



## Southern United Hockey Club Inc

Men, Women, Veterans & Juniors

## Southern United Hockey Club

The Southern United Hockey club came in to being in 2006 with the merger of the Moorabbin Districts and Sandringham hockey club.

With 35 to 40 teams playing each year, Southern United is the largest club in South East Melbourne.

The club committee of management consists of a representative from each section of the club – Juniors, Masters, Men and Women, together with President, Vice President, Secretary and Treasurer.

President	Roger Arnold	<a href="mailto:president@suhc.com.au">president@suhc.com.au</a>
Vice President	Helen Eddington	<a href="mailto:vice_president@suhc.com.au">vice_president@suhc.com.au</a>
Junior Section	Vacant	<a href="mailto:junior.section@suhc.com.au">junior.section@suhc.com.au</a>
Secretary	Anna Jennings	<a href="mailto:secretary@suhc.com.au">secretary@suhc.com.au</a>
Treasurer	Greg Willcock	<a href="mailto:treasurer@suhc.com.au">treasurer@suhc.com.au</a>

### Junior Committee

The junior section is managed by a junior committee. The committee is always looking for volunteers, no hockey skills are necessary.

Section Head	Vacant	<a href="mailto:junior.section@suhc.com.au">junior.section@suhc.com.au</a>
Junior Secretary	Anna Jennings	<a href="mailto:junior.secretary@suhc.com.au">junior.secretary@suhc.com.au</a>
Junior Section Treasurer	Iain Fitzgerald	

Also in the committee are age group co-ordinators and Allison Williams, Julian Pratt, Louis Carstens, Petra Okhuizen

Each age group has an age group co-ordinator. The co-ordinators are:

Under 10		<a href="mailto:suhcunder10@gmail.com">suhcunder10@gmail.com</a>
Under 12	Anouk van den Hoven	<a href="mailto:suhcunder12@gmail.com">suhcunder12@gmail.com</a>
Under 14	Alison Thomas	<a href="mailto:suhcunder14@gmail.com">suhcunder14@gmail.com</a>
Under 16	Tracey Tingay Smith	<a href="mailto:suhcunder16@gmail.com">suhcunder16@gmail.com</a>

These people, together with the team managers are the key source of information.

The Southern Junior section uses teamapp as the main source of communication, as a member you should be part of teamapp. If you wish to join teamapp with another user id, just request it at teamapp.

[suhc.teamapp.com](http://suhc.teamapp.com)

The Southern website [suhc.com.au](http://suhc.com.au) and the facebook page <https://www.facebook.com/southernunited> are also key information sources.

### Hockey Victoria

Southern United is part of the Hockey Victoria Metropolitan competition. Hockey Victoria manage the competitions in which Southern United competes, including managing of fixtures.



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### **Hockey for Under 10 Children**

Details of the pathway to enter hockey for many children, commencing with hook in 2 hockey is available at <http://suhc.com.au/section-information/juniors/hook-in-2-hockey/>

The program for children under 10, ie born in 2007 or later has considerably changed for 2017.

Most under 10 children will take part in a new and reshaped inter club program, the Northern Sharks Hockey League, where children will be placed in teams at the start of the program and these teams will play games against our own club teams and teams from Mentone and Bayside Hockey Club.

This has considerable advantages over the old home and away Saturday morning competition. The training/games will be combined together, so it will all happen on the one evening, and it will be all at the one location, no need to travel "away".

Training/skills practice for this will take place on a Thursday evening at 5.30pm. Games will be at 8.30 on a Saturday morning at Farm Rd.

Those new to hockey are encouraged first to take part in the hook in 2 hockey program that takes place in February.

There will be a boys and girls team that take part in the half field Hockey Victoria competition that trains on Thursday night 5.30pm at Dendy St, and play in a round robin competition on a Saturday morning.

### **Hockey for Under 8 and under 6 Children**

Details of the pathway to enter hockey for many children, commencing with hook in 2 hockey is available at <http://suhc.com.au/section-information/juniors/hook-in-2-hockey/>

A program will take place for under 6/8 children on a Friday evening at 4.30pm. This will consist first of skills practice then games, where children will be placed in teams at the start of the program and these teams will play games against each other within the Southern United group.

