BRISTOL & WEST HOCKEY CLUB

NEW JUNIOR MEMBERS WELCOME PACK

Overview

Welcome to Bristol & West Hockey Club and thank you for your interest in joining us!

Bristol & West is one of the largest and most welcoming clubs in the Bristol area, with a well-established junior programme for children aged 8 to 16 years. Our junior section is designed to help young players learn hockey skills, build confidence, make friends, and most importantly, enjoy the game in a safe and supportive environment.

Whether your child is completely new to hockey or already has playing experience, they are very welcome at Bristol & West. Our junior programme focuses on developing core hockey skills, encouraging teamwork and sportsmanship, building confidence and enjoyment, and preparing players for competitive hockey as they progress.

All junior sessions are delivered by qualified coaches, with safeguarding and player welfare at the heart of everything we do. As players develop, there are clear pathways into junior competition and eventually into our senior men's and women's teams.

We pride ourselves on being one of the friendliest clubs in Bristol, offering hockey progress alongside a strong social community and a place for everyone - whatever your age or experience!

HOW TO JOIN

1. Read the **Useful Information** section below

2. **Try a training session** – all those who are looking to join Bristol & West can come to two free taster training sessions

3. **Want to join as a Member following the taster sessions?** Registration on Spond and annual subscription (our communication platform) to set up an account - HERE

4. **Reply to Spond events** – training, tournaments, or matches with your child's availability / attendance. This is mandatory for H&S requirements

5. Read our **Club Constitution -** HERE

6. **Enjoy playing hockey at Bristol & West!**

Any issues? Contact communications@bandwhc.org.uk

USEFUL INFORMATION

Junior Training Seasons

Bristol & West runs two junior hockey training seasons each year:

1. Core Junior Training Programme (School Term Time)

- This season follows the school academic timetable
- It forms part of the annual junior membership fee
- Sessions are structured, coaching-led training
- This is the core junior training programme

Most junior matches, tournaments and development opportunities take place during this season.

2. Summer Training Programme (Additional & Optional)

- Runs outside the school term timetable
- Not included in the annual junior subscription
- Charged via a separate, pay-as-you-go summer fee
- Sessions are more relaxed and informal, with mixed games, skills and fun hockey activities
- Opportunities for parents to be involved and pick up a hockey stick

The summer programme is completely optional and is designed to keep players involved and enjoying hockey during the off-season.

Training Times – Training held on Monday evenings

Bristol & West Juniors are split into three sections, based on age and stage of development:

Under 12s

- Training time: 6:30 – 7:30pm
- Format: Mixed gender
- Focus on skill development, fundamentals and enjoyment

Under 14s

- Training time: 6:30 – 7:30pm
- Format: Mixed gender
- Builds on core skills with increased game understanding

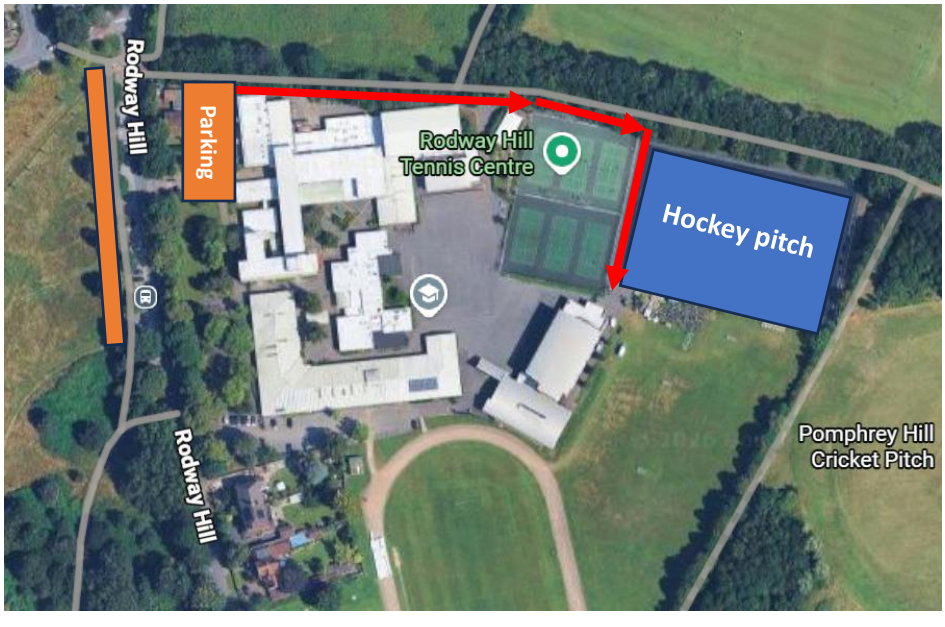
Under 16s

- Training time: 7:30 – 9:00pm
- Format: Split Boys and Girls groups
- Designed to prepare players for competitive matches and progression into senior hockey

Training/Home Pitch Location

All training and home games are at Mangotsfield School.

