



Warwick Hockey Club Newsletter

Issue 5 — Decisions, Decisions, Decisions

November 2008

So Far, so Good. Now where do we go ?

November represents the mid-point of the Committee year and also brings us close to the halfway point of the league season. It is, therefore, an appropriate time to reflect on the year to date and to start to turn our attention to planning for next season and beyond.

As you will know, the Club has grown significantly in recent years. Whilst still heavily reliant on volunteers, we now employ four paid coaches and this investment has brought rewards with several sides gaining promotions. Pleasingly, all our sides are currently proving at worst competitive in their respective division, whilst off the field we have a calendar of social events which are again seemingly proving popular. One huge positive this season has been the relative ease with which we have fielded full sides.

Volunteers effectively run the Club. All administration is undertaken by volunteers and the coaching of our juniors, Vixens and ladies third team is delivered by volunteers. Our volunteer coaches have worked incredibly hard, and their invaluable work has paid dividends. For example, witness our ladies third team's results, the birth of the Vixens team and the large numbers of young people attending junior training. It's not that long ago that getting a full ladies third team on to the pitch each week was seen as a major achievement - now the side expects to win every game !

These remain exciting, challenging and demanding times for the Club. Further growth, expansion and development beckons, but needs careful consideration and planning. It is clear that the workload on groups and individuals has become heavier and we need to take account of this. Previous experiences and history show that growth will demand further investment and greater resourcing.

In our budget for the current year, affiliation fees exceed £2000, pitch hire is expected to cost £10,000 and umpire fees payable to the respective Leagues around £500. Additionally, our coaching budget is £8,000, we pay £3,500 levy to the Sports Club (even after a £1,000 discount) and we expect to pay around £1,000 each for balls and other items of kit and a further £1,000 for the teas we provide.

At our last AGM, we again decided against increasing subscriptions and/or match fees. We took this decision knowing that instead of increasing these fees we would need to work hard and well on fundraising over the course of this season. One factor in the proposal for not increasing subscriptions was our desire to remain accessible and we do.

Numbers attending training justify forming a fourth ladies team, but that team will need coaching support and we will need to provide an extra umpire each week and find pitch space. This may mean playing some games at Aylesford School for example as pitch space is finite. Put simply, more teams mean more off the field work, more coaches, more umpires, more pitch time. We may need as well to look at whether an extra men's side could be fielded and, if so, at what level.

We have also provisionally indicated a desire to host a Junior Development Centre. More on this next month, but whilst we will incur no financial costs in running a JDC, we will need to provide coaches and fulfil various support functions.

Committee is keen to make informed decisions and to plan properly for our future after taking account of the views of members. Over the page there is an article on member questionnaires which will be with you soon. In addition to your feedback, Committee is also due to review papers on the club's structure and its finances.

Going forward, please remember the decisions from April's AGM. The investment in coaching gives us all the opportunity to develop by attending training sessions. The investment was made on the basis that all members would assist with our juniors where possible and that we would all focus on fundraising. Team Challenges are almost upon us, so let's bring that money in and let's continue to support our social events which provide some income and enjoyment. Teams also need to continue to provide umpires and take their turn on the tea rota. Much of what we do relies on goodwill and volunteers. Please get involved and please support your captain and the Club.

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Note

The Club's Mixed Team has been drawn away to Players Hockey Club (Nottingham) in Round 1 of England Hockey's Mixed Trophy. The game is due to be played on Sunday February 15th.

Social Update

Our **Race Night** raised **£1191** and thanks are due to those who attended, those who bought horses, our sponsors and particularly to Mel, Ian and Norma who worked so hard before, during and after the evening.

The Club also benefitted directly and indirectly from the Sports Club's **Fireworks Night**. Bar takings topped the £700 mark, whilst our share of the gate is likely to be confirmed at around **£200**.

The **Murder Mystery** and **Fantasy League** competitions are ongoing and both are proving popular.

