



Club handbook

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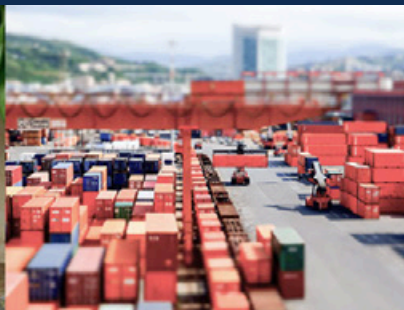
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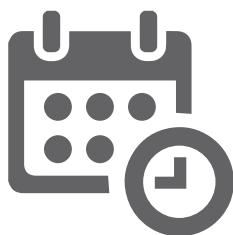
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Our club



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12 JUNIOR TEAMS**



**120 LEAGUE
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REPRESENTATIVES**



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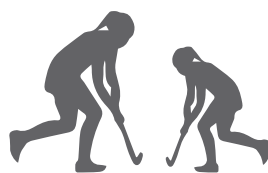
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WINNERS**



**ELECTED
COMMITTEE**



**DEVELOPING TALENT
IN THE COMMUNITY**



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REGIONALLY**



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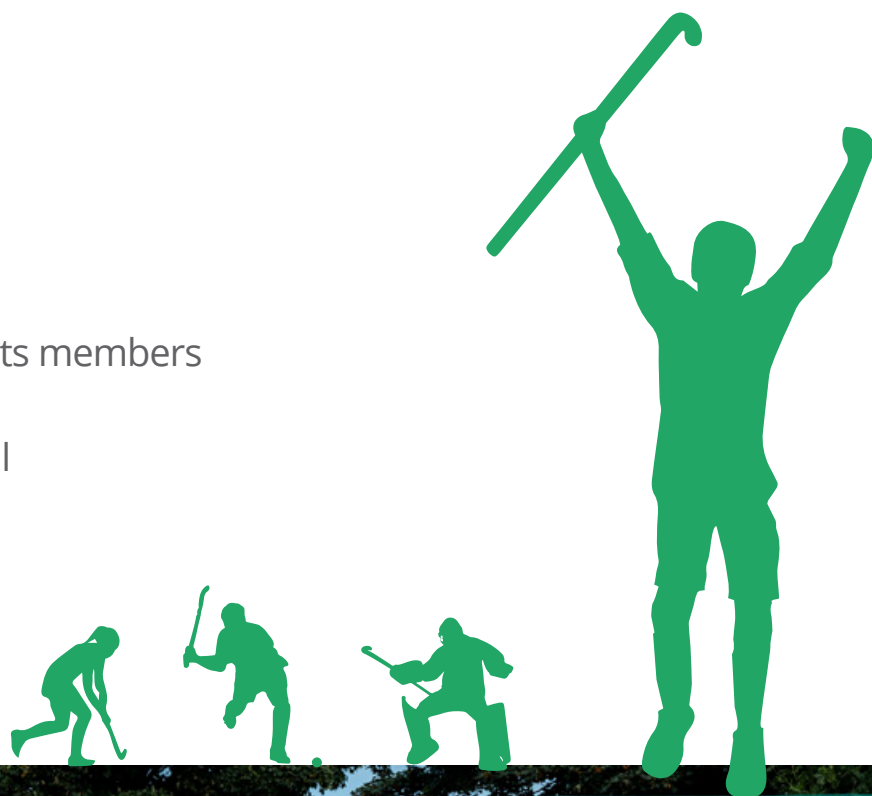
Range

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Our club values

- We respect the contributions by coaches, committee, captains, umpires and league volunteers
- Youth development
- Competitive fair play
- Positive and fun hockey
- A fun community that supports its members
- We offer both physical and social opportunities to the community





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Our principles of play



P

POSITIVITY

Positivity is the central & most essential aspect of our hockey club & the way we coach, train & play.

P

POSSESSION

We value the ball & control the game tempo with possession. We play a possession-based style of hockey with patience.

P

PACE

Pace is key in all areas of the pitch. We think, recover, & react quickly. We attack with aggression & pace.

F

FUN

Ultimately, we play hockey to enjoy ourselves & laugh with our club mates. Hockey should always be fun.

F

FITNESS

Hard work is essential & will lead to greater levels of enjoyment. Effort is vital, expected & is always praised.

F

FLAIR

We celebrate skill, individuality & creativity. Flair is encouraged along with expression & freedom of play.

