

Good practice and responsible hockey behaviour for Players, Parents, Spectators etc....

Please adhere to the following guidelines:

Everyone

1. Please Do not swear (our members range from 7 to 70, little ears should not hear certain words)
2. Treat all players, officials, and spectators with respect.
3. Encourage – Never Discourage.
4. Stay calm- it's only a game
5. Play hard but play fair – Good hockey wins

Players

Before match day

1. Keep Selection committee/captain/membership secretary up-to date with your contact details.
2. Let your Selection committee/captain know your availability as far in advance as possible, minimum is the Saturday before. By "Teamstuff app"
3. Check the website and teams. We all play for Crowborough. NOT a specific team, anyone can move up and down the sides.
4. Check your meet time and be there. Let captains know if planning to go direct.
5. Try and arrange transport or help with transport. Don't assume the same people will drive every week.

The night before a game

Fuel yourself, Hydrate, and get a good nights sleep.

Pre Match

1. Take time to warm-up, before you pick up the stick. Everyone needs to do this especially when very cold.
2. Get your head in the right place – Passing with a partner, then moving, then small games.
3. DON'T stand and pelt the goalie with ridiculous shots, this helps no one.
4. Hydrate in warm-up, keep layers on till ready to play.
5. Listen to captains briefing and positions and chat to players you need to link with.
6. Short corners are worked out at practice, not with the opposition watching. A few pull outs is all that should be done to get used to the surface.

Match time

1. Play Hard from the start.
2. Sub when you are tired, Rehydrate.
3. Think Pitch behaviour, Swearing is unacceptable on a pitch.
4. Respect the Umpire even when they are WRONG. You cannot play without one.
5. Sometimes less is more, and silence is golden. If called over- say nothing except **Yes** and **Sir/Mam**
6. Listen to team talk at half time, try to put 3 points into action.

Post Match

1. Etiquette - Thank opponents, shake hands, 3 cheers. Thank Umpire. Be civil whatever the result. Listen to captain for team talk.
2. Warm –down – if only a short jog and stretch. Ideally with the team. Play together- stay together.
3. Give selection committee/captain your availability for the next week. Via "Teamstuff app"
4. Have a shower – Basic hygiene.
5. Come to the club for teas and chat – this is part of the point of hockey even if you can only stay for 30mins or less, come back.
6. Help out with teas, set up, clear away, wash up.
If everyone does a little no one has to do a lot.
7. Opposition always eat first. This is tea room etiquette.
8. Do not be surprised if you don't feel part of the team if you have not contributed off the field.

Spectators

1. Please be considerate of others. Cheer Not Jeer.
2. Please respect opposition supporters even if it is not mutual.
3. Don't heckle umpires, it only goes against us, they do make mistakes and it is not an easy job.
4. Please stand back from the sideline, don't get in the way.
5. Keep an eye on your little ones – hockey balls can hurt and break them. Ideally keep them outside the fence.
6. No swearing should be heard pitch side.

Can you help the team please?

- Collect balls that have ended up in the bushes
- Match analysis
- Water bottles
- First aid
- Every little helps

Thanks for trying to stick to these guidelines – the future is bright, the future is orange.