

**WELWYN GARDEN CITY
HOCKEY CLUB**

– Founded 1921 –



Fixture Card 2010-11

Ground:

HERTFORDSHIRE SPORTS VILLAGE

**De Havilland Campus
Hatfield Business Park
Hatfield, Herts**

AL10 9EU

Tel: 01707 284466

www.wgchockeyclub.co.uk



CONTACTS

PRESIDENT PEARLY

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CHAIR OF COMMITTEE

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GENERAL SECRETARY

James Lutrario
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TREASURER

Jo Hunter
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LADIES' CAPTAIN

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FACILITIES MANAGER

Heather Veal
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MARKETING MANAGER

Vacant

CHILD WELFARE OFFICER

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YOUTH DEVELOPMENT MANAGER

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FIXTURE SECRETARY

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Gemma Hale
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WGCHC UMPIRES LIAISON OFFICER

Dave Turpin
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umpire.liaison@wgchockeyclub.co.uk

SOCIAL SECRETARY

Jo Lee
Mob 07766112712
E: jo79lee@yahoo.com

HON.LIFE MEMBERS/VIP

PRESIDENT

D. Searle

HONORARY LIFE MEMBERS

J.A. Bathurst
P.J. Lord
J.L. Symonds
R.W. Pomroy
S. Rowe (Mrs)

A.J. Smith
B. Hoaran
S.M. Owen (Mrs)
A.R. Goodburn
S. Lord (Mrs)

VICE-PRESIDENTS

T. Beldon
K. Burroughs (Miss)
A. Clarke
R. Dakin (Mrs)
A. Davies (Mrs)
E.C. Edwards (Mrs)
T. Edwards
K. Freer (Mrs)
I. Fulton (Mrs)
N. Graham-Garrett (Mrs)
M. Hardy (Mrs)
J. Jones
J. Kinghorn (Mrs)
J. Lovell (Miss)

D.F. Marshall
S. Miller (Miss)
P. Pearson
C.J. Perry
M. Quartley (Mrs)
D. Saundery
R. Scales
H. Sharp
I. Smets
R. Tinner
L. Warrington (Mrs)
K. Webb
P. Westaway

HONORARY ASSOCIATE MEMBERS

L. Boon (Mrs), C. Parsons (Mrs), N. Deans, R. Perrin

Check the WGC Hockey Club website for dates.

CLUB EVENTS FOR THE SEASON

NEW SEASON SOCIAL

CHRISTMAS SOCIAL

QUIZ NIGHT

The Collingwood Suite, Gosling Sports Park

CLUB PRESENTATION DINNER

The Collingwood Suite, Gosling Sports Park

PRESIDENT'S DAY

Hertfordshire Sports Village

GOLF DAY

JUNIORS AWARDS NIGHT

TRAINING

University of Hertfordshire de Havilland campus



**Club Training is on
Wednesday evenings from 7pm - 9pm**

The cost of training is included in your subscriptions!

MEMBERSHIP

All players are required to be members of Welwyn Garden City Hockey Club. Membership should be renewed by the 27th September with the appropriate annual subscription. Failure to do so will impose a £10 increase in subscriptions and non selection. Both the Men's and the Ladies East League and the Five Counties Women's League require players to be fully paid up members of their Club.

ANNUAL SUBSCRIPTIONS **HOCKEY CLUB**

Senior Members (18 and over) (If paid before 27th September)	£130.00
(If paid after 27th September)	£140.00
Students (18 and over)	£55.00
Over 60's	£55.00
Under 18's	£45.00
Associate Members (minimum)	£30.00

MATCH FEES

Senior £9.00
Unemployed, Over 60, Students (over 18) £5.00 Junior
(under 18) £4.00

End of the Financial Year - 30th April 2010

CLUB UNIFORM

Colours: Royal Blue Shirt (approved Club Sponsored),
navy Blue Skirt/Shorts, White Socks.