Read the full [Principles of Play](#) document

Club code of conduct

Sportsmanship on the Pitch

- i. We play hard to win but play fair and as safe as possible.
- ii. We respect our opponents: magnanimous in victory and generous and dignified in defeat.
- iii. We respect and support umpires on and off the pitch, acknowledging that they, like us, can make mistakes.
- iv. We don't intimidate, threaten, swear or make inappropriate gestures, even if provoked.
- v. We abide by the GB Hockey policies and procedures for Safeguarding and Protecting Young People and Equality and Diversity.

Clubmanship: supporting each other and the club on and off the pitch

- i. We know that our contribution to sportsmanship and the club includes entertaining visiting teams.
- ii. We willingly play our part in off-the-pitch activities such as keeping our pitches clean and tidy, working on social events and other projects.
- iii. We respect the work that coaches and other volunteers do for us and the club. We volunteer to help with junior coaching etc when asked.
- iv. We commit to attending at least two club social functions per season.
- v. We pay our subscriptions on time.
- vi. We actively encourage parents of younger players to watch, take part in club socials and to volunteer their assistance and expertise.
- vii. We help the club to recruit new players of all standards.
- viii. We promote a positive but fair view of the Club to other members and clubs and to county, league and England Hockey.
- ix. We understand that the club will act in the best interests of all its members.
If we have any questions of concerns, we raise these with our captain or another committee member.
- x. We read the Principles of Play and ask if we do not understand them.

No surprises with selection or availability

- i. We recognise that we want the strongest teams each week and that we may not play in every match.
- ii. We will play for the side for which we're selected.
- iii. We give our captain and coach maximum warning of when we are not available in order to help them and so they can include us whenever we are available.
- iv. We strive to give our captain more than a week's notice that we are not available.
- v. We can expect that our Coach / Captains will explain either before the team lists are published, as to if/why we are not selected or selected for a different from usual team.
- vi. We accept that our selection for matches will be influenced by how often we go to training, away game attendance, consistency of availability, standard of play or if we make ourselves unavailable at short notice.
- vii. We do not expect to play equal minutes to all players.

England Hockey Code of Conduct for Players

- i. Respect the spirit of fair play in hockey. This is more than playing within the rules. It also incorporates the concepts of friendship, respect for others and always participating with the right spirit.
- ii. Respect the rights, dignity and worth of others.
- iii. Respect umpires, officials, coaches, players and spectators.
- iv. Conduct ourselves in a manner that takes all reasonable measures to protect their own safety and the safety of others.
- v. Never participate when under the influence of alcohol or drugs.
- vi. Promote the reputation of the sport and take all possible steps to prevent it from being brought into disrepute.
- vii. Accept success and failure, victory and defeat, with dignity.
- viii. Set a positive example for others, particularly young participants and spectators.
- ix. Protect others involved in the game from verbal or physical abuse and threatening or intimidating behaviour.
- x. Never use inappropriate language or gestures.
- xi. Abide by the England Hockey Safeguarding and Protecting Young People in Hockey, Policy and Procedures and Good Practice Guidelines.

As a parent or spectator:

- i. I will not force my child to participate in sports.
- ii. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- iii. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
- iv. I will deliver my child to, and collect from, the pitch area. If another responsible person is to collect/transport my child I will inform the Truro Hockey Club coaches/captains.
- v. I will respect the officials and their authority and, if necessary, will take time to speak to coaches at an agreed time and place. Usually at the end of the coaching session.

If children have any concerns with regards to bullying of any kind, please tell your coach, captain or the Truro Hockey Club Welfare Officer:

welfare@trurohc.co.uk

If you have any questions regarding this code of conduct or feel that you have experienced a violation of any clause - please contact **sec@trurohc.co.uk**



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Frequently Asked Questions

When do we train?

Check our lovely website for info!

Do we pay match fees?

No! It's all covered in your membership fees

Where do we have post match teas?

Riverside Tapyard (The Old Skinner's Brewery)
Newham Road TR1 2DP Truro, UK

Are post match teas free?

Yes and you get 10% off all drinks when you show the club buzz app.

Do we arrive to training early?

Yes! Always get to training 15mins early and warm up so that you're ready for stick and ball straight away.

Are all coaches & captains first aid trained and DBS checked?

Yes! All captains and Lead Coaches are DBS checked. Most have completed coaching courses, safeguarding courses and we always have at least one first aider at every session or game.

How do I sign up?

Via the website. Just follow the prompts and we will approve your applications

Can I have a go before deciding to join?

Yes! Come to training and see how you get on and if hockey at Truro HC is for you.

