



# 2019/20 UHG START OF SEASON NEWSLETTER



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# MESSAGE FROM THE PRESIDENT

Finally, may I wish all the teams a very successful and enjoyable season. Special congratulations to the teams that have been promoted to higher leagues and the best of luck to you all.

**- Ken Nutt**

— Dear Members and Friends of  
Upminster Hockey Club,

Welcome to the 2019/20 season!

Firstly, I would like to say how honoured I am to have been elected as your new President, following the retirement of Eric Collier after many years of outstanding service to the Club.

During the last fifty plus years, I have had the pleasure of knowing four previous Presidents.

Firstly, Claude Bartlett followed by Frank Norledge, Sydney Hill and Eric Collier, all of whom have carried out the duties of President to the highest degree and I will do my very best to meet their very high standards.

Upminster Hockey Club has gone from strength to strength and is currently in good hands; excellently supported by the Hockey Club Committee and Pavilion Club Committee.

Developmental improvements to the Clubhouse are imminent and will provide better facilities for all.

The Social Team have some great events planned for the coming season, so please make every effort to come along and support the Club.



# MEMBERSHIP AND GDPR UPDATE

— Over previous years our sign-up process has always relied on a lot of paper forms being completed, which are incredibly hard to keep on top of and also result in us really struggling to keep details up to date. This ultimately resulted in some members not receiving communications and also made life very difficult from an admin point of view.

— We have gone completely paper-free throughout the club and have moved everything onto Coacha, a new third-party membership system. This will enable us to manage every single member in one secure area while staying GDPR compliant. This new system is especially important as we'll now be able to send centralised club communications via email and text to an up-to-date and accurate contact list, which will hopefully be a huge improvement on last year.

— On top of this we are now able to let users edit and keep their own details up to date alongside enabling team captains and coaches to access emergency contact details far easier than before. Hopefully, we will never need to use these emergency contacts, but this is definitely a step in the right direction. Details on signing up and our terms of membership are all located at :

[www.upminsterhc.co.uk/memberships](http://www.upminsterhc.co.uk/memberships)

All sign-ups can be submitted through the same form, however for consent purposes all under 18 memberships need to be completed by the parent/guardian.

Hopefully this should all be straightforward, however if you have any questions please email

***members@upminsterhc.co.uk***

***- Philip  
Hudson***

## **ANNUAL MEMBERSHIP FEES**

**Adults (18+):** £180 (Reduced to £150 if paid before 1st November.)

**Family Membership\*:** £360 (Reduced to £300 if paid before 1st November).

**Juniors (Under 18)\*\*:** £90

\*No family will pay more than £300 collectively.

\*\*Reduces by £10 for each additional child in this category.

# MENS INDOOR HOCKEY

— Bored of the ball bobbling over your stick? Tired of aerials being thrown over your head? Done with hapless attackers anti-skilling over your flat stick? Indoor hockey could be for you!

Indoor hockey is played on a smaller pitch, at a much higher pace, and relies heavily on teamwork to ensure gaps are closed on defence, or utilised whilst attacking.

The men's indoor 1st team are a sociable bunch, of varying ability and experience at playing the game.

All are welcome to come along and play or support, whilst enjoying a drink or two of course, at the Brentwood centre on Thursdays. If you would like to learn any more information, please get in contact with Nick Hull.

**- Sam  
Langston**

# LADIES INDOOR HOCKEY

— Upminster have lots of opportunities to play indoor hockey season with 3 ladies teams and 2 men's teams competing in the Essex Indoor Hockey League.

Indoor hockey is a variation of the outdoor game, played with 6 players. It is fast paced and players are guaranteed to get lots of touches of the ball.

Teams play on Thursday evenings spread throughout the season at the Brentwood Centre and cost £10 in match fees per evening.

Indoor is brilliant for all abilities, so if you're interested in playing please contact your usual outdoor captain who can put you in touch with the relevant team.

**- Bella  
Colafrancesco**

# INTRACLUB SUMMER LEAGUE 2019

— After the huge success of our first intra-club summer league last year, we decided to host it again this year. Following the great feedback from participants of last years summer league, we made multiple changes to help improve the summer league for everyone.

We managed to introduce 2 additional teams, taking us up to 8 teams. Although availability varied throughout the summer league, we managed to put out all 8 sides every week.

All the teams were mixed gender, mixed age groups and a variety of playing abilities, we even had a few players try hockey for the first time.

This made our intra-club summer league very diverse, allowing the younger players to learn a lot from our more experienced players including quite a lot of our 1st team players.

Speaking to a lot of the players and some parents, everyone thoroughly enjoyed the summer league. This will mean that we will be running it again next year, so look out for further information towards the end of the season.

I want to thank all our captains for running the teams. It's not easy getting a team out every week but they all

did a fantastic job. If anyone would be interested in captaining a summer league team next, please get in touch with myself.