Address	What Three Words
Mangotsfield School, Rodway Hill, Mangotsfield, Bristol, BS16 9LH	School Entrance: ///global.pints.hammer
	Hockey Pitch: ///into.casino.legs



Kit requirements

- A hockey stick (can be loaned to begin with)
- Shin pads
- Mouth guard
- Suitable footwear for astroturf

All junior players must wear a gumshield while training and playing.

Coaches can offer advice if you are unsure what equipment is needed.

Annual Subs & Match Fees

We pride ourselves as being the most affordable hockey club in the area. Following the two free taster sessions, sign up to Spond is required and the following annual subscriptions and match fees (if playing) apply:

	Membership cost	Match Fee
Core Training Programme (term time)	£65	£6
Summer Training Programme	£10 & £3 PAYG per session	N/A

Joining after 1st January in the season, a 50% discount is applied to the core training programme subscription.

Matches, Games & Competitions

We actively encourage junior players at all ages to take part in games, as this is a key part of learning and enjoying hockey.

- **Under 12s and Under 14s**
  - Opportunities to play in junior festivals and tournaments throughout the season
  - Focus on participation, enjoyment, and development
- **Under 16s**
  - Opportunities to play in formal matches throughout the season
  - Ideal preparation for transitioning into senior teams

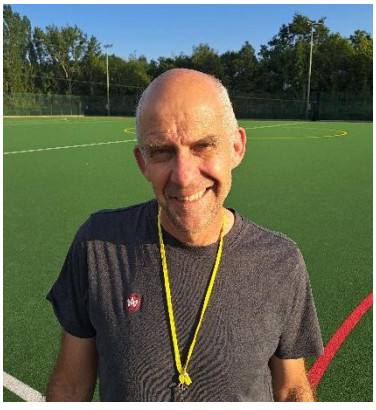
Playing opportunities are appropriate to age and ability, and we aim to ensure hockey remains positive, inclusive and enjoyable for everyone.

Coaching Team

Our junior section is supported by a dedicated and experienced senior coaching team, who oversee training and player development across all age groups.

- Qualified coaches
- Strong focus on safety, enjoyment and progression
- Supported by DBS-checked assistants and volunteers

Our Senior Coaching Team:



Thom

Andy

Riley

Alain

Simon

Rachel

Health, Safety and Safeguarding

At Bristol & West Hockey Club, the **health, safety and wellbeing of our junior players is our top priority**. We are committed to providing a safe, inclusive and positive environment for everyone involved in junior hockey.

Safeguarding

- Bristol & West Hockey Club has fully adopted England Hockey safeguarding guidance
- All junior activity is delivered in line with the club's Safeguarding Policy and Reporting Procedures
- All coaches and regular volunteers working with juniors are DBS-checked and appropriately qualified
- Safeguarding officers are in place to ensure any concerns are handled promptly, sensitively and appropriately

Parents and carers are encouraged to familiarise themselves with the club's safeguarding arrangements, which can be found on the club website under *Safeguarding & Privacy*.

If you ever have a concern relating to safeguarding or welfare, please speak to a coach or contact the club contact form on the website.

Health & Safety

- All training sessions, matches and tournaments are run by qualified coaches with player safety at the forefront
- Junior players are required to wear appropriate protective equipment, including a mouthguard at all training and games
- First aid provision is available at training and matches
- Any injuries must be reported in line with the club's injury reporting procedures

Attendance & Availability (Spond)

Bristol & West uses **Spond** as the official platform for managing junior activity and communication.

- Attendance for all training sessions, matches and tournaments must be confirmed via Spond
- Parents/carers are asked to respond to availability requests so coaches can plan sessions safely and effectively
- Accurate availability helps ensure:
    - Appropriate supervision ratios
    - Safe session planning
    - Fair team selection for matches and tournaments
    - Individual H&S requirements awareness

Please ensure Spond notifications are enabled and that availability responses are updated promptly.

The Social Side of Bristol & West

At Bristol & West, it isn't just about the hockey!

We are proud of our friendly, welcoming club culture and strong sense of community.

A highlight of the calendar is our Annual Club Day, which creates a fantastic family-friendly atmosphere, bringing together juniors, seniors, parents and carers to enjoy hockey, games and social time together.

Alongside club-wide events, teams often organise their own informal socials. All events and details are shared via Spond.

No matter how you choose to get involved, there is a welcoming space for everyone to feel part of the Bristol & West family.

Key Links:

- Safe guarding and privacy policies - HERE
- Protective equipment policy - HERE
- Injury reporting policy - HERE
- Club Officers - HERE
- Role of Honor - HERE

Follow us on Instagram and Facebook