Can my payments be made in small amounts?

Yes! You can pay in smaller chunks. For example x4 quarterly amounts.

My child has been asked to play for a different team. Should they?

Absolutely. The coaches and captains are always discussing progressing players. If they've been selected for a team this is what's best for them and that team for that weekend. Sometimes we want to stretch and challenge them and sometimes we want them enjoying lots of minutes and touches on the ball.

Do we need fuel money for away games?

Offering your driver some fuel money is always a good idea. Usually £5 each is enough to cover it unless its a very long journey.



Frequently Asked Questions

If I'm asked for availability by different captains on Club Buzz on the same week, should I say yes to all?

Yes! They will then decide, based on everyone's availability, which team to select.

Are playing shirts provided?

Yes. Each team has their own set of shirts. But if you want to buy your own - you can.

What shorts and socks do we wear?

The women's side wear black shorts or skorts. Men's side wear white shorts. Both men and women's side wear white socks.

Where can I purchase kit?

You can purchase all branded kit on the Y1 shop - you'll find links on our website. Non-branded items of the same colour are absolutely fine and can be purchased from any sports shop.

What protection does my child need?

For outfield players all players MUST wear shin pads and we strongly recommend gum shields or mouth guards when both playing and training.

Additional protection such as gloves are a good idea to protect hands from knocks and scrapes but aren't essential. Players are also encouraged to provide their own Penalty Corner Masks - although we will have these available for match days and when we coach penalty corners.

What length stick do I need to buy my child?

Often this comes down to personal preference but the rule of thumb for children is that it is approximately hip height. Some players prefer a longer stick and some a slightly shorter one.

Do we always play our home games at the same pitch?

Pretty much - yes! All training sessions and home games are held at Truro School and showers are in the Sir Ben Ainslie Leisure Centre.

Do I need to wait pitchside while my child trains?

No we will have your details and can call you if needs be. Just keep your phone on you and remain reachable.

Can I link more than one account to a single ClubBuzz account for my family?

Yes - this should happen automatically but if for any reason it does not you can contact members@trurohc.co.uk then we will be able to help you.



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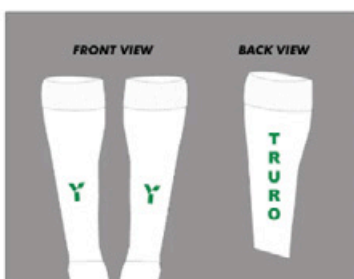
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More information to follow very soon!

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The Shanaz Restaurant is an Indian curry house, which has built a trustworthy reputation for serving some of the best Indian cuisine in Truro.

Our sumptuous menu fits all palates from the spicy sizzlers all the way to the cooling Korma, we have something to make every tastebud dance. If you are not sure on what to get, our friendly staff are always on hand to make recommendations and create the perfect experience for you.

If you're looking for ambience, you can dine in at The Shanaz just located in front of Victoria Gardens. Surround yourself with curated artwork picturing the domes of the Taj Mahal while you sit against the backdrop of Truro Cathedral. Our restaurant is a great setting for both those intimate meals all the way to large parties. The Shanaz also offers takeaways for those who want to tuck in at home.

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Duty of care

In order to protect our members as much as we possibly can. Truro has made a commitment to improve on the safety equipment we use at the club and over the next few seasons will upgrade the equipment used regularly at both training and in games.

We have started this season by providing new masks across all men's, women's and junior teams and are looking to purchase extra penalty corner equipment which can be used for specific training sessions and matches.

We are also training up all of our captains and coaches in first aid at work.