I also want to say a big 'thank you' to anyone that umpired during the summer league. Without umpires we simply can't play hockey, and we all know it's a thankless task.

If you'd be interested in umpiring some games in the summer league next year, please get in touch with myself.

**- Jordan Southan**

# MIXED HOCKEY

— The 2018/19 season was good for our Mixed Team. We saw the introduction of several new men's and women's players join the team, plus we only just missed out on winning the league by 1 goal.

East Mixed League:

Won: 7

Drew: 1

Lost: 2

We finished 2nd in the final game of the season away to Brentwood. We lost 1-0 with less than 10 minutes to go. This is the highest finish we've had in the Mixed League for some years, and we're determined to win it this year.

Despite not winning the league, we went on to play Hackney Thundercats in the cup playoffs but unfortunately lost to a very strong side.

The Mixed Team participated in the Bailey Cup Mixed Tournament hosted by Saffron Walden HC. After going through the group stages and past the semi-finals, we faced a strong Saffron Walden team. However, a late goal from Alexa Marston saw us win the game and the tournament and come home with the Bailey Cup.

We're now all looking forward to the mixed season this year. If you're interested in playing mixed hockey, please get in contact with myself.

**- Jordan  
Southan**



# SPONSORSHIP

— Upminster Hockey Club is looking for partners to assist with the development of the club so that we can continue to grow and offer opportunities to all members of the local community both on and off the pitch.

— Any interested company or individual would benefit from the reach into the broad UHC membership which currently comprises of 5 mens & 6 ladies teams, playing teams from London and counties across the South and East of England. The club also runs a mixed team, indoor sides and a wealth of junior teams covering age groups from 6 to 18 (approximately 200+ colts), all of which play in local leagues and competitions. As part of our development, we would like to increase and enhance the quality of hockey that we can offer through facilities, equipment and coaching to improve the standards across all the teams.

— Based in the heart of Upminster, we are extremely proud of the friendly and safe environment we have created for our members, friends and their families. The majority of our home games and training sessions are held at Coopers' Company and Coborn School in St Mary's Lane, with other local schools providing facilities when necessary.

— Partnering with UHC will give you the opportunity to promote your business and services (or products) to our membership (players, parents and supporters) and the wider hockey community. If you would like your business to be associated with this thriving local club and are interested in hearing more about the partnership

opportunities we are offering then please contact the following email address

***mcc@upminsterhc.co.uk***

to arrange a time when we can visit you.

We look forward to hearing from you and building a mutually beneficial partnership.

**- UHC Sponsorship Team**

# FUNDING OPPORTUNITIES

— Don't forget help raise funds for Upminster Hockey Club whenever you shop online!

**[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)**

We have already raised over £220 for the club and with your help this will continue growing.

Use easyfundraising to shop with over 3,300 big name retailers including Amazon, Argos, John Lewis, ASOS, and Booking.com – and when you shop, you'll raise a free donation for us every time.

It's that easy!

Help support us:

**[www.easyfundraising.org.uk/causes/upminsterhockeyclub](http://www.easyfundraising.org.uk/causes/upminsterhockeyclub)**



# OPRO PARTNERSHIP

— OPRO are offering all club members 20% off of mouthguards and 10% of sales will go the club!

UHC Code: **UHCOPRO**

In order for your club members to use the code successfully, they should:

Go to: [www.opromouthguards.com](http://www.opromouthguards.com)

1. Select their Mouthguard of Choice
2. Select the colour they would like
3. Add this item to the basket
4. View Basket
5. Under the 'Summary' section they should click 'Apply Promotion Code'
6. Type in the code above and click 'Apply Promotion'
7. Proceed to Checkout



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**Upminster Hockey Club**

**WELCOME TO THE OPRO PARTNERSHIP PROGRAMME!**

**You get 20% of an OPRO mouthguard!  
We give 10% of the sales to your club!**

**At the checkout, use code:**

**UHCOPRO**

**Many thanks,  
OPRO**

OFFICIAL SUPPLIER TO





# CLUB COMMUNICATIONS

— We are constantly trying to improve our club communications by using all of the various channels that are available to us to make sure we reach all of our members. So please keep an eye out throughout the season for announcements around training updates, social events, & club meetings. If you haven't already done so please follow us at the below social media sites.

## **Website**

[www.upminsterhc.co.uk](http://www.upminsterhc.co.uk)

Our website's main purpose is to keep all of our members up-to-date with everything that is happening at the club. It has training times, team fixtures for both senior and juniors and various match reports.

## **Facebook**

[www.facebook.com/UpminsterHC](http://www.facebook.com/UpminsterHC)

Please 'tag' us in any posts as well as 'like' and 'share' posts that we send out.

## **Twitter**

[@UpminsterHC](https://twitter.com/UpminsterHC)

As mentioned above please '@mention' us in any posts as well as 'like' and 'retweet' posts that we send out.

