

August 2009

Dear Member,

Welcome to the start of the 2009/10 season at Cheam Hockey Club! I hope you are having a good summer!

We have had lots of summer hockey fixtures both the men's and women's sections together with the clarets league as well. I hope those of you that have played in these have enjoyed them. We are pleased that Charlotte Dickenson and Emma Elsom have agreed to continue their hard work coaching us. Jenny Brennan is continuing in the colts head coach role together with her coaching team all successfully organised by Denise Edwards, the colts manager.

The playing administrators, Ian Sharpe and Julie Craig are responsible for overseeing the playing side of the club. If you have any suggestions or ideas about training or matches then feel free to speak with them.

PRE-SEASON TRAINING

Pre Season Training began on **Tuesday 4th August 2009** at Peaches Close, Cheam. This is open to all club members over the age of 14 and is free therefore you have no excuse not to attend. Meet in front of the clubhouse on the field at 7:30pm. This will be a chance for everyone to get together before full training starts so please come along and enjoy. These sessions will continue until Tuesday 18th August 2009.

The mens 1st XI and 2nd XI will start training on the pitch on Tuesday 25th August 2009 from 8pm to 9pm. The 3's, 4's and clarets will all start on 8th September 2009 as below.

The ladies teams will start training and selection sessions on the pitch on Tuesday 25th August 2009 from 7pm to 8pm.

TRAINING

Specific squad training will start on **Tuesday 8th September 2009** for all senior squads and on **Sunday 6th September 2009** for the colts. Both at Nonsuch High School (Ewell Road, Cheam, SM3 8AB). Please try to arrive about 10 minutes beforehand so that you can warm up and stretch. The club coaches will be present to take the sessions so every effort should be made to attend these sessions. Training times will be advised in due course but at present will remain as follows:-

Squad	Men's	Ladies
1 st XI	Tuesday - 8:00pm to 10:00pm	Wednesday - 7:00pm to 8:00pm
2 nd XI	Tuesday - 7:30pm to 8:45pm	Wednesday - 7:00pm to 8:00pm
3 rd XI	Tuesday - 7:00pm to 8:00pm	Tuesday - 9:00pm to 10:00pm
4 th XI	Tuesday - 7:00pm to 8:00pm	Tuesday - 8:00pm to 9:00pm
Clarets	Tuesday - 7:00pm to 8:00pm	N / A

The above times may be subject to change but at the moment these times offer the maximum time on the pitch for each squad that we are able to offer. You will be notified by your captain which session to attend and may be moved as the season gets underway.

Colts training:

Sunday Mornings	9:30am - 10:30am	Girls U12 and Girls U14 & Boys squads
	10:30am - 11:30am	Girls U16's and Over 12 Boys

MATCHES

Home fixtures will be played at Nonsuch School, Cheam. Arrangements for away fixtures should be confirmed with your captain. Please ensure that you let your captain know at least one week in advance if you are not available for a match. It is your responsibility to know where you are playing. Please ensure that you arrive at least $\frac{3}{4}$ of an hour (1 hr for 1st XI's) before pushback or as advised by your captain.

Colts matches take place on Sunday mornings. Please ensure you let your manager know if you are not available.

CLUB DAY

All existing senior and junior members plus any new members must try to attend the Club Day on **Saturday 5th September 2009**. If you have friends or family who may be interested in joining the club then bring them down to this session - it is free and it is fun!

The session is going to be a joint one with the mens and ladies using half a pitch each. We will be giving a short introduction to the new rule changes before each session so ensure you arrive on time as things have changed quite dramatically!

Times of the session will be advised very soon so keep an eye on your e mail.

All members, family and friends are welcome back to the clubhouse afterwards for drinks and to meet and get to know your fellow members!

COLTS

The junior section continues to flourish with Denise Edwards and her committee doing a fantastic job. Numbers at Sunday morning training continue to grow and the club is developing the coaching structure to ensure that all colts get the best coaching the club can offer them. We continue to strive towards achieving the club 1st accreditation which will give us additional assistance from England Hockey.

If anybody can help with training (members or parents) then please let Denise Edwards or Jenny Brennan know.

AVAILABILITY

It is expected that all players make themselves available each Saturday. You must give your captain plenty of warning if you are going to be unavailable. If you do not hear from your captain, please ring them early in the week to confirm the arrangements. The working groups meet and select the teams on a monthly basis so ensure that you assist your captain with their role.

SUBSCRIPTIONS

It is very important that existing members pay their subscriptions as quickly as possible and **CERTAINLY** no later than 31st October 2009, to ease our early cash flow. The club rules dictate that failure to do so **WILL** result in deselection and the mandatory increase in subscriptions. Payment of subscriptions by instalment is possible if you speak with either Sarah Trinder or myself first.

Subscriptions should be sent to Sarah Trinder at 19 Pantile Road, Weybridge, Surrey, KT13 9PY or given to your captain together with your membership application form which is available on the website together with the rates of subscription. If you are having any trouble paying your subscription you must speak to us prior to 31st October 2009 deadline so we can find a solution.

All club information is now available on the website and events and team sheets are circulated via e mail. Please log on to the website (www.cheamhockeyclub.co.uk) to update your contact details and let Sarah know immediately if you change these details. If you are not receiving regular communications from the club then drop me an e mail.

CLUB CLOTHING

We are continuing the popular range of club clothing that we did last season. Order forms can be downloaded from the website. You will have recently received an e mail about ordering home shirts. New members can do this upon joining. There will also be a new range of kit available very soon and all this can be ordered from the website. If you do not have a home shirt then these are available from Stuart Lawrence.

We are also able to offer members a 10% discount with all hockey gear ordered through Cheam Sports in the village. Just mention Cheam Hockey Club and show your fixture card when you order and you should be eligible for the discount.

Please forward this letter to anybody you may know who may be interested in playing hockey or joining the club or just point them in the direction of the website. Remember that if they join you could receive a discount on your membership so tell them to mention your name!

Good luck for a successful and enjoyable season.

The Executive Committee
Cheam Hockey Club
keith.boyce@cheamhockeyclub.co.uk

PS: If you have received this letter by post I don't have your e mail address so please log on to the website and send me your details!