

Welcome

Welcome to the 2024 hockey season!

If you're new to hockey then you've come to the right place, and if you're returning then we're excited about another fun filled year.

As the largest junior hockey club in Canterbury we take a lot of pride in the development of young players. Whether it's their first time picking up a hockey stick, or they're fresh out of the hallway at home, we have a team for them. Our focus is on creating a positive environment to support young hockey players to have fun and learn the skills associated with the sport in a nurturing way.

Our junior teams play in the Canterbury Hockey Junior Competition which runs throughout Winter, beginning in early May and finishing in late August. Everyone plays in their year groups and our competition here in Canterbury is aligned to the Hockey NZ Small Sticks Strategy. Our coaches are all volunteers and its great to have some former juniors coaching this year too.

I'm excited that in the 2024 season we have a junior committee to help me get stuff done! If you also want to get involved we've got jobs a plenty so please get in touch.

That said I hope you have a great season and any questions just sing out.

Jono Pooch
Junior Club Chair



EVERYTHING YOU NEED TO KNOW ABOUT SUHC JUNIOR HOCKEY

- General info
 - Registration Details
 - Uniform and Equipment
 - Helping Out
- Open Days and Trials
- COVID-19
- Grades Information
- Code of Conduct
- Important Dates
- Cancellations

General Info

REGISTRATION

If your child is keen to play they will need to be registered.

You can do this by following this [LINK](#). You will need to complete your registration by **Sunday 10th March 2024 (11:59pm)**.

If you're a new, you'll need to set up a PlayHQ account to register. This can be done from link above.

Parents will need to set themselves up as the "Account Holder" before setting up their children.

Please note: Juniors are registered as "Participant to Club" as we allocate them to a team in PlayHQ once numbers are finalised.

Fees information is updated annually and can be located on the website www.suhc.co.nz

HELPING OUT

Like most sports, our teams are run by parents and volunteers so if you'd like to get involved by managing or coaching a team, or joining the junior committee then get in touch junior@suhc.co.nz

We run a quick night annually and would love donations for the quiz night.. We'll be in touch during the season with more information.

UNIFORM AND EQUIPMENT

We provide uniforms, but you'll need to have your own hockey stick, shin pads and mouth guard, as well as Southern United Hockey socks.

- You can purchase socks (Navy with Sky Bars) through [Just Hockey](#).
- There are also team hoodies and beanies available.
- There will be an opportunity to try on tops for sizing at the open days.
- Black or navy thermals can be work underneath your hockey top

Goal keeping gear for Kiwi Sticks grades and above is supplied by the club, as are Face masks for defenders from Kwik Sticks 11 Aside and up. We also suggest players play with a glove at this level.

Funsticks don't have a uniform, so wear clothes and footwear suitable for running around in and something warm as it gets chilly on the turf. Funsticks do need a mouth guard and shin pads. Just Hockey sell starter kits including these and a stick.

If you have any queries about uniforms or equipment please contact – junior@suhc.co.nz



Open Days and Pre Season Hit Around

We run an Open Day each season where kids can come and have a go and we encourage juniors to bring a friend.

Our pre season hit around is an opportunity for kids to connect and play hockey and for us to match up similarly skilled players together.

Both of these days are held at Sydenham Park

We will send out team information in April.

PRE SEASON HIT AROUND 1 SUNDAY 24 MARCH

9am-10am	Funsticks (Year 0-2)
10am-11am	Year 3 4 Boys & Girls
11am-12pm	Year 5 6 Girls
12pm-1pm	Year 5 6 Boys
1pm-2pm	Year 7 8 Girls
2pm-3pm	Year 7 8 Boys

PRE SEASON HIT AROUND 2 SUNDAY 7TH APRIL

9am-10am	Funsticks (Year 0-2)
10am-11am	Year 3 4 Boys & Girls
11am-12pm	Year 5 6 Girls
12pm-1pm	Year 5 6 Boys
1pm-2pm	Year 7 8 Girls
2pm-3pm	Year 7 8 Boys



COVID-19

Our Club position has been (and continues to be) that we need to follow the guidance, framework and rules set out by Canterbury Hockey, Hockey NZ and Sport NZ. Everyone involved has a genuine desire to have as many people playing and loving hockey as possible, within the outlined government framework at the time, especially around gathering number restrictions. We will be quick to change our policies and process around COVID if/when we can.

