

# WOKING HOCKEY CLUB

## JUNIORS MONTHLY NEWSLETTER



### Our new Monthly Newsletter

Welcome to the new season, we have made a few exciting new changes this year and we look forward to providing a fantastic programme that will **Engage, Challenge and Inspire**

We are just finishing (Sunday 30<sup>th</sup> August) a busy summer programme with Age Group sessions, GK masterclasses, 1:1, 5:1 coaching and EVO hockey camps

First Training session on the **4<sup>th</sup> Sept**

All information is on our [website pages](#)

### REMINDERS:

**STAGE 4 (Return to Play):** Essential Steps for Playing at Woking HC:

1. Read the 'Key Information on Stage4' guidance on our website
2. Complete the [England Hockey Participation Agreement](#)
3. Register participation every time you visit Woking HC

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### JOIN US !!

- New members please click [here](#)
- For membership renewal, please respond promptly to subs renewal requests

## LATEST UPDATES

### Welcome to Woking Hockey Club Juniors Newsletter.

We have had a busy summer creating a new vision, coaching programme and culture for the section and we hope you will be as excited as we are in making the season ahead something special!

### GOALS & VISION

- **Engage, Challenge and Inspire** players of all abilities for them to achieve to the best of their ability or aspirations.
- Provide a **welcoming and social** place to learn, have fun, make friendships and enjoy membership.
- Develop a **thriving community**-based Junior section, through a **supportive approach** with local Schools, England Hockey and Woking Borough Council.

### NEW JUNIOR PROGRAMME (additional costs are highlighted)

- **Weekly training sessions** for all players in their age group squads, led by a qualified coach and assisted by Age Group Coaches, to ensure good player-to-coach ratios.
- A **performance pathway** for talented players who want to develop their game further (additional charges).
- Opportunities for **Indoor hockey** training and competitions (additional charges).
- Clear pathway of learning each month focused on **core skills and match play**.
- A **clear identity** in terms of style and match play which best prepares juniors for transition between age groups and to adult hockey.
- Opportunities to play in **matches and tournaments** (both competitive and friendly), including **Game Time** for anyone who does not have a game that week.
- A **coaching pathway** to help develop our coaching talent, including latest techniques, video analysis and player profiling.
- **Technical clinics and masterclasses** focused on goalkeepers, penalty corners (attack and defence) and technical skills.
- **School holiday camps** through EVO hockey camps (additional charges).
- **Private coaching** available with our specialist coaches at extra cost on a 1:1 or 5:1 basis (additional charges).
- Opportunities to play in **Men's and Ladies' hockey** from the age of 13.
- Giving young players **opportunities to learn new skills** through coaching, umpiring, Duke of Edinburgh and being proud of their club.
- Improving **information for parents**, via newsletter and Friday 'Ted Talks'.

### SAVE THE DATES:

**U18 Semi-final - 3rd Sept 8pm**, support the U18's as they play their deferred semi final vs Spencer

**First Training - 4<sup>th</sup> Sept**

**Club Welcome Day - 5<sup>th</sup> Sept** for juniors eligible or playing adult hockey this season

**Subs Due - 30<sup>th</sup> Sept**

**Mobile Hockey Shop** - Sticks, shoes, gloves and training kit on **11<sup>th</sup>, 18<sup>th</sup> Sept & 18<sup>th</sup> Oct**

## SEPTEMBER COACHING THEME

### BACK TO BASICS

**Holding the stick:** Basic, double V, long handle, left and right hand only

**Movement skills:** Change pace & direction, lateral movement, turn all directions quickly, fast footwork, reaction times, peripheral vision

**Moving with the ball:** Open stick dribble, Indian dribble

**Passing:** Push, sweep hit, slap (split grip hit)

**Goal Scoring:** As passing, rebounds

**Receiving:** Open stick from the front, open stick from left and right, reverse stick from the front, reverse from left and right

Our Skills Matrix outlines the skills with supporting videos we teach for each age group [here](#)

## COACHING PROGRAMME

		<i><b>Final Timings</b></i>
Monday	Performance (Girls U10-U14)	<b>19:00 - 20:00</b>
	Indoor Boys U12*	<b>18:00 - 19:00</b>
Tuesday	Indoor Girls U14*	<b>18:30 - 19:30</b>
Wednesday	U16 (Girls)	<b>19:00 - 20:00</b>
	Technical Skills	<b>19:00 - 19:45</b>
	Indoor Girls U12*	<b>18:00 - 19:00</b>
	Indoor Boys U14 *	<b>19:00 - 20:00</b>
Thursday	Indoor Boys & Girls U16*	<b>18:00 - 19:00</b>
	Performance (Boys U10-U14)	<b>18:45 - 19:45</b>
	U16 (Boys)	<b>20:00 - 21:00</b>
Friday	U10 (Girls)	<b>17:45 - 19:00</b>
	U10 (Boys)	<b>17:45 - 19:00</b>
	U12 (Girls)	<b>18:45 - 20:00</b>
	U12 (Boys)	<b>18:45 - 20:00</b>
	U14 (Girls)	<b>19:45 - 21:00</b>
	U14 (Boys)	<b>19:45 - 21:00</b>
Sunday	Mini's (U6/U8)	<b>09:00 - 10:00</b>
	Game Time (All Age Groups)	<b>10:00 - 11:30</b>
	Technical Master Classes inc Goalkeepers	<b>09:00 - 12:00</b>

Notes: \*Note: Starts Mid-October and at Gordon's School;† Limited spaces and booked via [Booking App](#); ‡ Additional £5 per session

## FOCUS ON...

**Name:**

Juan Pablo Rodriguez Trimboli

**Nickname:**

Juan, JP, Juampi.