There remain a handful of places available at the **Christmas Do** on Saturday 13th December at the Durham Ox. Drinks from 7.30pm to 8.30pm, food between 8.30pm and 10.30pm, followed by a Disco though to midnight. The bar will close at 1.00am and there will be NO SPEECHES !!! **Payments now due too, so cheques to Ian or Mel please and quickly !**

2009 will bring our **Annual Quiz** and **End of Season Dinner**, plus other events. Watch out too for our **Team Challenges** !

It's worth mentioning now that the Annual Dinner has been booked for 4th April at the Saxon Mill and we'll be publishing further details including menu options, cost etc. early in the new year.

We also have details of some other events to put on the website.

We welcome Loz Foster as the new Assistant Men's Section Social Secretary, working alongside Ian Best. Loz will join Ian and Mel in delivering socials during the remainder of the season.

Member Questionnaires

Watch out for Member Questionnaires which are to be made available in the next edition of this publication, through captains and from the bar area.

We are keen to seek your views on the season to date, the remainder of this year, next year and beyond and the questionnaires are a first step in this.

Squad meetings with members of Committee are also planned and areas such as club finances, levels of subscriptions and match fees, payment options, numbers of teams, use of coaches and training times figure high on the agenda.

Committee is already planning for next season, so please use this opportunity to have your say on the direction you'd like the Club to take.

Questionnaires can be completed anonymously if you wish.

Finances : A Gentle Reminder

We are completing a check of membership forms and payments of subscriptions and match fees.

If you haven't submitted a form and/or if you are not up to date with your subs and match fees, expect one further reminder.

Failure to respond to the reminder will then see the "no pay, no play" policy !

Moan to Mal !

In the first of an expected series of articles, resident Bar Steward Mal shares with us the contents of his postbag and recounts a recent experience...

Dear Mal

Sometimes on a Saturday, I really don't feel like playing hockey. My head is banging and my mouth feels like I've licked the bottom of a parrot's cage. My stomach is unsettled and I really don't want to get out of bed.

Mal says :

Toddy, is that you ? More seriously, sounds to me as though you have two choices. Firstly, you need to stay away from that Lycett bloke. It's not healthy going out with him on a Friday night. Secondly, and this may not prove popular advice, but if you can't change your Friday night activities, why not join Nottingham University ? Sometimes they don't play Saturday fixtures, especially their away games. You'll also save on soap and showering...students, bah, hate them !

Dear Mal

As I write, it's 7pm on a Saturday. Any tips on improving my social life ?

Mal says :

The club is closed. Get downstairs and watch X-Factor or Strictly Come Dancing. Rachel Stevens gets my vote !

Mal writes :

I rang the mental health helpline the other day. It had one of those "choose an option" menus.....It said :

"Hello, and welcome to the mental health helpline.

"If you are an obsessive-compulsive, press 1 repeatedly. "If you are co-dependent, please ask someone to press 2 for you.

"If you have multiple personalities, press 3, 4, 5 and 6. "If you are paranoid, we know who you are and what you want. Stay on the line so we can trace your call.

"If you are delusional, press 7 and your call will be transferred to the mother ship. "If you are schizophrenic, listen carefully and a small voice will tell you which number to press.

"If you are a manic-depressive, it doesn't matter which number you press, no one will answer. "If you are dyslexic, press 9696969696969.

"If you have a nervous disorder, please fidget with the hash key until a representative comes on the line.

"If you have amnesia press 8 and state your name, address, phone, date of birth, NI number, your mother's maiden name, where you were this time last week, and the week before, the last five US Presidents and the capital of every former British Colony.

"If you have post-traumatic stress disorder, slowly and carefully press 000. "If you have bi-polar disorder, please leave a message after the beep or before the beep, or after the beep. Please wait for the beep.

"If you have short-term memory loss, press 9 If you have short-term memory loss, press 9 If you have short-term memory loss, press 9 If you have short-term memory loss, press 9

"If you have low self-esteem, please hang up. All our operators are too busy to talk to you."

I hate call centres...



Warming Up : To Stretch or Not To Stretch !

Having watched a range of games and various training sessions so far this season, it is obvious that each team follows a different pre-match routine and starts their training session with different warm-ups.