Grades

FUNSTICKS

Funsticks is all about introducing children to hockey in a safe and exciting way. Aimed at 5 and 6 year olds the focus is on developing fundamental movement and basic hockey skills such as running, striking, as well as body and spatial awareness.

- 12 week hockey programme run during term 2 and 3
- Designed for children aged 5-6 years (school Year 0, 1 and 2).
- Emphasis is on ball skills and getting used to as hockey stick
- Our programme is delivered by Kwicksticks and secondary students who play Sen
- We have sticks for you so you can try the game first. You'll need shin pads and a mouthguard to play. A starter kit is available from Just Hockey

Our Fun Sticks programme is held at the practice turf out the back of Sydenham park on **Friday's 4pm-5pm. Starting Friday 10th May.**

MINISTICKS

Mini Sticks, is aimed at 7 and 8 year olds and is a six aside version of the game divided into two options; development and standard competition streams. This provides those brand-new to the sport an opportunity to join in at their level and experience.

- Year 3 & 4
- 6-aside (no Goal Keeper)
- 1/4 field
- 12 minutes each way
- Various grounds around greater Christchurch (Rangiora/ Rolleston)
- Saturday mornings

KIWI AND KWIKSTICKS

By the time the children reach 9, they're moving on to Kiwi Sticks tailored to their age and skill stage before moving on to Kwiksticks in years 7 and 8 and getting ready to play hockey in high school. All games are played on 1/2 a field and are held on various grounds around Christchurch including Rangiora and Rolleston.

Kiwi Sticks 7-aside:

- Year 5 & 6
- 7-aside (Including Goal Keeper)
- 18 minutes each way
- Saturday mornings

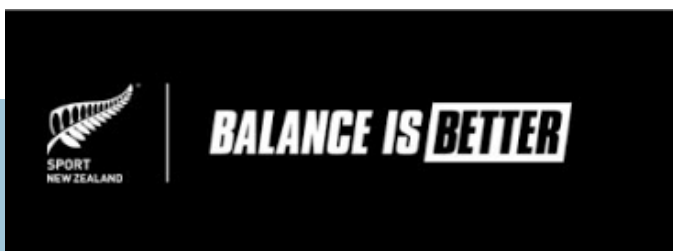
Kwik Sticks 7-aside:

- Year 7 & 8
- 7-aside (Including Goal Keeper)
- (11 aside for the last 5 games of the season)
- Saturday mornings
- Check out more on Kwik Sticks [HERE](#)

Code of Conduct

Please remember that by joining our Club, you are agreeing to abide by the Canterbury Hockey Code of Conduct

- Please continue to be passionate supporters of your team in a positive manner. Be respectful of all players, coaches and officials.
- Try to praise effort and application rather than outcomes -there is a lot of research on this being very valuable.
- Avoid coaching from the sideline. Encouragement and support from the sideline is always appreciated but giving coaching or tactical information can be detrimental to a players development. Getting too much information from the sideline, often contradictory information, does more harm than good.
- We need to let players make decisions for themselves and we need to let coaches be the sole tactical voice that players are hearing and even that should be minimal on game days. We also need to understand that making mistakes is part of the learning process, we need to create environments where players are willing to try things and learn from the mistakes and not be fearful of the mistakes themselves. Parent communication plays a huge role in this.
- The car ride home after a match can be a challenging time for some young athletes as they are still coming down from the rush of competing, but they often don't feel comfortable or can't yet explain that to parents. The most valuable thing that you can say to your children at this time is that you love watching them play and again to reinforce some of the positive attributes such as work ethic, enthusiasm, determination, positive attitude etc.
- Lastly your coaches are all volunteers so please give them a hand at every opportunity.



There are heaps of great resources and articles on the Sport New Zealand Balance is Better website. www.balanceisbetter.org.nz



Important Dates

Pre Season Hit Have a Go	24th March
Pre Season Hit Have a Go	7th April
Coaches Evening	28th April
Final Uniform Collection	10th May
Funsticks Starts	3rd May
Seasons Starts	10th & 11th May
Quiz Night	TBC
Last game of Season	TBC
Prize Giving	TBC

Cancellations

Cancellations are via the [Canterbury Hockey Association website](#) and their [Facebook Page](#).



Make sure you join us on the SUHC Juniors Facebook page



Thanks to Winnie Bagoes who support the club through player of the day certificates

PHOTOGRAPHY CREDITS

The photos in this document have been taken by [Don Douglas](#) and [Geoff Soper](#)