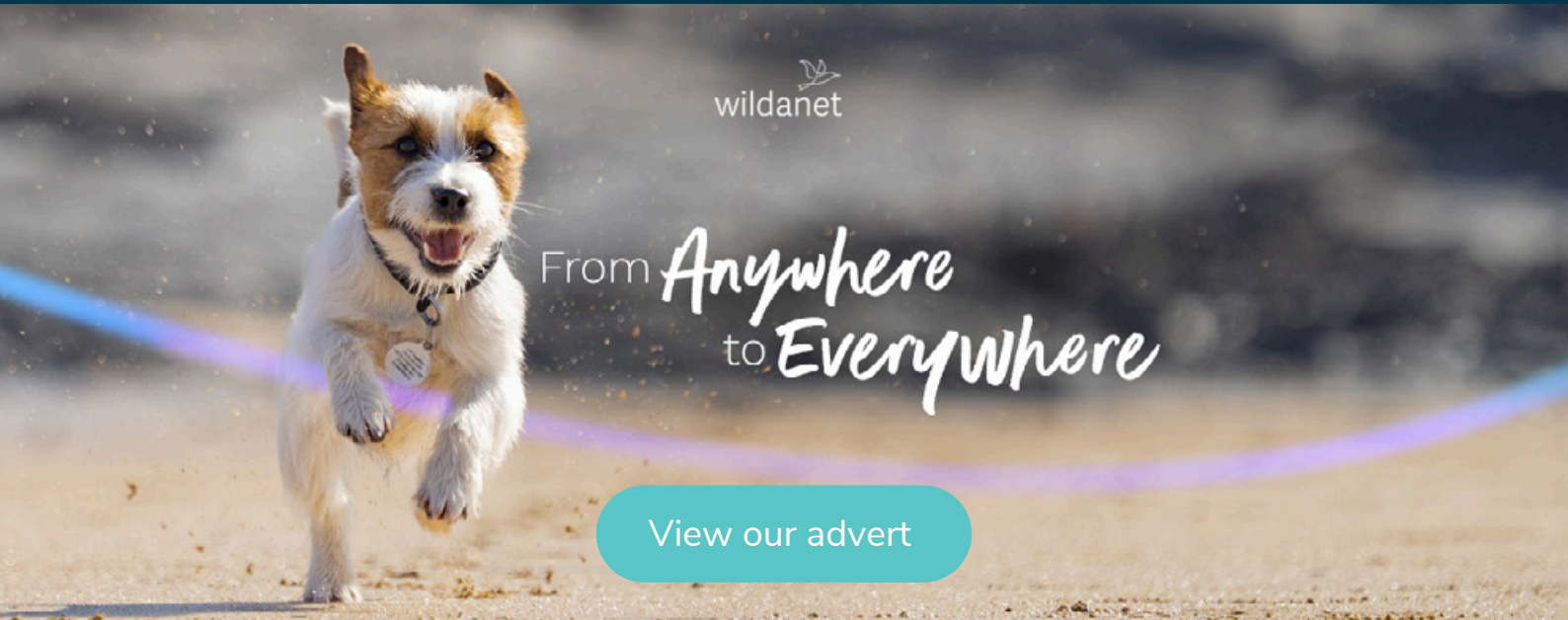
Finally we have updated all of our first aid kits with ice packs. There is a kit for every team to take to both away and home games.

If you have any questions or suggestions on further improvements please contact:
chairman@trurohc.co.uk