Members should carry a white polo shirt and navy blue socks as a reserve colour change to every match.

All Members are required to wear the approved club shirt (blue or white with number) for every match. Players arriving for a match without the appropriate kit will not be permitted to play. Shirts bearing the sponsor's logo are not to be worn for any purpose other than playing hockey for WGC Hockey Club.

SELECTION COMMITTEE

The Selection Committee consists of all Team Captains or their representatives, plus the Men's and Ladies Club Captains.

SELECTION POLICY

Teams will be selected on merit but with priority being given to the development of young players. If numbers dictate the lowest Men's and Ladies teams will be selected on a rotation basis.

All teams have the option to choose a squad of up to 13 players for any match.

Players who have been unavailable cannot expect to be automatically selected for the team in which they played prior to their non-availability.

DOUBTFUL WEATHER

In case of doubtful weather and BEFORE assuming a game to be cancelled, members should contact their Team Captain, or in an emergency their Club Captain after 11.00am (or up to 1 hour prior to meeting for the game - if earlier) to check for cancellation.

All players are expected to turn up regardless of the weather unless they have ascertained that the match has been cancelled.

LADIES 1st TEAM CAPTAIN: GEMMA HALE

(M): 07968 313755; E: halegemma@yahoo.co.uk

Sept 2010

04	Vauxhall Chiltern 1	13.00	H
	Club Trials	14.30 – 17.00	
11	Shefford & Sandy	13.00	H
18	WALTHAM FOREST 2	13.00	A
25	HAVERING 1	12:30	A

Oct

02	BLUEHARTS 1	13.00	H
09	PHEONIX 1	13.00	A
16	HERTFORD 1	13.00	H
23	CHELMSFORD 3	15.45	A
30	WALTHAM FOREST 2	13.00	H

Nov

06	HARPENDEN 1	11.30	A
13	POTTERS BAR 1	13.00	H
20	WAPPING 2	16.00	A
27	STEVENAGE 1	14.30	H

Dec

04	LETCHWORTH 1	12.00	A
11	NO GAME		
18	NO GAME		

Jan 2011

08	ST NEOTS	10.30	A
15	HAVERING 1	13.00	H
22	BLUEHARTS 1	13.30	A
29	PHEONIX 1	13:00	H

Feb

05	HERTFORD 1	14.15	A
12	CHELMSFORD 3	13:00	H
19	STEVENAGE 1	10.00	H
26		TBC	

Mar

05	POTTERS BAR 1	12:00	A
12	WAPPING 2	13.00	H
19	STEVENAGE 1	TBC	A
26	LETCHWORTH 1	14.30	H

Apr

02	HARPENDEN 1	13.00	H
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BLOCK CAPITALS denote East Hockey League, Division Two SW; W=Wodson

LADIES 2nd TEAM CAPTAIN: SALLY LLOYD

Tel: (M): E:

Sept 2010

04	Club Trials	14.30 – 17.00	
11	Letchworth 3	10.00	H
18	Harpenden 2	14.00	A
25	TRING 2	12.00	W

Oct

02	HERTFORD 2	11.15	A
09	WEST HERTS 3	14.30	H
16	CHESS VALLEY 1	11.30	A
23	Letchworth 3	10.30	A
30	Hertford 2	10.00	H

Nov

06	BEDFORD 3	14.30	H
13	LETCHWORTH 3	10.30	A
20	HARPENDEN 2	11.30	A
27	ROYSTON 2	10.00	H

Dec

04	BROXBOURNE 3	10.30	A
11	TRING 2	10.30	A
18	NO GAME		

Jan 2011

08	HERTFORD 2	13.00	H
15	WEST HERTS 3	16.30	A
22	CHESS VALLEY 1	16.00	H
29	BEDFORD 3	16.00	A

Feb

05	LETCHWORTH 3	16.00	H
12	HARPENDEN 2	10.00	H
19	Vauxhall Chiltern 2	13.00	A
26		TBC	

Mar

05	ROYSTON 2	10.45	A
12	BROXBOURNE 3	14.30	H
19	Royston 2	16.00	H

BLOCK CAPITALS denoted Five Counties League, Division Two; W=Wodson

LADIES 3rd TEAM CAPTAIN: SUE OWEN

Tel (H): 01438 221549; (M): 07759526247; E: Sue.Owen@ntlworld.com

Sept 2010

04	Club Trials	14.30 – 17.00	
11	NO GAME		
18	Harpenden 3	16.00	H
25	HERTFORD 3	12.45	A
Oct			
02	LEIGHTON BUZZARD 3	14.00	A
09	ENIGMA	16.00	H
16	STEVENAGE 3	10.00	H
23	Hertford 3	12.45	A
30	Potters Bar 2/3	12.00	W
Nov			
06	ST ALBANS 5	16.30	A
13	BROXBOURNE 5	16.00	H
20	HARPENDEN 3	14.30	H
27	BROXBOURNE4	15.00	A

