

NEWSLETTER

December 2017

Welcome to the FOHC newsletter

"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do"
Derek Jeter

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Mid Season Break

How time flies! It seems that it was only yesterday we all rocked up back to training wishing we'd done some off season training. It's now 3 months later and the first half of the season is over.

There have been some issues with availability throughout teams so far this season. We know that everyone has other things going on in their lives, so please let your captains/section coordinators know in advance if possible instead of just hitting decline on Teamer. This makes their lives a lot easier.

As always we need to thank those who give up their time and volunteer to help the club. Without these people the club would fall apart and we always need more people to help out.

Hopefully you've all not eaten too much and will be raring to get back to it in January

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Chairman's Report

Happy New Year Optimists!!

I hope you all had a great Christmas and a deserved break from hockey, but - It's back to training with league games starting on 14th January.



Some teams didn't get off to a great start to the season, but there's been gradual improvement and I'm sure you will all be pushing for a strong finish towards April.

We had some good news before Christmas that planning permission for the proposed new spectator stands had been granted and the project team are moving forward to progressing towards groundworks soon – weather permitting.

Some things to think about; -

- If you haven't paid your subs, do so **NOW!!** - Otherwise you will not be eligible for selection!!
- Do your bit to help with Junior training. They are our future
- Be courteous to our opposition and umpires. Go and talk to them after the game, no matter the result. It's all part of playing the game we all love
- Be nice to facility staff. They do a great job in maintaining the centre for us, serving us food and drinks and cleaning up afterwards. And don't be shy to offer to help them out when they are busy.

Leigh Marshall
Chairman

January 1st 2018

Ladies Section

I hope you have all had a lovely Christmas and I wish you the very best for 2018. The season so far has been a testing but rewarding one at the same time. All squads are rising to the challenges that so many pregnancies and player injuries have been seen this year. It gives other players opportunities and at the same time we can look forward to more generations of hockey players for FOHC in the future.

There is plenty to play for in the leagues. The Kent Cup, Plate and Vase competitions get under way in the New Year together with the EH Over 35s Tier 3. Thank you for your continued support and commitment and I look forward to seeing you fighting fit soon.



Men's Section

Happy New Year to you all. Are you feeling a little rounder and heavier after the excesses of the festive period? Ditch all those diet books, diet pills & diet DVDs and follow the “H-Plan” (hockey plan)!



Next outdoor hockey training night is Tuesday 2nd January 2018 (6.30 & 8pm). We are re-introducing indoor hockey on a Thursday evening so please support this session. Indoor hockey training (1s & 2s only to start with) begins Thursday 4th January 2018 at 8pm. The league & friendly matches return Saturday 6th January 2018 and run until the end of March.

Hockey Round Up

Men

1st XI – 8th in Regional Kent/Sussex 1
W 3, D 2, L 6. 27 for, 31 against

2nd XI – 8th in Kent/Sussex 2
W 3, D 2, L 6. 27 for, 37 against

3rd XI – 5th in Kent Open A
W 6, D 0, L 4. 31 for, 29 against

4th XI – 12th in Kent Open A
W 0, D 2, L 9. 8 for, 37 against

5th XI – 8th in Kent Open 1
W 3, D 2, L 4. 10 for, 15 against

6th XI – 5th in Kent Open 2
W 4, D 3, L 2. 22 for, 15 against

7th XI – 3rd in Kent Open 3
W 6, D 0, L 3. 20 for, 16 against

Ladies

1st XI – 11th in East 1 South
W 2, D 0, L 9. 8 for, 35 against

2nd XI – 10th in Kent Prem
W 4, D 0, L 7. 18 for, 32 against

3rd XI – 5th in Kent 3
W 5, D 3, L 4. 22 for, 14 against

4th XI – 6th in Kent 4
W 6, D 1, L 5. 23 for, 36 against



Cup Competitions

Men's vets – Drew 3-3, lost on flicks v Gore Court

Ladies vets – Lost 2-1 v Ashford

Ladies 1st XI – Kent Cup semi-final v Sevenoaks 2s date TBC

Ladies Kent Plate & Vase – details TBC

National Representation

We've had great success this year in our National representation through both Will Mead and Conal Blackwell.

Conal has recently been selected by England hockey to join their AASE (Advanced Award in Sporting Excellence) program, a great achievement as only around 6 goalies in England are taking part. He will attend four residential training camps where he will work on a sports diploma, alongside his goalie hockey training with England hockey coaches. After the four camps he is hoping to be selected to represent England at the UK School Games next summer at Loughborough University.

In October Will was asked to attend an England U16 training camp day for assessment. On the back of his performance he has made it into the National Age Group Squad for U16's.

These are fantastic achievements by both boys and we wish them all the best for the future.



Junior Training

A plea from the junior section.

Please can you check the Saturday morning junior training rota to see when you are expected to help. If you can't make it, please can you arrange to swap with someone else.

The club has a thriving junior section with over 100 children turning up weekly and so this help is really appreciated.

Coaching

FOHC survives on its volunteers and coaches either qualified or as an unqualified volunteer, all have an important role to play.

If you would like to attend a course, expand your knowledge, wish to become qualified or increase your qualification please look on the England Hockey Website for courses: <http://www.englishockey.co.uk/courses.asp?section=2031>

It is hoped we can offer a course as we did last year but we need to have sufficient numbers for an 'Introduction to Hockey' as well as the bolt ons , If you have any questions or wish to register your interested please speak or email me below

Bolt ons:

1 - Engaging games for children workshop: suitable for those wanting to work with children (3hrs)

2 - Coaching for Club Players workshop: suitable for those wanting to work with adults (3hrs)

3 - Integrating goalkeepers: useful if you have goalkeeper at your session and want support with how to integrate them into practices (3hrs)

Qualification:

4 - Introduction to Hockey coaching: gain confidence and support to ensure that the sessions you take are safe, suitable and inspiring for the players you coach (6hrs minimum age 16)

The first 3 could be done in the evening and the Qualification on a Sunday - all outside the normal season

5 - Sessional coach: (2 days in length = minimum age 18) - see website for further details

If you are interested in any of the above and we have enough interest we will apply to hold a course at 3Hills

Dave Parsons

Head Coach - canddFOHC@outlook.com

Christmas Party



Our next social is booked in for 20th January

Our thanks to the ladies 1s for organising a great night for the club Christmas party and some great festive knitwear

Dates for your Diary

w/c Tue 2nd January – training resumes

20th January – social

24th February – social

30th & 31st March – Easter Festival



Top Goal Scorers 2017/18 & Match Reports

Can all captains please make sure that the names of their goal scorers each week are emailed through to fohcmedia@hotmail.com so that we can keep track again this season.

On this note, can you also please note that match reports need to be submitted to the same address by 8pm on Sunday night on the media form. If you do not have this, please let us know and it can be sent out to you.

Thanks for your help.

www.folkestone-optimists.co.uk



Folkestone Optimist Hockey
Club

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