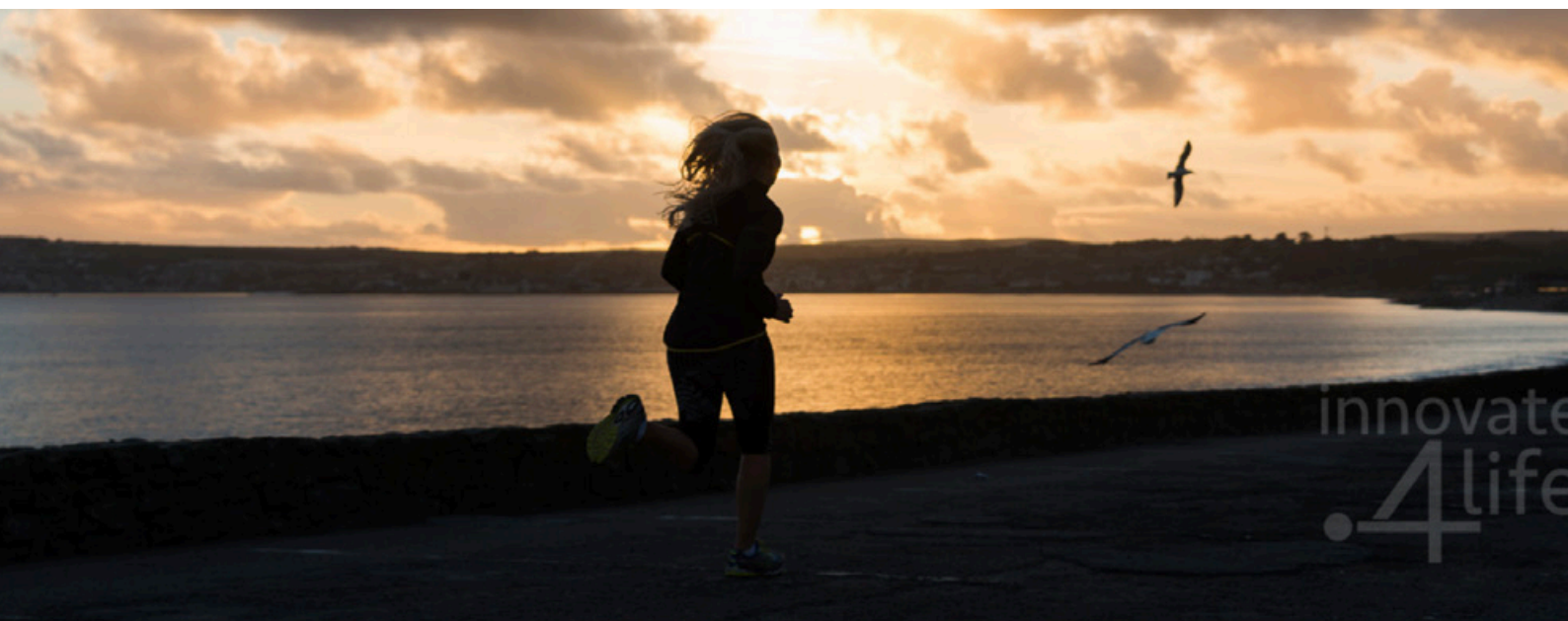
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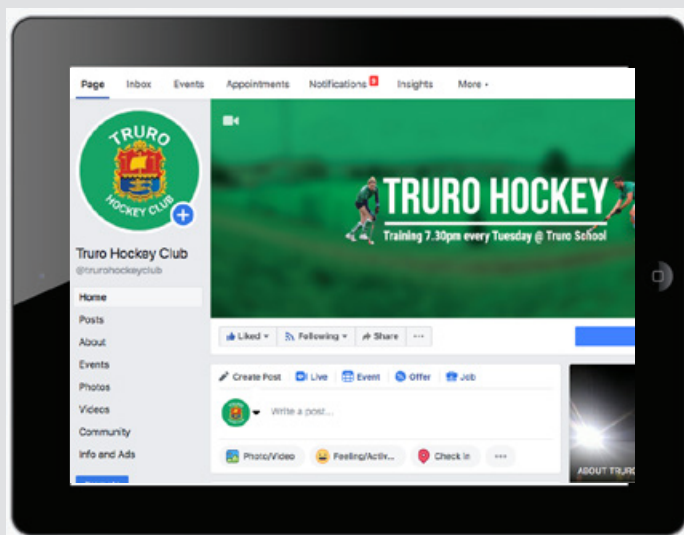


 01209 213281

 enquiries@grahamsmith.co.uk

 Cardrew House, Cardrew Ind Est, Redruth, TR15 1SP

Truro HC Online



Like us on Facebook and Instagram to get updated on:

- Events
- Club news
- Pitch reports
- Meetings
- Photos

Download the app:



Use the website for:

- Membership sign up
- Pay online
- Buy kit online
- Training info
- Fixtures
- Policies and safeguarding

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Membership - How to pay?

Membership fees:

Adults: £260

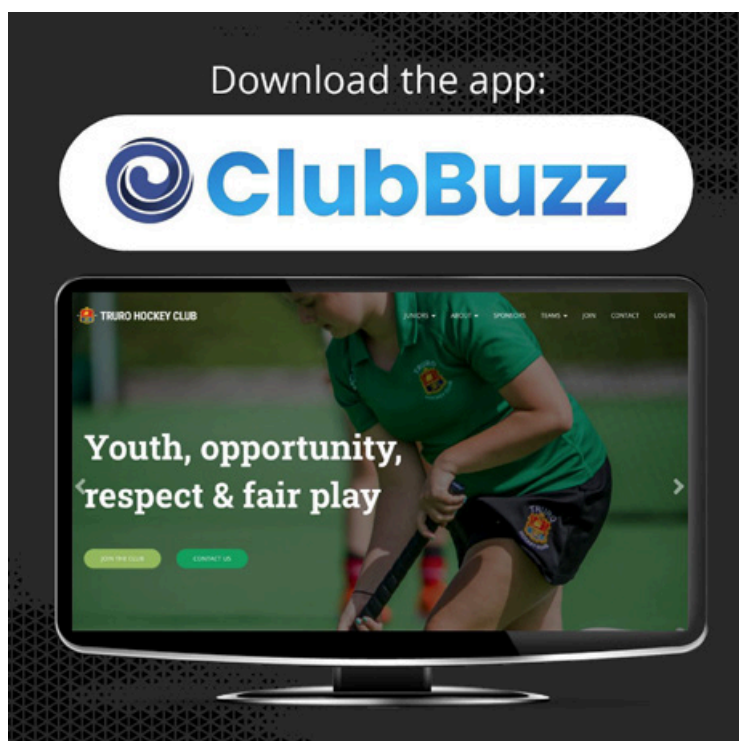
Unemployed & Students: £130

Juniors: £85 (£10 discount for siblings)

GKs with their own kit: £75

Payments are made online via direct debits and can be paid in fixed instalments of your choice.