Dec

04	SAFFRON WALDEN 3	11.30	A
11	HERTFORD 3	13.00	H
18	NO GAME		

Jan 2011

08	LEIGHTON BUZZARD 3	14.30	H
15	ENIGMA	11.00	A
22	STEVENAGE 3	12.15	A
29	ST ALBANS 5	16.00	H

Feb

05	BROXBOURNE 5	15.00	A
12	HARPENDEN 3	11.30	A
19	NO GAME		
26	Stevenage 3	TBC	A

Mar

05	BROXBOURNE4	14.30	H
12	SAFFRON WALDEN 3	10.30	W

BLOCK CAPITALS denotes Five Counties League, Division Four; W=Wodson

LADIES 4th TEAM CAPTAIN: MICHELLE WOOLLEY

Tel (H): 01707372186; (M): 07935936571; E: michelle.woolley@sky.com

Sept 2010

04	Club Trials	14.30 – 17.00	
11	Shefford & Sandy 4	11.30	A
18	NO GAME		
25	TRING 3	10.45	A

Oct

02	WEST HERTS 4	16.00	H
09	SHEFFORD & SANDY 4	TBC	
16	CHESS VALLEY 2	16.00	H
23	Royston 3	15.30	A
30	NO GAME		

Nov

06	QUEENSWOOD 2	CONCEEDED - WGC WIN	
13	SAFFRON WALDON 4	14.30	H
20	STEVENAGE 4	16.00	H
27	LUTON 3	10.30	A

Dec

04	BLUEHARTS 3	14.30	H
11	TRING 3	14.30	H
18	NO GAME		

Jan 2011

08	WEST HERTS 4	TBC	A
15	SHEFFORD & SANDY 4	14.30	H
22	CHESS VALLEY 2	11.30	A
29	QUEENSWOOD 2	12.00	W

Feb

05	SAFFRON WALDON 4	13.00	A
12	STEVENAGE 4	TBC	A
19	Royston 3	16.00	H
26	NO GAME		

Mar

05	LUTON 3	10.00	H
12	BLUEHARTS 3	12.00	A

BLOCK CAPITALS denote Five Counties, Division Five; W = Wodson Park,

	10:00 - 11:30	13:00 - 14:30	14:30 - 16:00	16:00 - 17:30	Wodson Park
Sat 18th Sep 10		M1 v Cheshunt 1	M2 v Harpenden 3	L3 v Harpenden 3	
Sat 25th Sep 10		M1 v Winchmore Hill & Enfield 1	M2 v Bedford Town 3		L2 v Tring 2 (12pm)
Sat 2nd Oct 10	M4 v Letchworth 5	L1 v Blueharts 1	M3 v Rickmansworth 2	L4 v West Herts 4	
Sat 09th Oct 10	M4 v St Albans Citizens	M1 v Rickmansworth 1	L2 v West Herts 3	L3 v Enigma	
Sat 16th Oct 10	L3 v Stevenage 3	L1 v Hertford 1	M2 v Southgate Adelaide 1	L4 v Chess Valley 2	M3 v Broxbourne 4 (10.30am)
Sat 23rd Oct 10		M1 v West Herts 2	M4 v Southgate Adelaide 2		
Sat 30th Oct 10	L2 v Hertford	L1 v Waltham Forest 2	M2 v Broxbourne 2	M3 v Harpenden 4	L3 v Potters Bar 2/3 (12pm)
Sat 6th Nov 10		M1 v Luton Town 1	L2 v Bedford 3	M4 v Royston 3	
Sat 13th Nov 10	M3 v Hertford 3	L1 v Potters Bar 1	L4 v Saffron Walden 4	L3 v Broxbourne 5	M2 v Blueharts 3 (12pm)
Sat 20th Nov 10	M4 v Broxbourne 5	M1 v Berkhamsted 1	L3 v Harpenden 3	L4 v Stevenage 4	
Sat 27th Nov 10	L2 v Royston 2	M1 v Letchworth 2	L1 v Stevenage 1	M2 v Bishops Stortford 3	
Sat 4th Dec 10		M3 v Cheshunt 2	L4 v Blueharts 3	M4 v Luton Town 3	
Sat 11th Dec 10		L3 v Hertford 3	L4 v Tring 3		
Sat 18th Dec 10					
Sat 25th Dec 10	Christmas	Christmas	Christmas	Christmas	
Sat 1st Jan 11					
Sat 8th Jan 11	M4 v Royston 4	L2 v Hertford 2	L3 v Leighton Buzzard 3	M Friendly TBC	
Sat 15th Jan 11	M3 v Blueharts 4	L1 v Havering 1	L4 v Sheffield & Sandy 4	M4 v West Herts 5	
Sat 22nd Jan 11		M1 v St Albans Exiles	M2 v Cheshunt 1	L2 v Chess Valley 1	
Sat 29th Jan 11	M3 v Winchmore Hill & Enfield 2	L1 v Phoenix 1	M2 v Harpenden 2	L3 v St Albans 5	L4 v Queenswood 2 (12pm)
Sat 5th Feb 11		M1 v Potters Bar 1	M4 v Stevenage 4	L2 v Letchworth 3	
Sat 12th Feb 11	L2 v Harpenden 2	L1 v Chelmsford 3	M2 v Bishops Stortford 4	M3 v Bedford Town 4	
Sat 19th Feb 11	L1 v Stevenage 1	M1 v Royston 1	M4 v Vauxhall 2	L4 v Royston 3	
Sat 26th Feb 11	DH N/A	DH N/A	DH N/A	DH N/A	M2 v West Herts 3 (12pm)
Sat 5th Mar 11	L4 v Luton 3	M1 v Hertford 1	L3 v Broxbourne 4	M4 v Royston 4	
Sat 12th Mar 11	M2 v Hertford 2	L1 v Wapping 2	L2 v Broxbourne 3	M3 v Letchworth 4	L3 v Saffron Walden 3 (10.30am)
Sat 19th Mar 11		M3 v Sheffield & Sandy 2	M4 v Potters Bar 2	L2 v Royston 2	
Sat 26th Mar 11	M2 v Broxbourne 3	M1 v Sheffield & Sandy 1	L1 v Letchworth 1		

MENS 1st TEAM CAPTAIN: ROB SANSOM

Tel (M): 07946590124 E: robsansom2002@yahoo.co.uk

Sept 2010

04	Club Trials	14:30 – 17:00	
11	St Neots 2	13.30	A
18	Cheshunt 1	13.00	H
25	WINCHMORE HILL & ENFIELD 1	13.00	H

Oct

02	ST ALBANS EXILES	10.00	A
09	RICKMANSWORTH 1	13.00	H
16	POTTERS BAR 1	13.30	A
23	WEST HERTS 2	13.00	H
30	ROYSTON 1	13.30	A