Those new to hockey are encouraged first to take part in the hook in 2 hockey program that takes place in February.

### **Winter Season for Under 12, 14, 16 and 18 and the Under 10 HV comp.**

Hockey is generally a winter sport and the main hockey season is over winter. The junior teams play in a 14 round home and away season.

### **Age Groups.**

The age groups for junior are:

Under 18 – Children born in 1999 or 2000

Under 16 – children born in 2001 or 2002

Under 14 – children born in 2003 or 2004

Under 12 – Children born in 2005 or 2006

Under 10 – Children born in 2007 or later

Some children may play in an age group older than they are qualified, this is at the discretion of the junior committee.

### **When are the games played.**

The under 14 and under 16 games are played on a Friday evening. The aim is that no game starts prior to 6.30, or starts later than 9pm, although there can be exceptions. The under 14 games generally will play earlier, and the under 16 games later, with the Under 18 game starting after the 14 and 16 are finished.

The under 10 and under 12 games play on a Saturday morning. Generally the under 12 games play first, generally starting between 8.30 and 10.30, with the under 10 games somewhere between 10.30 and 11.30.



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### How long are the games?

The under 14 and under 16 games consist of 2 x 30 minute halves, with a 5 minute half time.

The under 12 consist of 2x25 minute halves with 5 minute half time, and the under 10 half field is 2 x 20 minute halves with 5 minute half time.

### Dates

The season for 2017 is fourteen rounds of home and away games.

First Game: 28<sup>th</sup>/29<sup>th</sup> April

Last Round: 18<sup>th</sup>/19<sup>th</sup> August

No Junior hockey: 9<sup>th</sup>/10<sup>th</sup> – Queen's Birthday

8<sup>th</sup>/9<sup>th</sup> and 16<sup>th</sup> July – School Holidays

U12/14/16/18

Three Weeks finals: 25<sup>th</sup>/26<sup>th</sup> August, 1<sup>st</sup>/2<sup>nd</sup> and 8<sup>th</sup>/9<sup>th</sup> September

### Girls vs Mixed Hockey

In Victoria Metro area hockey in juniors is either girls hockey, where only girls can participate, or mixed hockey where both girls and boys can participate. At Southern we do encourage girls to take part in the girls competition.

### Grades

For under 12, under 14 and under 16, there are three grades of hockey that are played during the winter season.

The A grade, often called "shield". These teams play in a competition with clubs from all areas of metropolitan Melbourne, including Geelong. For the first time there are two shield competitions across Melbourne for mixed teams, Southern United plays in the South East shield competition. The last two finals include the South East and North West shield having cross over finals.

The B grade, which is referred to as Pennant. There are two pennant competitions for metropolitan Melbourne, Southern United generally has a team in the Pennant South East Competition for the grade. The south east group will contain teams generally from Berwick, Frankston, Waverly to Box Hill.

The C grade, which is referred to as district. There are up to five different district competitions in metropolitan Melbourne in district grade. Southern United generally plays in the South district competition, hence a team will be known as "under 12 south". At times Southern United will have teams in other districts as well. South generally contains teams from Berwick (Casey), Dandenong, Frankston, Mornington, Mentone.

If Southern United has more than one team in a particular grade, these teams will be differentiated by colour, so a team may be known as Under 14 South Red. The colours generally are red, black or silver - the colours of the uniform.

Under 18 has one grade of competition.

### What to Wear & Bring to hockey

The Southern United uniform can be purchased at the shop at out Farm Rd ground or at Hockey Equipé in South Rd Bentleigh.

The uniform consists of a red/black/silver kukri shirt/singlet as per below, black shorts and red socks with black top. These items are

\$55 shirt	\$40 shorts & skorts
\$12 socks	\$45 Jr hoodies 4 to 12
\$60 snr hoodies 14+	\$40 trackies
\$60 club jacket	



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100% of all profit from sales at the Farm Rd shop go back into the club's running costs and upgrades.

