



WELSH HOCKEY UNION UNDEB HOCl CYMRU

NEWSLETTER August 2004

A VIEW FROM THE CHAIRPERSON'S SEAT!

Chairmanship of the Union remains (largely at least) a pleasure – opportunities to meet fellow hockey enthusiasts from across the world, to work with committed volunteers and staff on a wide range of issues (even if I do not always agree with them!) and to see Welsh Hockey developing both within and outside the country are some of the delights of the role.

Inevitably there is also a down side, but thankfully these are few in number and can usually be overcome with a bit of honesty and compromise from both sides.

When I took over as Chairman (or Chairperson as the role was titled in those days) in 1998 the Union was quite a small organisation with big ambitions. We were an unincorporated body, had 2 full time and 4 part time members of staff and an annual financial turnover of £317,000.

We now have 5 full time and 4 part time members of staff, plus a range of partnership agreements with local authorities effectively giving us a host of other professionals working on the development of hockey across Wales. In addition, along with virtually all other businesses (and after all else we must operate as a business), we conduct most of our operations electronically, we are a Limited Company and I anticipate a turnover of about £550,000 this year. We are still a small organisation, but have made huge strides over the last 7 years.

The one thing that remains from 1997 is, however, that we still have big ambitions. Changes are still being made and processes are being constantly enhanced to ensure that the Union achieves its declared Vision:
To Increase:

- Participation
- Profile
- (Positive) Success

If there is a down side to the Union's growth, they are few. Two that spring to mind, however, are the lack of volunteers coming forward - far too much work has been pushed into the office rather than being undertaken by volunteers – and possibly there is a perception by some that the Union has become somewhat remote from 'real' hockey. These are issues that we need to address, but you can also help by putting your name forward as a volunteer. I am sure we can find a big or small job for you that will fit in with your skills and availability.

Those of you who can read between the lines have already sussed that I have set out an argument for me to stand down and hand over the mantle of Chairmanship to a successor. I have already advised the Board that they should be positively seeking a new Chairman and I now throw down the gauntlet to you. Are you Director or even Chairman material? Don't worry, you will not be simply dumped into a role without support. I certainly do not intend to simply walk away – I have already offered to work with my successor, whoever it may be, for up to 12 months to ensure a smooth handover to the benefit of the individual and Welsh Hockey.

There are a number of reasons for my position, but principally there are two:

- I have been in the role for 7 years – far too long for any individual and it means I am inevitably becoming stale. It is time for fresh blood with new ideas and maybe a different focus.
- I have recently taken on a new job with much increased responsibilities, which is restricting the time available for my volunteer role. (In fact I have recently had to take a 6 week sabbatical from hockey duties due to work commitments).

I have thoroughly enjoyed being Chairman, but it is time to move on. Please think about volunteering – even if you cannot commit to being the Chairman, what about volunteering for another role?

In case I do not have another opportunity, I would take this opportunity to thank you for your support in the past and would encourage you to give my successor your full support.

Alan Rookes
Chairman

Anti Doping

Much has been written about doping over the past few weeks with an increasing number of cheats having been 'found out' at the Olympics. You should not have any sympathy for anybody caught as they are well aware of what they are doing and the likely consequences. We receive a large number of enquiries as to which drugs are legal and which are not and callers are always referred to the full list of drugs detailed on the UK Sport website at www.uksport.gov.uk - click on the Drug Information Database link and follow the instructions. Alternatively ring the Drug Information Line on Free-phone 0800-528-0004 between Monday to Friday 9-5. All enquiries are anonymous and taking time to check now may save you from inadvertently failing a doping test. It is important to remember that drugs purchased outside the UK may not contain the same ingredients as those purchased at home!

The Welsh Hockey Union is currently working on adapting the World Anti Doping Agency (WADA) code in conjunction with UK Sport with new Welsh Hockey Union Anti-Doping Regulations to be issued in due course. This policy will also tie in with the FIH and will hopefully ensure that all International Federations follow the same procedures.