Nov

06	LUTON TOWN 1	13.00	H
13	HERTFORD 1	14.15	A
20	BERKHAMPSTEAD 1	13.00	H
27	LETCHWORTH 2	13.00	H

Dec

04	SHEFFORD & SANDY 1	14.30	A
11	NO GAME		
18	NO GAME		

Jan 2011

08	WGC M2	16.00	H
15	WINCHMORE HILL & ENFIELD 1	13.30	A
22	ST ALBANS EXILES	13.00	H
29	RICKMANSWORTH 1	13.00	A

Feb

05	POTTERS BAR 1	13.00	H
12	WEST HERTS 2	15.00	A
19	ROYSTON 1	13.00	H
26	LUTON TOWN 1	15.00	A

Mar

05	HERTFORD 1	13.00	H
12	BERKHAMPSTEAD 1	TBC	A
19	LETCHWORTH 2	15.00	A
26	SHEFFORD & SANDY 1	13.00	H

BLOCK CAPITALS denote East Hockey League, Division Three SW

MENS 2nd TEAM CAPTAIN: JAMES LUTRARIO

Tel (H): 01462 (M): 0788 E: james_lutrario@hotmail.com

Sept 2010

04	Club Trials	14:30 – 17:00	
11	St Neots 3	15.00	A
18	Harpenden 3	14.30	H
25	BEDFORD TOWN 3	14.30	H
Oct			
02	CHESHUNT 1	14.00	A
09	HARPENDEN 3	14.00	A
16	SOUTHGATE ADELAIDE 1	14.30	H
23	BISHOPS STORTFORD 4	12.00	A
30	BROXBOURNE 2	14.30	H
Nov			
06	WEST HERTS 3	16.30	A
13	BLUEHARTS 3	12.00	W
20	HERTFORD 2	14.15	A
27	BISHOPS STORTFORD 3	16.00	H
Dec			
04	BROXBOURNE 3	10.30	A
11	NO GAME		
18	St Albans Emperors	15.00	A

Jan 2011

08	WGC M1	16.00	H
15	BEDFORD TOWN 3	13.00	A
22	CHESHUNT 1	14.30	H
29	HARPENDEN 2	14.30	H
Feb			
05	SOUTHGATE ADELAIDE 1	13.30	A
12	BISHOPS STORTFORD 4	14.30	H
19	BROXBOURNE 2	15.00	A
26	WEST HERTS 3	12.00	W
Mar			
05	BLUEHARTS 3	12.00	A
12	HERTFORD 2	10.00	H
19	BISHOP STORTFORD 3	15.00	A
26	BROXBOURNE 3	10.00	H

BLOCK CAPITALS denotes East Hockey League Division Four SW; W=Wodson

MENS 3rd TEAM CAPTAIN: GARY MITCHELL / COLIN CAMPBELL

Tel (M): 07795067174 E: gary-mitchell@hotmail.co.uk / E: colin.campbell@arm.com

Sept 2010

04	Club Trials	14:30 – 17:00	
11	St Neots 4	14.30	H
18	Shefford & Sandy Vets	14.30	A
25	BLUEHARTS 4	16.30	A

Oct

02	RICKMANSWORTH 2	14.30	H
09	WINCHMORE HILL & ENFIELD 3	12.00	A
16	BROXBOURNE 4	10.30	W
23	BEDFORD TOWN 4	14.30	A
30	HARPENDEN 4	16.00	H