The shop will be open from the Feb 15th between 9- 12 noon or by appointment.

What else to wear/bring?

Players can play in runners, but shoes designed to play on the hockey turf provide better grip and support. These also can be purchased at the shop at shops such as Hockey Equipé or at other sports shoe stores such as sportsmart.

**Mouth guards and shin pads** are essential. Mouth guards can be purchased at chemists, sports shops or from your dentist.

The **hockey stick** .Once again hockey sticks can be purchased at the club shop. As children grow, their hockey stick needs to grow with them. Ideally the stick reaches from the ground to the players hip bone.

At training full uniform is not required. Shin pads and mouth guards are a must at training.

When playing a team with uniform that clashes – ie red shirt, if your team is the away team (the 2<sup>nd</sup> name team), instead of wearing the red club shirt a clash shirt needs to be worn. In the junior grades this can be a white t-shirt, or a club away shirt can be purchased for this purpose.



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### Teams

Each player will be allocated to a team, based on the clubs selection policy. There often is some movement of players between teams as the season ebbs and flows due to injury and player availability.

Each team has a coach, or coaches, allocated to the team, and a team manager. If you are interested in being a team manager, please let the junior secretary know on [junior.secretary@suhc.com.au](mailto:junior.secretary@suhc.com.au)

The team manager will be responsible for sharing information about the goings on of the team to all members of the team. They will also allocate a family each week to bring half time refreshments – often oranges and snakes, and create a roster for canteen duty.

If you have any questions about the team or what is happening with the team please contact your team manager, or the age co-ordinator if needed.

A team for full field hockey consists of 11 players on the field, including goalie, plus substitution players. These players are rotated during the game.

For ½ field hockey the team is 7 players on the field.

In 2017 Southern United we have the following teams. Details of team managers and coaches are available on teamapp under useful information

<https://www.teamapp.com/clubs/32541/documents/115965-junior-team-managers-and-coaches>

U18	<i>Coach Asst Manager</i>	<i>Steven Duffield Mark Lambert</i>
<b>U16</b>	<b>Coordinator</b>	<b>Tracey Tingay Smith</b>
Mixed Shield SE	<i>Coach Manager</i>	<i>Jesse Workman</i>
Mixed Pse	<i>Coach Manager</i>	<i>Troy Reddell</i>
South Black	<i>Coach Coach Manager</i>	<i>Sam Tickner Ryan Cook</i>
South Red	<i>Coach Manager</i>	<i>Warren Davey</i>
Girls Shield SE	<i>Coach Coach Manager</i>	<i>Lex &amp; Laura Johnson Megan</i>
<b>U14s</b>	<b>Coordinator</b>	<b>Alison Thomas</b>
Mixed Shield SE	<i>Coach Coach Manager</i>	<i>Josh Ephraums Ed Arnold Iain and Robyn Fitzgerald</i>
Mixed PSE	<i>Coach Manager</i>	<i>Chris Silvers</i>
South Red	<i>Coach Asst Coach Manager</i>	<i>Jen Aschoff Emily Brown</i>
Girls Shield SE	<i>Coach Asst Coach Asst Coach Manager</i>	<i>Shantel Blake Neesha Kana Nicole Amiet Julianne Downes Deb Ghuliani</i>
<b>U12s</b>	<b>Coordinator</b>	<b>Anouk van den Hoven</b>



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Mixed Shield SE	<i>Coach Manager</i>	<i>Warren Davey</i>
Mixed PSE	<i>Coach Manager</i>	<i>Andrew Layzell</i>
South	<i>Coach Coach Manager</i>	<i>Kathleen Dale Sam Hickey</i>
Girls Shield	<i>Coach Manager</i>	<i>Julian Pratt</i>
Girls Pennant	<i>Coach Asst Coach Manager</i>	<i>Amy Beet Jarrad Camille</i>
<b>U10s</b>	<b>Coordinator</b>	
<b>U10 Girls</b>	<i>Coach</i>	<i>Alice Arnold Laura Cox</i>
U10 Mixed	<i>Coach Coach Manager</i>	<i>Michael Gow</i>
<b>U10 Northern Sharks</b>	<b><i>On Field Co-ordinator Off Field Co-ordinator</i></b>	<b><i>Chris Abaniel Iain Fitzgerald</i></b>

### Goal Keepers

Each full field team (under 12 – under 18) requires one child per game to play as goal keeper. Ideally the team has one child who takes on this role for the season, if this is not possible, the role of goal keeper is rotated around the players.

