior sessions. No child is allowed to leave the pitch without a parent to collect them.
Parents are free to leave children but please ensure we have the correct emergency contact number. Please email me any changes to your mobile number ASAP.

**Mouthguards**

We recommend a properly fitted dentist mouthguard and have a dentist present at one of the sessions at the start of the season to fit guards for any child wishing to buy one. They are very reasonably priced and well worth the cost (approx �35).

**Match Kit**

For matches, children need a pair of red hockey socks, a plain white Tshirt and either navy shorts or skorts. We do sell Colchester Junior Match shirts and Colchester Junior hoodies, but there is no obligation to buy them. If however you do wish to order a shirt or hoodie, please print off a Junior Kit Order Form and bring it along with payment to any Sunday session.

**Team Selection**

All dates for competitions are posted on the website. Please do check regularly as there will be amendments during the year.
Children will be selected by email. Please make sure that you give a correct email on your membership form and check your emails regularly. Parents should always reply to the selection email to confirm they have recieved the details.