It is likely that as part of the new FIH/UK Sport/WHU code some elite athletes will have to report their movements – training, playing, holidays etc – to a central database but full guidance will be given when the code is introduced. Those selected will be informed by letter either from UK Sport or the WHU. One other recommended change is that liability will be with the athlete alone with them being solely responsible for any prohibited substance found in their system. The athlete is also responsible for who they entrust access to their food and drink as well as who they choose to take advice from about their health and nutrition.

By virtue of their membership of the WHU, all registered members agree to be bound by the terms of the WHU Anti-Doping regulations so help to rid sport of the cheats by not joining them in the first place!

Chris Brewer

GILMOUR SPORTS

ADIDAS, DITA, GRAYS, KOOKABURRA, MAZON, MERCIAN, OBO, SLAZENGER & TK

We have all the new ranges from all the top brands and would be delighted if you could join us at any of the locations listed below for our annual Hockey Shows

<u>DATE</u>	<u>VENUE</u>	<u>TIME</u>
TUESDAY 14th SEPTEMBER	<u>PLAS COCH</u> <u>SPORTS CENTRE</u> (NEWI) WREXHAM	5.00 PM to 9.00 PM
WEDNESDAY 15th SEPTEMBER	<u>WHITCHURCH H.C.</u> based at WHITCHURCH RUGBY CLUB WHITCHURCH CARDIFF	5.00 PM to 9.00 PM

International Squad Coaches & Managers

The tenure for coaches and managers is normally for two year periods with some of the current arrangements due to expire in September 2004.

If you are interested in applying for either of the U-21 Men or U-18 Women's squad positions please forward a letter of application (**marked Private and Confidential**), CV (to include full details of experience and qualifications) and details of referees by 30th September 2004 to:

Alan Lints, National Performance Director
Welsh Hockey Union
Severn House
Station Terrace
Ely
Cardiff
CF5 4AA

E-mail alan.lints@welsh-hockey.co.uk

Full job descriptions are available either by contacting Alan Lints at the above address or through the website.

Managers and Coaches currently in post are invited to forward a letter of application only.

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Please quote 'Welsh Hockey' when refilling



Friends of Welsh Hockey

Roger Caddick has been running the very successful 'Friends of Welsh Hockey' for a number of years and if you would like to become a member and in doing so help Welsh Hockey as well as yourself please contact either Roger direct on 029-2036-2860 or the WHU office.

July Winners

£60 Caroline Marsden, £30 Llinos Davies, £15 J Evans, £15 Ken Jones
The list of winners is available on the WHU website at www.welsh-hockey.co.uk

NATIONAL DEVELOPMENT MANAGER

After a number of significant changes within both coaching and development last year we were keen to consolidate and build upon the advances made throughout this hockey year.

Coach Development

Coach education has seen further changes. The main emphasis this year was to make certain our current coaching qualifications were transferable with other Home Country schemes. This has led to an update in our awards, whereby candidates must now complete a Dragon Umpire Award, which has a bronze, silver and gold level, alongside the Leaders award. Linking the Dragon Umpire award with the Leaders Award guarantees candidates gather a wealth of knowledge and a variety of strategies to be able to deliver the basic skills of hockey, whilst demonstrating a full comprehension of the rules. Once complete, candidates are fully prepared to progress to the next step, the Youth Award.

A number of coaching conferences and workshops were run again this year. The most recent of which looked at hockey from a slightly different perspective than the norm, through the eyes of a goalkeeper! A successful two day course incorporated a core skills workshop with a goal keeping clinic to ensure our elite level coaches stay up to date with hockey's latest developments and trends.

Youth Development

The Youth development structure is becoming ever more established with meetings of the panel taking place on a regular basis. Bethan Walsh, in her role as a past World Youth Promoter, is continuing to ensure Wales stays at the forefront of youth development through her tireless dedication and hard work.

Working in conjunction with the RAF, 2004 saw the second Youth Development Conference which was attended by a combination of first and second graders. Thanks must go to Keith Christie and Pat Delaney who organised a variety of activities including problem solving, cave rescue and the timed test. Of particular interest was the Strength Deployment Inventory workshop which identified the activators strengths, allowing the Welsh Hockey Union to assign them to voluntary roles in which they could excel. All activators thoroughly enjoyed the event due to the high standard in both the content and delivery of the course.