Some do a range of dynamic and sport oriented stretching, whilst others feel that a quick chat before, during or after a gentle jog around half a pitch will suffice.

Traditional warm ups would previously have involved a jog around the pitch followed by a range of static (standing still) stretches. However, current practice has evolved from research which has shown that this type of warm up does not benefit the participant in any way and can even lead to decreased power output during a game.

Whilst I appreciate that not everyone wants to do a strenuous warm-up it is important to follow a few important rules and guidelines to help to maximise playing potential.

What are the benefits of a proper warm up?

- Increased speed of contraction and relaxation of warmed muscles
- Dynamic exercises reduce muscle stiffness
- Greater range of movement
- Increased oxygen transportation to muscles and muscle metabolism (producing energy)
- Increased blood flow through active tissues increasing muscle temperatures
- Allows the heart rate get to a workable rate for beginning exercise
- Mentally focused on the training or competition

Muscle stiffness is thought to be directly related to muscle injury and therefore the warm up should be aimed at reducing muscle stiffness.

Warming up should at least consist of the following:

- 5 to 10 minutes jogging - to increase body temperature
- 10 to 15 minutes dynamic stretching exercises - reduces muscle stiffness
- 10 to 15 minutes general and event specific drills - preparation for the session or competition.
e.g. stick and ball work
- 4 to 8 easy run outs over 30 to 60 metres.

Dynamic stretching exercises

Start from your feet and work your way up through your muscles groups. Make sure you cover your major muscle groups – calves, hamstrings, quadriceps, core (mid-section), shoulders and arms. Ensure that all your stretches are done on the move, not holding the stretch, and that you keep your heart rate raised by jogging in between.

Examples are – hamstring stretches (heard the mini sheep), heel flicks, high knees, opening and closing the gate, lunges, sumo squats, lunges with an upper body twist, side step – 2 low and 2 high, cross-overs, skipping with arm rotations.

So.....get warming up and make your teams' performance hot!





Warwick Hockey Club

Exercise...Socialise...Energise...Enjoy!

FUNDRAISING



In order to deliver the ambitious development plans we have, we adopted a Fundraising Strategy for this season. Hopefully you are aware of the Team Challenge programme which is in operation and through which we aim to raise at least £2000, whilst as you will have read, our Race Night produced almost £1200. Our attention is now going to turn to a concerted effort to attract sponsors along with some applications to Trusts and Charities.

One relatively straightforward way we have of raising money is via our online shopping partner "buy.at". The link is available from the Club's website (from the home page). Using buy.at to purchase on-line from a wide range of retailers produces donations from those retailers to the Club (we effectively get paid a commission). Buying through these retailers costs you no more and as Christmas approaches, we hope we are on to a winner—especially if you can tell family, friends and colleague to use the site (maybe when you pass your list of preferred gifts to said members of your family).

Some of the retailers prepared to pay us commission are Next, Marks and Spencer, Thorntons, Amazon, HMV and Mothercare.

Don't forget too the Quiz Night on 7th February 2009 and keep a close eye on our website for details of other events and initiatives. Talking of which...

[Fancy Saving Money and Raising Funds for the Club ???](#)

John Kane of the Men's First Team Squad writes :

Premier Financial Protection is one of the UK's leading Independent Financial Services providers and aims to provide best advice on all your financial planning needs.

I would like the opportunity to prevent you from paying "over the odds" for your life cover, critical illness cover and income protection.

Many Financial Service Industry Companies have significantly reduced their premiums in recent months but have not passed on these savings to their existing customers. This means that new customers are being treated better than existing customers.

I would like to arrange a quotation for you to confirm less expensive premiums. If you like what I can offer in terms of reduced premiums and/or better products, I will make a contribution equal to three months savings on your premiums towards club fundraising. So you could pay less and make savings, whilst I top-up club funds.

There is no cost or obligation for this service.

However, this is an excellent opportunity to help both you and the club.

To benefit from these savings please contact me:

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If you would like more information on the sponsorship opportunities available with Warwick Hockey Club, then please contact us at contactus@warwickhockey.co.uk