Nov

06	RICKMANSWORTH 3	(WITHDRAWN FROM LEAGUE)	
13	HERTFORD 3	10.00	H
20	LETCHWORTH 4	15.00	A
27	SHEFFORD & SANDY 2	13.00	A

Dec

04	CHESHUNT 2	13.00	H
11	NO GAME		
18	NO GAME		

Jan 2011

08	TBC		
15	BLUEHARTS 4	10.00	H
22	RICKMANSWORTH 2	13.00	A
29	WINCHMORE HILL & ENFIELD 3	10.00	H

Feb

05	BROXBOURNE 4	10.30	A
12	BEDFORD TOWN 4	16.00	H
19	HARPENDEN 4	TBC	
26	RICKMANSWORTH 3	(WITHDRAWN FROM LEAGUE)	

Mar

05	HERTFORD 3	15.45	A
12	LETCHWORTH 4	16.00	H
19	SHEFFORD & SANDY 2	13.00	H
26	CHESHUNT 2	14.00	A

BLOCK CAPITALS denote East Hockey League, Division Six SW; W=Wodson

MENS 4th TEAM CAPTAIN: CASS KHAN

Tel (H): 01442 264922; (M): 07815 146188;
E: cass.khan@perrigouk.com or casskhan@hotmail.com

Sept 2010

04	Club Trials	14:30 – 17:00	
11	St Neots 5	16.00	H
18	Harpenden 4	12.30	A
25	WEST HERTS 5	16.30	A

Oct

02	LETCHWORTH 5	10.00	H
09	ST ALBANS CITIZENS	10.00	H
16	STEVENAGE 4	14.00	A
23	SOUTHGATE ADELAIDE 2	14.30	H
30	VAUXHALL 2	14.30	A

Nov

06	ROYSTON 3	16.00	H
13	ROYSTON 4	10.00	A
20	BROXBOURNE 5	10.00	H
27	POTTERS BAR 2	13.30	A

Dec

04	LUTON TOWN 3	16.00	H
11	NO GAME		
18	St Albans Praetorians	16.30	A

Jan 2011

08	Royston 4	10.00	H
15	WEST HERTS 5	16.00	H
22	LETCHWORTH 5	16.30	A
29	ST ALBANS CITIZENS	10.30	A

Feb

05	STEVENAGE 4	14.30	H
12	SOUTHGATE ADELAIDE 2	13.30	A
19	VAUXHALL 2	14.30	H
26	ROYSTON 3	12.15	A

Mar

05	ROYSTON 4	16.00	H
12	BROXBOURNE 5	10.30	A
19	POTTERS BAR 2	14.30	H
26	LUTON TOWN 3	15.00	A

BLOCK CAPITALS denotes East Hockey League Division Seven SW; W=Wodson

JUNIOR SECTION/CONTACTS

JUNIOR SECTION

Coaching sessions are held every term-time Sunday morning (September to March) at the University of Hertfordshire de Havilland campus.

- Under 11s - 10am to 11am
- School Year 7 and above – 10.30am to 11.30am

Cost is £2 per session or match, or £25 for the whole season.

League and Friendly matches for most age groups are played throughout the season on Sunday's against other local clubs. The coming season will see teams entered in the Hertfordshire Junior League

CONTACTS

junior.coaching@wgchockeyclub.co.uk

CODE OF CONDUCT

1. This code applies to all members, both senior and junior.
2. All disciplinary action shall be administered by the Selection Committee. Players shall have the right of appeal to the Management Committee in so far as this does not conflict with Hockey Association Rules. No person shall sit on both committees in this situation.
3. All club members are expected to conduct themselves in an appropriate manner at all times, both on the pitch and pitchside.
Players guilty of persistent abusing of umpires will be penalised most severely.
Any member guilty of verbal or physical abuse to any other player will be dealt with most severely.
4. The recipient of a red card or a permanent suspension from the game shall receive a suspension as stipulated for that category of offence by the Hockey Association. Red card offences in League matches will also be subject to the provisions of the League rules. In addition, extended periods, imposed by the Club, are at the discretion of the Selection Committee. Day 1 of the suspension will be the day of the offence.
5. The recipient of three yellow cards or temporary suspensions in a season shall receive a 9 day suspension, and a further 9 day suspension for each subsequent yellow card or temporary suspension. Day 1 of a suspension will be the date of the offence. Yellow card offences in League matches will be subject to the provisions of the League rules.
6. A player failing to meet his/her playing commitments (including dropping out at short notice) without reasonable cause may not be selected for the next fixture.
7. Players not available through personal choice may be selected in a lower team for the following fixture, unless the selection committee deems that this is not in the best interests of the Club.
8. Strictly no use of mobile phones or cameras in changing room areas.