A number of international links have been established through Youth development illustrating its global importance. Activators have attended events in countries such as Holland and Australia and the continued increase in standards has lead to 10 of our youth hockey activators achieving FIH leadership certificates.

Local Development Officers:

We are continuing to progress within this area with an increase from six to ten Unitary Authority Local Development Officers. Partnership funding from the Local Authorities and Sports Council for Wales, enables work to be undertaken to promote hockey as a competitive yet enjoyable sport. The increase in the number of officers is a significant and vital move as it allows this work to take place at a local level throughout the whole of Wales.

These officers are:

Blaenau Gwent – Mark Hopkins

Cardiff – Amanda Roberts

Powys – Katie Hamer

Rhondda Cynon Taff – Rachel Murphy

Cararthenshire – Rae Ellis
Flintshire – David Bickley
Merthyr – Susie Osborne

Swansea – Lyndsay Cole
Vale of Glamorgan – Chris Marriott
Wrexham – Claire Burrows

The most recent and progressive appointment has been Sarah Powell as the National Trainer. Working in partnership with SportTrain and the Welsh Hockey Union. The National Trainer fulfils a number of essential requirements including working in conjunction with the NCC throughout Wales and standardising the delivery of the coach education programme.

Again, I would like to publicly thank Sarah, all of our officers and the Unitary Authority Sports Development Department line managers. Your continued efforts and professionalism has led to an even more successful year two.

Club Development

The competition co-ordinators headed up a very successful year in club development. A number of regional leagues were formed and administered at U11, U13, U15 and Badgers level for girls and U11, U13, U15 and U18 levels for boys. This resulted in a substantial number of boys and girls being given the opportunity to regularly participate in hockey during the season 2003/04.

A significant contributor to the progressions within club development was the Activate U11 knock out cup. This achievement must be attributed to the work of the competition co-ordinator, Chris Despres, and the area co-ordinators who organised the event which involved 134 Primary School teams across Wales.

We look to continue this good work in the forthcoming season through the appointment of Mark Hopkins, Sarah Powell and Claire Burrows as the Competition Co-ordinators in the South, Mid and North of Wales respectively.

COLDS and CORES

The 2003/04 season saw the establishment of Centres of Local Development and Centres of Regional Excellence. These proved very successful with many girls and boys benefiting from imaginative and challenging coaching sessions. Through the use of standardised criteria, the centres ensure early identification of athletes who demonstrate the necessary technical, tactical and physical qualities, which are vital for today's elite level hockey players. Again, this structure is being developed for the season 2004/05 with 5 girls and 3 boys' centres taking place in September and October.

I could not let this opportunity pass to thank those people who have provided me with vital support on a daily basis - Anne Ellis my line manager, Amanda Roberts my administration assistant, Sports Council for Wales and all the volunteers who give up their time to ensure hockey in Wales continues to make significant strides forwards.

I am sure that if we all continue to work together and move forward as we have this year, 2004/05 will be just as successful.

Debbie Austin

VETERANS HOCKEY

Men's Veterans Hockey is booming in Wales

But, we want ALL OF YOU - clubs and individuals – across Wales - involved

Stay active ◦ Get active ◦ Have fun ◦ Meet old friends

Would you like to play in inter-club games at 40+?

Are you interested in playing for the Welsh Veterans Social sides?

Are you interested in:

- Over 40s Internationals
- Over 50s Internationals
- Over 55s Internationals
- Over 60s Internationals

YOUR COUNTRY NEEDS YOU!!!!

