

**Training**

Training takes place at the following times depending on the age of your child(ren):

* Monday nights 6-7pm for all in Years 7 and below (from the age of 4 upwards). There is now an additional half an hour (7-7:30pm) for those in years 6 and 7 to focus on match play.
* Monday nights 6-8pm is goalkeeper training.
* Tuesday nights 7-8:30pm is ladies training for all those in Year 8 and above.
* Wednesday nights 6:30-8pm is men’s 3s and 4s team training including all boys in year 8 and above. This is followed by men’s 1s and 2s team training from 7:30-9pm.

Training sessions are primarily organised through Teamer, please respond so the coaches can plan the sessions knowing how many they are expecting to attend.

\*\*Please note that for both training and matches, shin pads are compulsory, and mouthguards are highly advised, especially those eligible to play in the age group tournaments.\*\*

**Tournaments**

The age groups that attend the tournaments with the associated school years for these tournaments are listed below. Please note that the names of the groups relate to the age of the child when the season starts in September, not their age at the time they play in a tournament. Eirias Hockey Club will permit players to play up an age group however this is based on the coaches’ assessment of the players ability as their safety is of paramount importance.

**U10s** – years 4 and 5 and are usually mixed sex teams.

**U12s** – years 6 and 7 and are preferred single sex teams.

**U14s** – years 8 and 9 and are single sex teams.

**U16s** – years 10 and 11 and are single sex teams.

**U18s** – years 12 and 13 are single sex teams.

There are monthly tournaments held at different clubs across North Wales on Sundays for our Under 10s, Under 12s and Under 14s teams. The number of teams the club will enter at each age group is determined by the availability of the players and the number of games at the tournament is determined by the number of clubs and teams that enter that tournament. Typically, these games will last between 10 and 15 minutes and are played on half a pitch for U12s and U14s but smaller for U10s. There is a £3 match fee per player for these tournaments. For the U12s and U14s, one of these tournaments is a qualifying tournament for the Hockey Wales cup, if successful the teams will play the winners of the equivalent South Wales tournament and the finals will likely be held in Swansea.

Both the U16s and U18s teams also play in the Hockey Wales cup which begins with a North Wales round, followed by semi finals (held in Newtown) and finals (usually held in Swansea) if successful.

**Adult/Senior Teams**

The club have 3 men’s and 2 women’s teams in addition to a development team for each gender. All club members aged 13 and over are eligible to play for these teams. The teams are selected from the top team down, and selection is done based on ability, attendance at training and commitment to the team. All adult teams are part of divisions in the North West Hockey league who play on Saturdays both home and away – the exception to this is the women’s development team who play in a North Wales league.

If you have any other queries, please feel free to contact the club via the club website, Facebook like page or closed group, or via your usual club contact for your child’s age group. Some FAQs below.

**Safeguarding**

As a club we adhere to Hockey Wales’ safeguarding policy, the link to this is: <https://www.hockeywalescommunity.org.uk/safeguarding>.

**FAQs**

**What club kit do I need/is available for my child?**

Only shirts and socks are official club kit. For anyone who plays in the U12s teams or lower, they are only required to have the blue club kit – please speak to Charlotte on a Monday if you wish to purchase kit for your child.

For anyone whose child plays in the U14s teams or above (this includes senior teams), both the burgundy and blue kits are required – please contact Tim Baker to order or purchase kit.

If your child grows out of their kit, the club do offer a ‘buy back’ scheme for kit in good condition whereby we buy the original shirt(s) back and the new shirts are offered to you at a lower price.

In addition, there are off-field kit items such as hoodies, tracksuit bottoms, etc that can be bought, please use the following link to view the catalogue and contact Marcus at Exile Sportswear to order this: <https://www.hocieiriashockey.co.uk/club-shop>.

**My child has a friend who would like to try hockey, what’s the best way for them to get involved?**

That’s great to hear and we always welcome new members to the club. It is preferred that the coaches of the relevant session are contacted prior to a new player coming so that we know to expect new players and can register their details through Teamer. Where this may not be possible, they are welcome to turn up but please make sure that the player/parent introduces the new player in this instance.

**I’m keen to get involved, how can I help out?**

Please speak to one of the coaches at the training session your child attends, we’re always looking for more help and you’ll be welcomed with open arms, we’ll find the best ways to get you involved! 😊

**When does my child become eligible to play for a senior team?**

Your child is eligible to play for one of the senior men’s or women’s teams from the day that they turn 13, however this does not guarantee them a place in the side as the coaches and captains must be happy they are strong enough and good enough to play in the team.

**My child would like to play for Wales, how can they do this?**

The first step on the player pathway to play for Wales is to register and attend the Dragon Development Centre. For the most up to date information on the opportunities available for your child to play for Wales, please visit the Hockey Wales website on the following link: <https://www.hockeywales.org.uk/dragon-development-centres>.