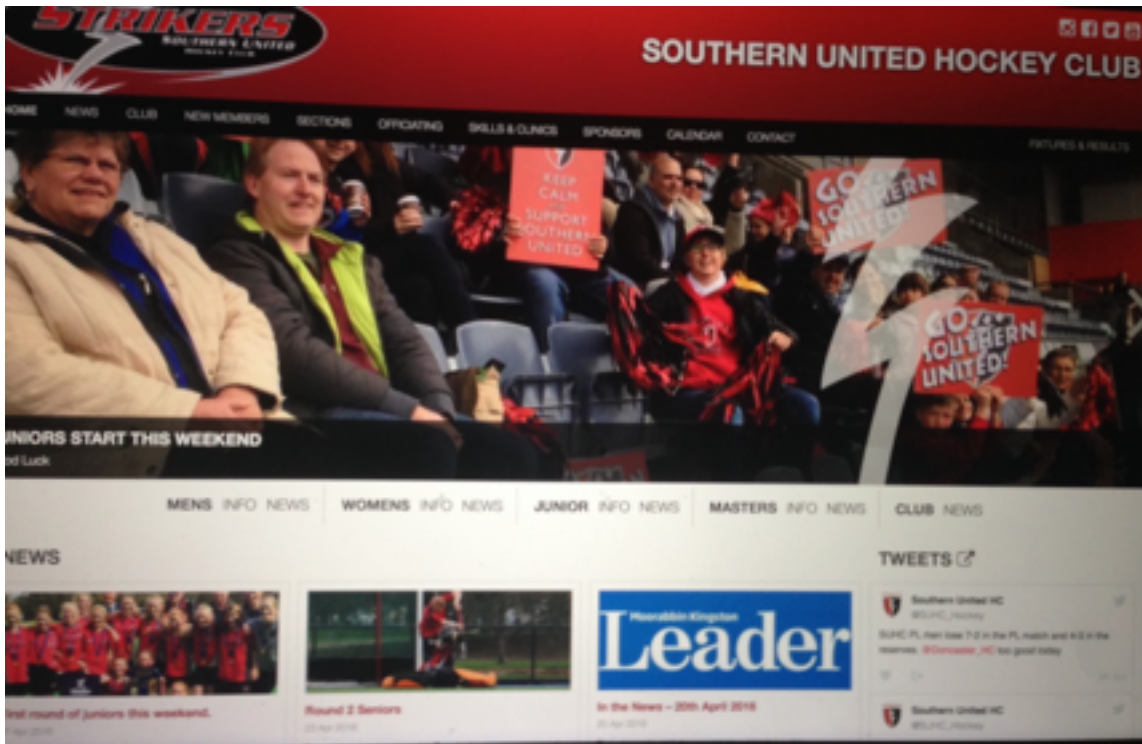


Southern United Newsletter



New Website

Check out our new website! The new layout and design allows for more than 1 news article across the main banner and for numerous news articles to be on the home page. Other features include a twitter feed and of course all the old favourites are there like; section information, the calendar, information for all of our clinics and development programs.

Please use the website as your main point of contact for all Southern United

1

The Premier League Mens team currently have 6 players with one goal each for the season. Olivia Downes is leading the PL Women team on 2.

2

MAKE SURE YOU BRING A GOLD COIN DONATION TO OUR BIG MATCH DAY AS IT GOES TO CANCER RESEARCH. MACKENZIE'S MATCH WHAT WE MAKE ON THE DOOR AND PUT IT INTO THE CLUB!

3

THINK OF A NAME FOR OUR NEWSLETTER. WE WILL POST A COMPETITION ON OUR FACEBOOK PAGE NEXT MONTH AND THE PERSON WHO THINKS OF THE BEST NAME WILL RECEIVE A PHYSIO VOUCHER FROM PERFORMANCE PHYSIO.

Where do I check scores?

From now on we will have a post on Facebook where you can enter scores from the weekends games and we will also be endeavouring to enter all game scores onto the clubs Team App. We would strongly encourage everyone in the club to download this great tool at <https://suhc.teamapp.com/> It will also give you up to date news, fixtures, team lists and so on.

Junior dates

First Round: 29th/30th April

No Hockey: 110th/11th June, 1st/2nd July, 8th/9th July

Last Round: 19th/20th August

Then this year 3 weeks of **finals** for Under 12, 14, 16 and 18.

U10 Northern Sharks League

With the restructure of under 10 competition by Hockey Victoria in 2016, the bulk of the under 10s playing for Southern will take part in the Northern Sharks Hockey League. This under 10 competition will take place each week at 11.30 generally at Farm Rd with teams from Southern, Bayside and Mentone. This is a great opportunity for children to take part in fun hockey, improve their skills while not needing families to travel far afield for their games at an unknown time.