You don't get old playing hockey, you only get old when you stop playing hockey!!

contact Bernie Wheeler at the_wheeler@talk21.com

or 01834-891218 (H) 01834-891443 (O)

Welsh Hockey Website

If you would like to see any information published on the WHU website please send it to

webmaster@welsh-hockey.co.uk

Full details of

Welsh International results

Calendar

Events

Contact information

Competitions

Club news

Int. Playing Records (Men's)

Registration forms

News section

Links

Development

Euro results

Anti-Doping Policy

Child Protection Policy

Umpiring

Coaching courses

Bulletin Board

Circulars

Youth Section

Free Classified adverts

Downloads

and many more can be found at the site as well as further developments being in the pipeline

It is your website for your use and is only as good as the information provided!!

Child Protection Matters

Along with all other National Governing Bodies the area of Child Protection is becoming more and more important to us with a substantial amount of work currently being undertaken within the WHU. As a first stage the new WHU Child Protection Regulations were issued to all Club Secretaries in June which should now be readily available to all club members.

All clubs have been requested to nominate a Club Child Protection Officer (CCPO) to the Welsh Hockey Union with all these officers now being in the process of attending the scUK course on Child Protection. This course will cover a wide variety of topics and it is vital that each club organises a meeting with their CCPO to ensure that all of their members are fully aware of the requirements of the Regulations.

In due course each of the CCPO's will also undertake a 1 hour training session with a representative of the Welsh Council for Voluntary Action (WCVA) Child Support Agency to ensure they understand how to complete Criminal Record Bureau checks. Over a period of time these checks will be undertaken on all coaches, umpires, youth coordinators, volunteers, members and non-members who are actively involved in dealing with children. It is worth mentioning that even though somebody new to your club provides you with a copy of their check this can be considered worthless if more than 3 months old. Additionally the information returned to the organisation requesting the check may also contain supplementary information that the person is not aware of and as it is non-transferable means we (the Welsh Hockey Union) cannot obtain a copy.

If you are relying on the CRB check to ensure that anybody within your club is 'clear' it is too late. By far the most effective method of ensuring nothing untoward occurs is to ensure all members and non-members of any age are aware that they should not put themselves in a position whereby Child Protection becomes an issue. It is strongly recommended that references are obtained on all new members who are likely to be involved with children and a suggested form is included in the current Regulations.

If you are concerned in any way regarding anything to do with Child Protection please contact the Welsh Hockey Union on 029-2057-3940.

Accidents Will Happen!

As you will know, part of your registration fee is used to cover the premium for the Civil Liability insurance cover that is considered mandatory.

However it is vital that if you suffer an injury or accident on the hockey pitch or the surrounding area it is vital that the details are reported to the owner of the pitch – be it Leisure Centre or School - immediately. All Centres must maintain an accident book and without details having been recorded any claim will stand less chance of being considered.

UMPIRE SNIPPETS

The summer has been one continuous hockey season for a number of umpires and technical officials. Since the beginning of May there have been a number of senior international matches, European Nations Junior men and women, U-16 and U-18 international matches, a mixed international match, and European club competitions. In total, Wales provided nearly twenty umpires and technical officials to these events. Who said that the summer was for the family??

News of the 2005 Rules of Hockey book are mixed, as information received indicates that the FIH may only produce a small supply of rulebooks as the rules are available on the FIH website whilst other information indicates that they will be available before the season begins. Watch this space!! However the FIH has not informed us yet if any new rules will be introduced therefore the rules remain unchanged for the time being.

The only real change during 2004 were as follows:

1. The lifted ball is now considered only on danger over the entire pitch including the ball going into the circle;
2. The bully will now be completed when the sticks touch once;
3. The one step removed rule by the striker at penalty stroke has been removed and now reads that the striker must be behind the ball and within playing distance but the action of striking the ball is exactly the same as previous it must be flicked and no drag flicks;
4. The umpire at a stroke does not need to ask both players if they are ready but now blows when both goalkeeper and striker are in position.

The shape of the stick has been slightly amended as now the maximum bow on a stick when laid down with the playing side on the ground must not be greater than 50mm. The FIH has also stipulated that the front side of the stick must be flat and smooth and the introduction of any grooves or slots is forbidden. If you buy a new stick for the season be careful.

The mandatory experiments introduced in January 2003 when the ball need not be stopped before the first shot at goal at a penalty corner and a defender using their stick at any height safely to protect their goal will continue.