**From:**

Argentina

**What have you achieved as a player?**

As a junior I played for the Buenos Aires region (U14 to U18)

I played for the Argentinian National Team at the Junior Panamerican Games in Hermosillo, Mexico, 2010 and Guadalajara, Mexico, 2012 Test Matches with the Junior National Team

I played Old Loughtonians HC Men's 1s last year

I was top scorer in the Junior Metropolitan League A of Buenos Aires multiple times for Banco Provincia Club

I was awarded Best Player at Banco Provincia Club

**When did you start coaching?**

started when I was very young, helping younger players to become better. I became a proper coach later coaching many teams at different levels.

I coached Ladies' 1s Coach at Old Loughtonians HC to promotion last year

I coached Boys (U10 to U16 level)

I was assistant coach of Ladies' 2nd team and coach for Girls U14

I have coaching experience at Olivos Rugby Club, Club Náutico Hacoaj, Club Banco Provincia

**What coaching roles do you have at the club?**

Ladies 2's Coach, Girls Lead Coach, Performance Coach, Match Day Coach & Schools Coach

**What is the best piece of advice a coach ever gave you?**

It is not a piece of advice itself, but a coach said: "It was your best year so far, but I know you can work harder. Only hard work will help you to achieve your goals. If I choose you as 'player of the year' this season that could interfere to reach your highest potential. I know you can do even better, especially now that you have no reward (you deserved it, though). So, show me what you're made of next season and it will be yours."

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**"Only hard work will help you to achieve your goals"**

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## USEFUL INFO

With so much going on at Woking HC, it's important you know how to get in touch and where to find the information you need. Here is our guide to the communications:

### Website - [www.wokinghc.com](http://www.wokinghc.com)

The club website is your go-to source of information. Visit the website for the latest club news, match reports, events, Policies & Guidelines and fixtures... it's all here.

### Club & Team Emails - Via [Pitchero](#)

Important information will usually be sent out across the entire club via email. Player availability and Team information will be sent your team Age Group Manager.

### Monthly Newsletter

We will keep you informed on the achievements and the month ahead via a newsletter

### Social Media

Important updates and all the latest as it happens! Also, the best place to find out any last-minute changes to training sessions or games in case of inclement weather.

### Playing Kit

Piranha matchplay kit is available via [Hawkinsport](#).

### Training Kit

Adidas training kit is available via [The Hockey Centre](#). A %5 discount is available on all purchases, use code: WOKING\_HC\_FIVE.

### Age Group Managers and Coaches:

Age Group Managers support each age group from an administrative perspective and co-ordinate training and matches (friendlies and competitive matches). Age Group Coaches (or Age Group Managers) support the lead coaches with coaching of the team within that age group at training and matches

## Stay Connected!

Website:

[www.wokinghc.com](http://www.wokinghc.com)



Facebook:

[wokinghockeyclub](https://www.facebook.com/wokinghockeyclub)



Twitter: [@WokingHC](https://twitter.com/WokingHC)



Instagram:

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

**TOP TIP!** Emails sent via Pitchero have a habit of making their way into the junk mail folder. Don't miss out on important messages, please ensure your details are up to date and double check your junk folder

Do you have news, information, or photos to share in newsletter?

Please get in touch at [info@wokinghc.com](mailto:info@wokinghc.com)

## CONTACTS

	Age Group Manager	Age Group Coach	Lead Coaches
Under 6 Boys & Girls	<u>Melissa Thomas</u> (Covering)		<u>Matias Eguren</u>
Under 8 Boys & Girls	<u>Melissa Thomas</u>	<u>Shaun Glanville</u>	
Under 10 Girls	<u>Woking U10 Girls</u>	<u>Brian Richardson</u>	
Under 12 Girls	<u>Julia Dickinson &amp; Tammy Dexter</u>	<u>Brian Richardson</u> <u>Sarah Mewton</u>	
		<u>Alan Newland &amp; Owen Griffiths</u>	
Under 14 Girls	<u>Paul Clark</u>	<u>Jones (Hurricanes)</u> <u>Mark Zipeure</u> (Whirlwinds)	<u>Juan Pablo Rodriguez</u>
		<u>Martin Jones</u> (Tigers)	
Under 16 Girls	<u>Martin Jones</u>	<u>Andy Kerr (Jaguars)</u>	
Under 18 Girls			
Under 10 Boys	<u>Dave Sampson</u>	<u>Craig Hogan</u>	
Under 12 Boys	<u>Jim McGlynn</u>	<u>Nick Wren</u>	
Under 14 Boys	<u>Angela Baldwin</u>		<u>Gonzalo Ayala</u>
Under 16 Boys	<u>Julian Woolcock</u>		
Under 18 Boys		<u>Steve Wilman</u>	