The club provides safe and good goal keeping kit for each junior team. Where a goal keeper provides their own kit, a fee discount is available.

The club provides specialist goal keeper training each year, generally every 4 weeks or so.

The goal keeper corner on the suhc website has details of training and other useful resources.

<http://suhc.com.au/goalies/>

### Game day.

The fixtures for the games are available from Hockey Victoria on

<https://sportsdesq.onesporttechnology.com/11/>

The fixtures contain details of the location of each game

<http://goo.gl/maps/4wSKe> contains links to all playing locations.

From this selection of your child's grade will allow you to see the fixtures for the year, together with the results and the ladder.

Generally players are asked to be at the game location ½ an hour or more before the game, your team manager will let you know exactly how early before the game.



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Players need to be in full uniform, together with their mouth guard and shin pads. A water bottle is also necessary for the game.

A player's family will be allocated to bring the ½ time refreshments. If playing at home at Farm Rd, people will also be allocated to help in the canteen. This is only necessary once or twice a season. The canteen is a key fundraiser for the club, so this small amount of time you provide does help the club considerably.

If your child will not be able to make it to the game or any game, **please let the team manager know as soon as possible. Please do this as soon as you know, so please go through your diary at the start of the season to check any known clashes.**

### Training.

Teams train once a week. Training times are allocated based on coach and ground availability. During the season some teams will train at Farm Rd, while others train at Dendy St, Brighton Secondary College.

All pre-season training takes place at Farm Rd. The training moves from Farm Rd, to season training at Easter time.

Training times can be found at:

<http://suhc.com.au/section-information/training-schedule/>

Pick up after training. Please remember that our coaches are volunteers. Please be early for pick up of your child after training. Sometimes training may finish a bit early due to weather etc.

### Finals

The full field teams play during the season in a fourteen round home and away competition. At the end of the fourteen rounds, the top four teams play in finals.

**Mixed shield** in 2017 will consist of two conferences which will play 14 rounds of home and away with each team playing the other teams twice. At the end of the home and away season the THREE week finals will then combine the two conferences.

Week 1: Conference Matches

- 1 vs. 4 (elimination)
- 2 vs. 3 (elimination)

Week 2: Cross-over Conferences Matches

- NW[1] vs. SE[2] (preliminary final)
- SE[1] vs. NW[2](preliminary final)

Week 3: Grand Final

- Winner of each PF

**Mixed Pennant** in 2017 will consist of two completely independent competitions over the 14 rounds, followed by three weeks of finals. The higher ranked teams have ability to have home final for semi and preliminary finals.

Week 1:

- Qualifying Final 1 vs. 2
- Elimination Final 3 vs. 4

Week 2:

- Preliminary Final - Loser of Qualifying Final vs. Winner of Elimination final

Week 3: Grand Final

- Winner of Qualifying Final vs. Winner of Preliminary Final

**Girls Shield, Girls pennant and Mixed District competitions** will also have 14 rounds followed by 3 rounds of finals as per mixed pennant.



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### Presentation Nights

The club runs a presentation night/day for each age group at the end of the season. At this presentation night players receive their team photo and the team/age group awards are presented.

For under 12, under 14 and under 16 teams, a Best Team Player and a Coaches Award is presented. For the under 14 and under 16 age group a Best Girl Player and Best Boy player perpetual trophy and for under 12 age group a Best Player is also presented.