It is not known if Colin Crayford will be the UK distributor of the rulebooks for 2005 as the FIH has not made a request. However if you require a rulebook contact Colin who is Chair of the WHUA, on either Tel: 01446 746611 or by email at: colin@crayford.net, who will be able to inform you what is happening. Colin is going away for a few weeks during October/November so you may not get an immediate reply. The FIH website contains additional information and answers to frequently asked questions on the rules for both outdoor and indoor for those interested. The web site address is: www.FIHockey.org and it is being continually expanded and updated. Also look at the WHU website where the WHUA has a section dealing with umpiring matters.

In an effort to support young umpires the two new awards were successfully introduced during the season. The Dragon Award is available for young people up to the age of 13 years which will train them to umpire Mini/Dragon Sport hockey and the Foundation Award for those interested in becoming an umpire. This award will train umpires from 14 years onwards how to umpire mini and club games. Please contact your regional WHUA representative who will be able to assist you but failing that contact Colin Crayford or Carolyn Llewellyn Tel: 02920 882696 for more details of these new exciting awards. It is hoped that a national co-ordinator will be appointed shortly who will be your first point of contact.

Well, it is now only a few weeks to the start of another season and another plea to clubs, parents, teachers to get involved and start providing umpires or try it yourself. There is someone near to you who will assist you in getting the right advise. All leagues in Wales are now getting desperately short of umpires. If you would like to offer your services and join the happy bunch please contact your Regional WHUA Secretary or Colin or Carolyn who will be delighted to advise you accordingly.

Colin Crayford

“WHAT A GLORIOUS SUMMER”

As we reflect on the Olympic Games and wonder what might have been we can be absolutely sure this has been a glorious summer for Welsh Hockey. Our National teams have not only competed well but have won tournaments and beaten historical rivals for the first time in years.

Our U21 Women winning the European title on the newly laid pitches at Swansea In July has shaken our hockey world. The gauntlet was thrown down by the Senior Men in June when they won the Celtic Cup. With a very athletic team and a good blend of youth and experience, the Men won the title over traditional rivals Scotland, Ireland and France. With many retirements last year our Women with an extremely new team fought the odds to finish second at the same event. The U21 Men in their European campaign proved their dogged approach and change in discipline winning the last three matches to narrowly miss out on a semi final place. Even more startling was their conversion rate at penalty corners which was around 40%.

With the onset of a two yearly campaign our U18s had a very spartan year with matches against Scotland being the highlight. With both teams playing a two test series, a win and a loss meant the spoils were shared. But hang on, this was the first time in a number of years we had beaten Scotland! This was significant because half of the girls were in the U21 team and not available. For the boys a 3 – 1 win in the last match in which was a development year meant a valuable psychological hurdle had been climbed.

In my opinion it all started early in the year with the Junior Academies (U16s's) travelling to play Belgium. Results were once again encouraging with the Belgium boys now the European U16 Champions and Wales being their sparring partners.

Our U21 Women's success has been the result of a well planned, hugely committed group of individuals who played together as a team. Head Coach Pam Richards and Manager Sue Legge left no stone unturned to ensure success. Carys Hopkins and her on field team were incredibly committed and their desire to succeed exemplary. Twelve of the team will be available to take on Europe's big guns in 2006. Welsh Hockey could now find itself with the dilemma of finding funds to send this team to the Junior World Cup in Chile to be held at the end of next year. This is in the hands of the FIH. What a wonderful dilemma to have!

To sum up:

- Our Men have won the Celtic Cup for the **first** time ever
- Our U21 Women became the **first** team to win a Senior or U21 European title
- Our Senior Women came **second** at the Celtic Cup
- Our U21 Men **won** the last three matches of their Europeans
- Our U18s Boys and Girls have **beaten** Scotland for the first time in recent years
- Our Junior Academies have **competed** admirably against European champions

So, the reason for our success? Simple, a huge emphasis on core skills, improved athleticism, healthy diet, clinical set plays, a more analytical process, discipline and a more attacking game.