## OTHER ROLES

Role	Contact
Junior Chair	<u>Mat Prestwich</u>
Junior Secretary	<u>Linda Jacks</u>
Junior Director of Coaching	<u>Graham Buss</u>
Junior Goalkeepers	<u>Mat Prestwich</u>
Member Registrations	<u>Steve Willman</u>
Duke of Edinburgh	<u>Jamie Pinder</u>
Club Welfare Officer	
DBS Checks and Document Verification	
First Aid	<u>Tracy Wright</u>
First Aid Courses	
First Aid Kits & Supplies	
Hockey Kit Questions	<u>Ketan Patel</u>
School Coaching	<u>Eddie Way / Graham Buss</u>
Junior Hockey Camps	<u>Graham Buss</u>
Pitch Bookings	<u>Juliette Hubbard</u>
Junior Pitch bookings (Sundays only)	<u>Karin McCormick</u>
Sponsorship	<u>Ketan Patel</u>
Catering and Clubhouse Operations	<u>Katy Robinson</u>



## OUR COACHES

	<p><b>Juan Pablo Rodriguez Trimboli</b></p> <p>Juan played Juniors for Argentina and is the Lead Girls coach this season. He is also part of the Woking community coaching programme to help introduce hockey to local schools. Juan can help with <b>offensive skills</b> and <b>passing</b> and brings some Latin American magic to his coaching</p>	<p>Girls Lead Coach Performance Coach Technical Clinics Coach Match Day Coach Schools Coach</p>
	<p><b>Gonzalo Ayala</b></p> <p>Gonzalo has played 1<sup>st</sup> XI hockey across Europe and played for Italy U21 indoors. He is also part of the Woking community coaching programme to help introduce hockey to local schools. Gonzalo specialises in <b>offensive skills</b>, <b>passing</b> and <b>drag flick</b> technique</p>	<p>Boys Lead Coach Performance Coach Indoor Lead Coach Technical Clinics Coach Match Day Coach Schools Coach</p>
	<p><b>Matias Eguren</b></p> <p>Matias played Argentina U21's and is currently playing Argentina Over 35s. Matias specialises in <b>defensive skills</b> and <b>passing</b>, he is a great motivator and is particularly good with younger children</p>	<p>Minis Lead Coach Technical Clinics Coach Match Day Coach Schools Coach</p>
	<p><b>Eddie Way</b></p> <p>Eddie has over 125 junior international caps including captaining the England/GB U21 team. He is the Lead for the Woking community coaching programme which aims to help introduce hockey to local schools. Eddie specialises in <b>defensive skills</b>, <b>penalty corner attack</b> and <b>defence</b> and <b>drag flick</b> technique</p>	<p>Schools Development Lead Technical Skills Lead Performance Coach Boys Coach</p>
	<p><b>Adam Wilkins</b></p> <p>Adam has played 1<sup>st</sup> team hockey at Ashford, Camberley, Farnborough &amp; Woking. He has coached juniors at county and regional levels and specialises in <b>Goalkeeper</b> technique, <b>passing</b>, <b>drag flick</b> technique and <b>goal scoring</b></p>	<p>Game Time Lead Girls Coach Performance Coach Technical Clinics Coach</p>

	<p><b>Harrison Hubbard</b></p> <p>Harrison has played 1<sup>st</sup> team hockey at Woking, University and has just finished Sports and Exercise science degree. Harrison is part of the Woking community coaching programme to help introduce hockey to local schools. He specialises in <b>passing, offensive skills</b> and <b>drag flick</b> technique</p>	<p>Boys Coach Performance Coach Technical Clinics Coach Schools Coach</p>
	<p><b>Aurora Mears</b></p> <p>Aurora has played more than 10 years National League (Indoor &amp; Outdoor) and has been part of GB development squads. Aurora is one of our technical coaching leads and specialises in <b>Goalkeeper</b> technique</p>	<p>Goalkeeper Lead Indoor Coach Performance Coach Technical Clinics Coach</p>
	<p><b>Victoria Moretti</b></p> <p>Vicky has played 1<sup>st</sup> team hockey in Argentina for many years. Vicky is part of our Woking community coaching programme to help introduce hockey to local schools. She specialises in <b>offensive skills</b> and <b>passing</b> and is a great player motivator</p>	<p>Girls Coach Minis Coach Performance Coach Technical Clinics Coach</p>
	<p><b>Lottie Roberts</b></p> <p>I have been a member of Woking Hockey Club since 2007. I am currently playing for my University First XI hockey squad, besides studying a BSc degree in Sports Coaching and have been coaching the <b>Mini's</b> for 3 years</p>	<p>Minis Coach Game Time Coach</p>