



Puppy Press #2 February 2020

Happy February to our Junior Families! February sees the administration for the upcoming season really ramp up. The Junior Information Pack and 2020 Calendar have been distributed and we are getting ready for training to start. There are still a few Coordinator positions to fill so if you are interested in organising a few fun social events, or keeping track of the equipment database, please get in touch with me!

Round 1 Function:

The 2020 Round 1 function will be held on 4th April 2020. This will be the biggest event FHC has seen in years with a live cover band, jumping castle, kids entertainment, mystery DJ, American BBQ pulled pork nachos and a whole host of other activities to keep you and your family amused throughout the afternoon and evening.

Jump onto this link and RSVP!

<https://www.facebook.com/events/879437539174265/>

Pre-Season Working Bee

Our pre-season working bee was held on 22nd February. Many families from the Junior Section attended and the FHC Board thank them wholeheartedly for their time and effort.

For me it was fantastic to meet and introduce myself to so many junior families. All super keen for the 2020 season to start!

State Representatives

Congratulations are in order for 10 of our Under 16 and Under 18 players!

Massive congratulations to Maddi Passmore, Adrian McAlinden and Maddie Bezzobs who have been selected in the Hockey Victoria Under 15 State teams.

Lachie D'Arcy, Josh D'Arcy, Sam O'Brien, Kean Weerasekera, Alannah Hibbard, Bridgette de la Mere and Kee-A Henry have been selected in the Hockey Victoria Under 18 State teams.

Well done to all involved and best wishes with the rest of the preparations.

One of our Junior Parents, Tania Bezzobs, has prepared a document with some valuable information about Regional and State selection. There's a few tips for those parents of younger players (11-13). Please note #2 which relates to the JSC (Wildcats) selection for July this year.

I have attached this document to this email. Thank you Tania!

Training U12-18's

Training for Under 12-18's will begin the week of 24th February. For the first week, the age groups will be training together by the following schedule. After Shield Teams have been selected, the teams will train separately:

Training day	Pitch 1	Pitch 2	Cage
Mondays		6.00-7.00 pm Under 18s	
Tuesdays	5.30 – 6.45 Girls under 14 Girls under 16	5.30 – 6.45 Girls under 12	Overflow
Wednesdays			
Thursday	5.30 – 6.45 Boys under 14 Boys under 16	5.30 - 6.45 Boys under 12	Overflow

Shield Trials

All players are required to attend trials in 2020 **regardless** of the team/grade you played in 2019. Shield Teams will be selected from the **entire age group**. Selection will be held at the following times. Please be PROMPT:

Trial day	F1	F2	Cage
Mondays			
Tuesday 3rd & 10th March	5.15-6.45pm Girls under 14 Girls under 16	5.15-6.45pm Girls under 12	
Wednesdays			
Thursday 5th & 12th March	5.15-6.45pm Boys under 14 Boys under 16	5.15-6.45pm Boys under 12	

Trial Format:

Registration 5:15 - 5:30pm (Confirm details, collect a player number)

Group warm up : run throughs (5 mins)

In pairs : pushing, slapping, hitting (5 mins)

Group drills (rotations): Passing, goal shooting, stick skills (20 mins)

Full field style game (30 mins)

Group cool down (5 mins)

Next steps/summary (5 mins)

*****All players to bring a white AND a dark top, in addition to mouth guard and shin guards*****

Trialists would benefit from reading the information on the link

<https://www.sportskeeda.com/hockey/explaining-hockey-positions>

Training U10's

Training for U10's will begin on the 4th March. Training starts at 5.30pm, please be prompt and ready to go, shin guards on and mouthguards in!

Trials for the U10HV team will be held on Saturday 14th March 2020. Please keep an eye out for more details to come. The Calendar has been amended to reflect this, and has been attached to this email.

U10 Transitioning to U12 in 2020 - "Step Up" Transition Sessions

In 2020 FHC will be running transition sessions for Under 10's who played half field in 2019 and will transition to full field Under 12's in 2020.

These sessions will focus on full field positioning, team play and ball movement, with a mix of theory and practical/hands-on learning.

There will be two sessions held, your child is to attend one session, not both.

Age Group	Born 2009, progressing to Under 12's in 2020
Session times	21st, 28th March 2020, 9am-12 noon. BBQ Lunch provided.
Uniform	Usual training gear. Stick, shin guards, mouthguard, water bottle.
Contact	Mel Sanders 0433272242 juniors@footscrayhockey.com.au

Training U6's and U8's

Training for our Star 6's and Super 8's will begin on the 18th March.

The Star 6's will be in The Cage, with Super 8's on F1.

Super 8's are excited to welcome Geoffery Peacock to the coaching squad, assisting Head Coach Brendan Sheehan!

Dentaguard Mouthguard Fitting Dates at Footscray Hockey Club:

- Tuesday 17th March 5pm – 7pm onwards

Starting from \$65 (for smaller children) and starting from \$85 (for larger children – adults), you pay EFT or cash on the night of the fitting.

All children under 18 years will need to have a consent form signed before the impression is taken. There is a 10-14 day turn around and mouthguards will be available for pick up at the club from Kate de la Mere at your training session.

Receipts can also be provided for health insurance claims. Most health insurance companies provide between 60-100% return for Dentaguard products.

Please note there is no booking system this year, names will be taken in order of arrival.

Communication

The Junior Section relies heavily on TEAM AP and I will be using the JUNIOR FACEBOOK

page to communicate to all members. E-mail communication will also be used. Please make sure that you are on TEAM AP and on the JUNIOR FACEBOOK GROUP

JUNIOR FACEBOOK GROUP

<https://www.facebook.com/groups/962920810505030/>

TEAM AP INSTRUCTIONS

<https://footscrayhockey.com.au/wp-content/uploads/2018/07/FHC-TEAMAPP-Instructions.pdf>

That's it for February! If anyone has any questions, please swing me an email. I'll see you all down at training!

Mel

Mel Sanders

0433272242

juniors@footscrayhockey.com.au

Junior Director

Footscray Hockey Club

www.footscrayhockey.com.au