

Southern United Newsletter



Training Schedules

The winter season is just around the corner. See below for more information about training schedules

The training schedules are up for pre Easter and post Easter training <http://suhc.com.au/section-information/training-schedule>. Last year was outstanding in regards to our on field performances and ability to offer various levels of hockey for all ages and abilities and we are looking to build on that in 2016.

Junior training starts very soon, any questions can be directed to

juniorsuhc@gmail.com

REGISTRATIONS

Registrations are now open for Southern United. The two step process for Hockey Victoria and Southern United Registration is available at <http://suhc.com.au/section-information/registration-form/>

It is really important that everyone registers in a timely manner and doesn't wait until the last minute. This will help our extremely busy section administrators chasing everyone up and stop considerable angst.

1

PREMIER LEAGUE

Round 1 starts April 2, it is the 1st year both the PL Men and Women are in the flagship competition.

2

MCKENZIES CLINICS

Spots still available go to <http://suhc.com.au/clinics/> for more info

3

HAVE YOU GOT YOUR TICKETS FOR THE FASHION PARADE ON FEBRUARY 21? IF NOT CONTACT PHOEBE AT WEZZIGON@GMAIL.COM



SUHC HOCKEY SHOP

We are continuing to run our own shop. See below for information and watch this space in the future.

SUHC will once again be operating its Hockey Shop out of our Farm Rd complex. We will have all your uniform and SUHC merchandise requirements covered.

We are also looking to have in stock some basic equipment needs for players such as mouth guards, shin pads, grips and gloves, and for all those budding umpires out there, some cards & whistles.

The shop will be open at various times from the week commencing February 15th.

- Saturday mornings will be open from 9am - 12noon
- Midweek training nights – to be confirmed depending on volunteer help

We are looking for volunteers to help on training nights to have the shop open to meet player needs.

If you are interested in helping out in the shop please contact Suzie Styles 0438 580 348 or email me at shop@suhc.com.au



MASTERS HOCKEY

In 2016 SUHC will field five teams in the HV Masters Winter Competition.

- +35B Monday Night Mens
- +45A Monday Night Mens
- +45B Monday Night Mens
- +45C Monday Night Mens
- +35B Wednesday Night Ladies

Masters training will commence on Monday nights in mid March.

As per past years, we will be playing intra club matches to make sure we select players in appropriate teams. Details of matches will be emailed in the coming weeks.

So if you are 35 or over and want to join in the fun and camaraderie please contact Suzie Styles masters.section@suhc.com.au to register your interest.

FREE COME AND TRY DAY

On February 19 at 4.30pm we are hosting a 'Come and Try Day' for children new to Hockey. It is a free session for beginners to try our game and see if they want to continue on into our Hook In2 Hockey program.

Those that continue on into the program will receive 5 weeks of coaching and a starter pack that includes: a hockey stick, a hockey ball, a mouthguard, shin pads, a hockey bag and a reversible training bib.

The program runs through until the holidays and after the holidays there is an opportunity to play small matches and learn new skills.



PLAYER PROFILE:

Chris Marr

Team: MPL

Position: Midfield/Defender

2016 playing ambition: Finish inside the top 6, play NHL in NZ

How long have you been involved in Hockey: 23 years

Whats your favourite part about Hockey: Socialisation with teammates, skill and speed of the game.

Pre Match Meal: Scrambled Eggs on toast and a good coffee

Favourite player: Mark Knowles



Scorching Summer Clinic

In January the club ran a Hockey Holiday program that was well attended by Southern Juniors. There were also players from Bayside and Mentone.

The clinic included small games, skill acquisition and mastery, a water slide, and a hockey world cup in which everyone was allocated a team and played in that country's colour for an afternoon of half field games. The tournament was a great opportunity to use the skills and ideas they had been learning throughout the rest of the program.

Coaches Josh and Nathan Ephraums and rising star Tom Youds did a magnificent job with the participants and despite the heat everyone had a great time (the numerous icy poles may have helped).

There will be another Hockey Holiday Program in the next school holidays as well as Elite Skill Clinics focussed on specific skills that participants can choose from. Information for these will be sent out next week.

About McKenzie's

At McKenzie's, we continue a family tradition of supplying generations of Australians with high quality food products. From humble beginnings as a Melbourne grain store in 1852, the McKenzie's of today has grown and evolved into one of the oldest Australian family owned and operated food manufacturers. Our extensive range includes pulses (legumes), grains, baking needs, Bi-Carb Soda, herbs & spices and desserts. For 160 years, Australians have put their trust in the McKenzie's brand. The current Managing Directors are fifth generation descendants of the original owners. Open any pantry door in Australia and chances are you'll find several McKenzie's products. Visit the Mckenzie's website <http://www.mckenziefoods.com.au>



Southern United Hockey Academy

SUHA is away and flying! The athletes have finished the first 2 weeks of the program and have been learning and mastering all sorts of passing and receiving skills. They have also had their first weekend session. On February 6 the athletes went to Farm Road for a few activities that would help create a better understanding of what it takes to reach the best level. They watched a Premier league match while analysing it and writing down what they were observing. Then they had Nathan from Performance Physio talk to them about injury prevention and management before listening to Olympian Rowie Webster. Webster spoke about her sporting journey and her messages about resilience and hard work were well received by all that attended.



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

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