Past winners of these awards can be seen at

<http://suhc.com.au/our-club/awards/>

### What can I do to help?

Like most sporting clubs Southern United relies on the volunteers to run the club and everything around it. You do not need to know anything about hockey to help.

Firstly, junior parents are rostered on canteen duty when their child's team plays at Farm Rd. Two parents per game. The canteen is a considerable fund raiser for the club, and this help is appreciated by all.

There are many other jobs that can be carried out, even if you know nothing about hockey. Each team requires a team manager. This requires no hockey knowledge, and is a great way to meet the other parents and get involved. The age co-ordinators help co-ordinate each age group. This is a task that can be carried out by anyone. The committee is always happy to accept volunteers on the committee, or who are just helping for a specific task such as fund raising, equipment co-ordinator, team manager co-ordinator, and lots more.

If you would like to help in anyway, please let the junior secretary know [junior.secretary@suhc.com.au](mailto:junior.secretary@suhc.com.au)

If you are a hockey player, these skills could also be used, either as coach or coaches assistant. Of course, if you are not playing at the moment, the senior and/or masters section would also love you to play.

### Club Song.

Most sporting teams have the tradition of singing the club song when the team wins. Southern United is no different.

(to the North Melbourne AFL theme song)

Hearts to hearts and hands to hands  
Beneath the Southern sky we stand  
The colours of our native land  
United! United!

**Out they come, Out they come, Out they come to play  
Just for recreations sake to pass the time away  
Lots of fun, heaps of fun, enjoy yourself today  
United teams are hard to beat when they come out to play.**

**So join in the chorus and sing it one and all  
Join in the chorus, for Southern's on the ball  
Good old United, they are champions you'll agree  
Southern will be Premiers just you wait and see.**





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### **Summer Season**

Over the summer, Southern United have teams competing in the indoor competitions. Clinics and summer hockey are also part of the summer program. This guide will be updated with this in the future.

### **Representative Hockey**

Players have the choice of trying out for representative hockey. Southern is part of the Southern Metro zone of hockey, and children when selected can play representative hockey for the Southern Metro Sharks. The sharks play in the Junior State Championships which run for a week during the July school holidays, for age groups Under 13, 15 and 17. During November a Zone Challenge for ages Under 12 and Under 14 also takes place giving children a chance to ply representative hockey for that as well.

Southern is proud of the many players that have represented Sharks and the state.

For more details see <http://suhc.com.au/section-information/juniors/representative-hockey/>

### **Child Safety**

From 1 January 2017, the Child Safe Standards will apply to sporting organisations that operate and provide sporting services to children within Victoria (including National Sporting Organisations). The Standards apply to organisations as a whole, not only the areas that work with children. The Standards apply to all personnel in your organisation. This includes: • Board of Management / Committee Members • All paid staff (CEO, Executive, Employees) • All Volunteers (Coaches, officials, administrators, scorers etc) • All students on placement • Any contractors you engage

As part of SUHC's commitment to these standards we have attached our Child Safe Code of Conduct and Child Safe Policy All coaches will be given a copy of these as well as all senior players signing up to the Code of Conduct when they register with SUHC.

For more information <http://www.vicsport.com.au/child-safe-standards>

If at any point you have concerns please contact our Child Safety Officers Zak Bahramis on 0432 173 144 or [childsafety@suhc.com.au](mailto:childsafety@suhc.com.au) or to Phoebe Willcock on 0410 645 254.

### **Member Protection and Inclusion**

Please see details of our policies at <http://suhc.com.au/section-information/policies/>



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### **Problems or Issues?**

Please if you have issues or any problems talk to the club about this. Your first point of call should either be the coach or the team manager. If necessary you can also talk to the age co-ordinator, and / or the president or secretary of the junior section. See start of document for details.

### **Useful Links**

Southern United Hockey Club

[suhc.com.au](http://suhc.com.au)

Hockey Victoria

<http://www.hockeyvictoria.org.au>

Fixtures

<https://sportsdesq.onesporttechnology.com/11/>

Southern United Face Book Page

Hockey Ground Locations

<http://goo.gl/maps/4wSKe>