It would be incredibly remiss to rest on our laurels but we must savour our success.

*As I depart home to New Zealand after nearly four years could I leave you with the following
“Make winning a habit”.*

Alan Lints

What's New in Youth Hockey!!!!

The youth have had a busy year but there is nothing new in that. Starting with a U-15 development day at RAF St Athans in Barry, a group of 50 mixed players enjoyed a morning of RAF workshops and concluded the day in an aircraft hangover completing a skills circuit before playing a mini tournament. The youth activators organised the day and impressed the RAF so much that not only have we been invited to do two days next year but they also attended and enhanced this years Youth Conference.

In addition to our video conference meeting, the winter was spent working on two main projects. A new and improved youth section for the WHU website and improved coaching resources with the production of a three tier skills award. After various trials and views we will be looking for a launch early in the new season. Watch this space!

Nothing is ever quiet in the world of Youth Hockey. We quickly moved onto our annual conference. This year it was on two levels, last year activators were back to improve their skills and we welcomed a new influx of first years. The RAF played a roll in both levels, analysing out personalities with various team building tasks focusing on which tasks individually we would be best suited when functioning as a group. The course was residential in WIS over three days. There were various workshops, differing for the first and second years, including club development, umpiring, SAQ, website design etc. Overall successful and thoroughly enjoyed by all, the conference is vital for our team building and skill development to be able to function successfully within the WHU.

Next came the FIH Global Youth Marathon with the theme of club development and with it opportunities for us to work together with our new activators. Events were carried out at various locations over Wales, in two age groups. The U16 tested the new skills cards and U11 followed the Dragon Sports programme. The day provided a shop window for the strong youth structure Wales has now achieved which was highly commended by FIH. This achievement was also recognised by eight of our new activators receiving the FIH Youth Leadership Certificate.

The year concluded with us receiving pictures from Uganda. The equipment collected at last years Senior Celtic Cup held at WIS had arrived and was being put to good use. With Activators helped out at both the Aberystwyth Camp and U21-European tournament in Swansea, it is becoming very difficult to go to any event in Wales without a young face hanging about. This is an exciting time in Welsh Youth Hockey and with the youth calendar for next season currently taking shape, next year looks to be even busier if that is possible!

Who has the YOUTH will have the Future

Bethan Walsh
WHU Youth Chairperson

Umpires & Coaches

All clubs and players should note that any umpire they ask to control their games must be a member of both the Welsh Hockey Union and Welsh Hockey Umpires Association to ensure civil liability insurance cover is maintained. Similarly any coach must be qualified and a registered member of the Welsh Hockey Union for insurance cover to be valid.

Competitions

As many of you will know, Roger Harris has stepped down as Men's National Co-coordinator and at the time of writing no-one has volunteered to take on this role.

Gwyn Davies of Northop Hall has kindly agreed to take on the running of the National Indoor competition and whilst I have been collating all the outdoor competition entries I have not got the time to take on all that Roger did. Unless someone comes forward there is no guarantee that the competitions will be run.

If we manage to scrape through the coming season without a volunteer then I can give all the Men's Clubs notice now that in 2005/2006 there will be no outdoor competitions. This may sound harsh but all those involved in running the domestic competitions spend enough of their time devoted to hockey that they cannot take on any more. We need new blood and whilst many of you are heavily involved in your own Club there must be someone out there who is able to help.

Alison Cook

Welsh Hockey Union Limited Office

Please note that the office has moved to new premises at
Severn House, Station Terrace, Ely, Cardiff CF5 4AA
with the phone number having changed to **029-2057-3940**.

Whilst the general email remains the same - **info@welsh-hockey.co.uk** - you now have the option of directing your message to specific staff as follows:

debbie.austin@welsh-hockey.co.uk
alan.lints@welsh-hockey.co.uk
chris.brewer@welsh-hockey.co.uk
heather.march@welsh-hockey.co.uk

The full list of e-contacts and direct dial numbers are available on the
WHU website at www.welsh-hockey.co.uk

**For all the up-to-date information please look
at the WHU Website at
www.welsh-hockey.co.uk**