This is done via the Club Buzz app which we recommend you download.



[Click here for how to pay >>](#)

Questions? Email members@trurohc.co.uk

Our committee

COMMITTEE ROLES

Chairperson	Lydia Smith
President	Simon Reed
Men's Club Captain	Tom O'Boyle
Women's Club Captain	Rachel Valler
Treasurer	Alex Reed
Fixtures Secretary	Amanda Eaves
Umpire Secretary	Ed Whitehead
Membership Secretary	Jules Millward
Club Secretary	Pru Risley
Director of Jnr Development	Nigel Barker
Junior Welfare Officer	Andie Parker-Jones
Sponsorship Secretary	Tom O'Boyle
Welfare Officer	Victoria Lock
Social Secretary	Ben Longworth

COACHES & CAPTAINS

Women's 1s Coach	Marcus Haes
Women's 2s Coach	Gordon Opie
Men's 1s Coach	Cuthbert Shepherd
Men's 1s Coach	Adam Tatlow
Men's 1s Coach	Paul Scullion
Men's 1s Captain	Matt Ricketts
Women's 1s Captain	Esme Tresidder
Men's 2s Captain	Matt Head
Women's 2s Captain	Jules Millward
Men's 3s Captain	Alex Reed
Men's 4s Captain	Nigel Barker
Men's 5s Captain	Tim Manhire
Men's 3/ 4/ 5s Coach	Tom O'Boyle
Men's 3/ 4/ 5s Coach	Ben Longworth





[Visit our website](#)

BEN WHITE ARCHITECT TRURO, CORNWALL

- Ben White Architecture is a small family-run architectural Practice in the Truro area of Cornwall that predominantly handles private residential work, along with some commercial and community projects across the county but also provides services further afield.
- Formed in 2016, the practice currently consists of five members of staff, a pot of coffee and a couple of dogs. The staff have a wealth of experience but the dogs' knowledge is architecturally limited.
- Ben is an RIBA Chartered Architect with over 25 years' practicing in the profession and when coupled with the team at BWA there is a portfolio of experience that ranges from luxury one-off houses, residential alterations, conservation projects, low-energy design (PassivHaus), commercial, healthcare, education/community and housing schemes.
- BWA can offer a bespoke architectural service from inception onwards and we have strong relationships with a number of other consultants to assist you in building your brief to reality.

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Christmas do



Beach cleans

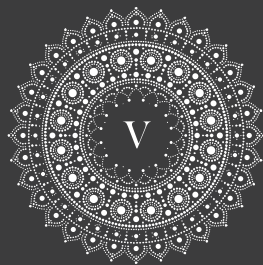




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Roles we're looking to fill

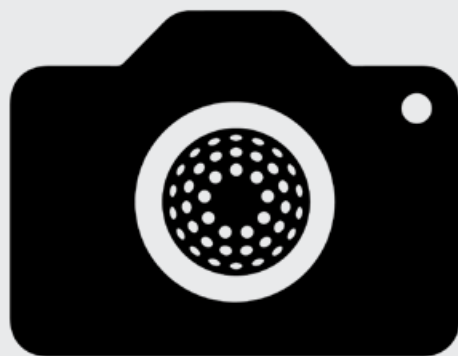
Boys U16 team Manager

Involves running and coaching the team from the sidelines. You will be required for a few match days a year and the club can support you with dedicated training sessions if required. Speak to Nigel Barker to find out more.

Fixtures Secretary

Working with the committee and captains to ensure all training, pre-season, league and mixed games are booked in and correctly synchronised with the membership and selection system "Club Buzz".

**Thank you to @hockeycentric
for use of their photos!**



**HOCKEY
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SPORTS PHOTOGRAPHY

Philip Martin

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Essential documents

Truro HC Policies and rules

[Truro HC Positive Imagery – Safeguarding](#)

[Truro HC Photo Guidance – Safeguarding](#)

[Truro HC Safeguarding](#)

[Truro HC Principles of Play](#)

[Truro HC Glossary of terms](#)



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