USEFUL LINKS

WGC HC www.wgchockeyclub.co.uk

East League www.east-hockey.co.uk

- Results
- Fixtures
- Club Directions

Five Counties www.5counties.co.uk

WGC News Paper www.whtimes.co.uk

- Match Reports and Results

East League Sponsor www.ne14hockey.com

Hockey Centre www.hockeycentre.com

- Local Supplier of Equipment (St Albans)

WGC HC Juniors www.welwynwasps.org.uk

At the A1M Junction 3 roundabout leave at the exit sign posted Hatfield/Galleria (Comet Way). At the next large roundabout (the Jarvis Comet Hotel is on this roundabout) take the exit signposted St. Albans (St. Albans Road West - A1057). Turn immediately right at the traffic lights into the Hatfield Business Park. At the first roundabout turn left into the University of Hertfordshire's de Havilland Campus. Pass through the security barrier and then turn right at the end of the buildings. Continue through the car park, (running parallel with the St. Albans Road West) the de Havilland Sports & Social Club is on the corner of the last building. The astro pitches and changing rooms are on the other side of this building.

WODSON PARK

Wodson Park Sports Centre, Wadesmill Road, Ware, SG12
OHZ

From The South

The A10 from London to Cambridge. Take the exit for Ware A1170. Turn left at roundabout at end of slip road. Bridge over A10. At next roundabout go straight over and WODSON PARK is the next turning on the left

From The North

The A10 from Cambridge to London. Take the exit signed Ware A1170. And at roundabout at top of slip road take the right exit towards Ware and WODSON PARK is the first turning on the left

To contact Wodson Park please call 01920 487091

DANGERS INHERENT IN PLAYING HOCKEY

As we are all aware, hockey can be a dangerous game with fast moving sticks and a hard ball. Accidents can happen even in games played in the best of spirits. Most of us have had injuries at one time or another, from a sprained ankle to pulled muscles to astro 'carpet burn' knees. Thankfully, injuries of a more serious nature are rare and certainly with the right protective equipment, can be minimised. However, if you suffer an injury that causes bleeding you are required to leave the field to have it covered .

This is why we'd like to remind players of the precautions they can take to protect themselves. So if you don't already wear a mouth guard, please consider getting a properly fitted one made and wear it to all matches and even at training.

From an insurance point of view, please note that Welwyn Garden City Hockey Club does not insure individual members for personal injuries sustained during hockey activities – due to the prohibitive costs to do so. However, we do have 'employer liability' insurance, which covers third party accidents.

We would advise you to check whether your own household or any other insurance policy you hold, will cover you for medical and/or dental treatment, days lost from work etc, in the event of injury sustained when playing and/or training. There are personal insurance plans you can take out, including specialist sports insurance policies. Whilst not an exhaustive list, more details can be found on the England Hockey website – www.englishockey.co.uk

Play safe and enjoy your hockey!

WHAT IS CLUBSFIRST?

ClubsFirst is the England Hockey accreditation scheme for clubs. It is a national recognition of clubs that can demonstrate that they are working towards minimum operating standards. All clubs achieving ClubsFirst also achieve the Sport England Clubmark accreditation, a nationally recognised award for sports clubs.

ClubsFirst is the England Hockey club accreditation scheme. It is the "kite mark" for clubs that can demonstrate that they are working towards minimum operating standards (MOS). ClubsFirst is aligned with the Sport England Clubmark accreditation, recognised nationally by NGBs, local government, education and the sporting industry. In its simplest terms, the process will ensure that your club has a "safe effective and child friendly" club environment.