## **Instagram**

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

As mentioned above please '@mention' us in any posts and 'like' posts that we send out.

Should anyone like to get involved with writing match reports, taking photographs, promoting events or sponsorships then please contact

**[webmaster@upminsterhc.co.uk](mailto:webmaster@upminsterhc.co.uk)**

Thanks and get posting!

**- Ryan  
Hodges**

# SOCIAL EVENTS

## 2019/20

— Here's a full list of our Social Events for the upcoming season. Please pop these dates into your calendars as we'd love to see as many of you down the clubhouse as possible. Not only is this a great way to meet other members from the club but it's always a good way to raise funds for the club. In addition to these dates the clubhouse is always open to all of our members every Saturday from midday through to late evening. We'll always be showing various football, rugby and other sporting events for you to enjoy.

Should anyone wish to host or suggest a Social Event for the club then please contact

**[social@upminsterhc.co.uk](mailto:social@upminsterhc.co.uk)**

with your ideas and any budget you may require.

**- Ryan  
Hodges**

### **Calendar Dates**

#### **September 2019**

**Fri 13th** Start of Season Dinner  
**Sat 21st** Start of Season Blue & Gold Themed Party

#### **October 2019**

**Sat 12th** Oktoberfest

#### **November 2019**

**Sat 9th** Bangerz 'n Mashupz  
Music Quiz

#### **December 2019**

**Sat 7th** Xmas Party  
**Sun 15th** Junior Xmas Party  
**Thu 26th** Boxing Day Match  
**Tue 31st** NYE Party

#### **January 2020**

**Sat 18th** Gaming Night

#### **February 2020**

**Sat 1st** TGIF

#### **March 2020**

**Sat 28th** End of Season Party

#### **April 2020**

**Sat 11th** Easter 7s  
**Sat 25th** Annual Dinner & Dance

# FUNDRAISING

— Big thanks to everyone who signed up for our UHC Fantasy Football League. Last count was a massive 50 entries.

The prize pot will look something like this assuming everyone pays their £10 entry fee:

<b>1st Place</b>	£120
<b>2nd Place</b>	£50
<b>3rd Place</b>	£20
<b>4th Place</b>	£10

And to keep the interest going throughout the season, we will also be running a Manager of the Month prize which will be £5 per month.

If you wish to enter then here are the details:

<b>League Code:</b>	e18lmp
<b>Entry Fee:</b>	£10
<b>Bank Details:</b>	40-07-31 02224127

**Cash prizes to Top 4!**

**50% of your fee will go towards the club.**

Good Luck!

**- Ryan  
Hodges**



# JUNIOR HOCKEY

— Once again, a full weekly coaching programme will operate for our Junior section, so please do check the section within this newsletter showing the weekly training schedule and familiarise yourself with the appropriate sessions for your child. Please remember, all age groups run in line with school year age groups.

**Minis** - We will again have teams within the Essex Mini League for boys and girls at U10's and U12's. This has proved such a great introduction to competitive hockey and ensures that youngsters are able to take the skills they have learnt within training and put these into a competitive environment.

**U14 & U16** - We will have U14 & U16 Girls and Boys teams entered into relevant competitions, again ensuring competitive hockey for those within these age groups.

**Junior Hockey Membership** - Please do read the membership part of the newsletter. This is important for the Junior section and we require all those participating to be signed up to our secure database. If people do not do this, we will be unable to communicate with you when changes to the training schedules occur or more importantly, we will be unable to select your child for matches.

The membership section of this newsletter can be found on page 5.

- **Andrew Berry**  
(**Bezza**)

# TRAINING

## Adult Training Sessions

<b>Day</b>	<b>Time</b>	<b>Adults</b>	<b>Who</b>
Tuesday	8.30pm - 9.30pm	Mens - Lower X1s	3s, 4s, 5s & Boys Year 8+*
Wednesday	7.00pm - 8.00pm	Ladies - Lower X1s	3s, 4s, 5s, 6s & Girls Year 8+*
Wednesday	8.00pm - 9.30pm	Ladies - Higher X1s	1s & 2s
Wednesday	8.00pm - 9.30pm	Mens - Higher X1s	1s & 2s

## Junior Training Sessions

<b>Day</b>	<b>Time</b>	<b>Boys &amp; Girls Squads</b>	<b>Who</b>
Wednesday	6.00pm - 7.00pm	Girls & Boys U12	Years 6-7
Friday	6.00pm - 7.00pm	Girls & Boys U8 & U10	Years 1-5
Sunday	9.30am - 10.30am	Girls & Boys U8 & U10	Years 1-5
Sunday	10.30am - 11.30am	Girls & Boys U12	Years 6-7
Sunday	11.30am - 12.30pm	Girls & Boys U14 & U16	Years 8-11

Training sessions are located at Coopers Company and Coborn School, RM14 3HS



\* Age 13 upwards.



**THANK YOU  
HAVE A GREAT SEASON**