These games are played on a 1/4 field, as compared to the traditional 1/2 field of the past. This competition provides many benefits to the children.

- More touches of the ball, which will improve their skills
- More opportunities to problem solve on the field as they will be more exposed to more decision making situations
- Better physical efficiency as they are playing a field that is more appropriate for their age and physical size
- More exciting game. Due to the smaller space, players have more opportunities to eliminate players and score goals.
- The smaller size space allows children to become more confident and in control.

Hockey Shop

The SUHC Hockey Shop has all your SUHC Uniform and Club Merchandise needs. The shop is scheduled to be open during the season when games are being played at Farm Rd.

Hours of Operation will generally be as per below, but may close early depending on scheduled masters games

Monday Nights 5.30 – 7pm

Wednesday Nights 5.30 – 7pm

Friday Nights after 7pm

Saturday from 9am

Or by Appointment – Contact Suzie Styles 0438 580 348

sueandgraham1@bigpond.com

New ARRIVALS - We have had a new shipment of Hoodies in various sizes.



COMING SOON TO THE SUHC HOCKEY SHOP

More of the older style hoodies in Grey & Red will be in soon.

More of the new ladies away singlets will be available to the rest of the ladies to now purchase.

Look out for Long Sleeve Training Tops to be made to order – personalised with your Surname

Cushions for those cold metal seats in Southern United Colours

Southern United H.C. scarf for all those cold winter days

JSC TRIALS

The hockey Junior State Championships (JSC) take place Tuesday 28th June to Friday 1st July, 2016. Southern United is part of the Southern Metro Sharks zone, and our players can trial to be part of the Sharks team. Last year Sharks Under 13 boys and Under 17 girls were the state champions with many of our Southern players and coaches part of the winning teams.

Trials take place for Sharks on Sunday 15th May.

Information regarding JSC and trials, together with registration to trial is available at <http://www.hockeyvictoria.org.au/Competitions-Events/GJ-Gardner-Homes-JSC>

You must nominate to trial, to be able to trial for sharks, and you must be at trials to be able to be selected.

If you are unsure if you should nominate to trial, please have a chat to your coach.

See who has represented our club in the past at <http://suhc.com.au/section-information/juniors/representative-hockey/> and while there check out the new look, more info website

Southern Representing State

Over the past few weeks we have had several players representing Victoria at various national tournaments.

Nathan and Josh Ephraums were part of the Victorious U21 Men's team that went back to back. Nathan Ephraums played up front and was the tournaments leading field goal scorer and Josh played an important role in the midfield.

Amy Lawton, Emily Hamilton-Smith and Olivia Carruthers, Craig Marais, Carlin Walker, Billy Hanrahan, and Trent Symms all played in various state U15 teams. Watch this space to see how many players we get into the state U18 teams to be announced soon.



Nathan Ephraums on the ball in the final against NSW.



Josh Ephraums (12) watches as the ball is being flicked over his head.

Masters Section

For any of our players over 35 there is an opportunity to play for Victoria in the Australian National Masters Championships.

Nominations are open for both Men's and Women's masters competitions.

Links can be found on the SUHC website under the Masters Section of the site, or on Hockey Victoria under the High Performance section.

The ladies will play in Hobart from October 7th to October 15th, and the men will play in Adelaide from September 24th to October 8th.

In 2015 we had 4 of our ladies selected to play and 10 of our men selected – all across multiple age groups. So come and join in the fun and challenge of playing for your state



They don't take any prisoners when they get older...

McKenzies E Book

Download our major sponsors Ebook at the link below!

<http://www.mckenziefoods.com.au/ebook-downloads/home-made-pulses-recipes>



Player Profile

Jenna Anderson

Position: Striker

Goals for 2016: To compete in the premier league and play consistently throughout the season. Score goals!

How long have you been playing: Since i was 9years old

What do you like about Hockey: The speed and skills involved and being a part of a team

Game Day Breakfast: Peanut butter or eggs on toast

Favourite players: Brad Shaw & Caryn Paewai

Jenna has come across from NZ to help our PL womens team. She has played NZ U21's and NHL and is currently helping the club by coaching our U8 Program.



OUR SPONSORS



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Phone: (03) 9583 2134

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

Email: southern.united.hockey@gmail.com

Catch us on Facebook, twitter and Instagram and You Tube as well.

You Tube: https://www.youtube.com/channel/UCfDy68_Gi1WWZyh0O7c1wbQ