Bendigo Senjuns Hockey Club



Information Booklet 2024

Updated 9 April 2024



Contents

Welcome To Bendigo Senjuns Hockey Club!	4
Contact Information	4
Committee	5
Executive:	5
General committee members	6
Non-executive:	6
Club History	7
Life Members	8
Registration & Fees	9
Casual / Flexible	13
Payment plans – family discount, hardship	13
Community contribution subsidy per family	13
Canteen contribution	14
Club Events	14
Club Communication	14
Teams	14
Playing Fields	15
Fixtures	15
Team Managers	15
Training	16
Child Safe Standards	16
Working With Children Check	17
Coaching	18
Protective Gear	19
Club Nights	19
Merchandise	20
Team Colours and Uniform	20
Seniors:	20
Juniors:	20
UFS Sponsorship	21
Social and Fundraising Events	21
Policies	22
Get Active Kids Voucher Program	22

Canteen Duty	23
Junior Competitions	24
Senior Competition	26
Masters Competition (35yo+)	27
Opportunities	29
Grassports Junior Country Championships (JCC)	29
Grassports Junior State Championships (JSC)	29
Grassports Senior Country Championships (SCC) & Masters State Championships	30
North West Lightning	31
Shield Teams 2024	31
Women's Competition 2024	31
Under 18 State Draft Camp Nominations	31
Glossary	31
Bendigo Senjuns Hockey Club Committee / Leadership Group Structure	32

Welcome To Bendigo Senjuns Hockey Club!

We hope you enjoy a great season of hockey, meet up with old friends, make new ones and above all else have fun. This booklet is designed to set out the Bendigo Senjuns Hockey Club philosophies and any information you will need to know about the club and its operation.

Contact Information

President: Rob Murdoch Secretary: Kelly Harris ABN: 71196347292

Phone: 0408 294 095

Postal address: PO Box 843, Bendigo, VIC 3552

Web address: https://www.revolutionise.com.au/bjhc

Club email address: senjuns@gmail.com

Facebook page: https://www.facebook.com/BendigoSenjunsHockeyClub

Tiktok: https://www.tiktok.com/@senjunshc

Instagram: https://www.instagram.com/senjunshc22

Bank details: BSB: 633-000, Account number: 101476687, Ref: use the club member's name.









Committee

The Bendigo Senjuns Hockey Club Committee's main role is to ensure that the Club operations run smoothly, members enjoy participation and involvement and that the Club grows in coming years. In order to fulfil this function, the Committee will undertake various functions including governance, finance and promotion of the Club. Additionally, the Committee will support functions such as the day-to-day running of the teams including coordination of Coaches, Managers and Umpires.

Apart from Committee Executive positions (President, Vice President, Secretary and Treasurer) the following roles may be filled by Club Members outside the Committee of Management (COM).

The participation in the success of the club by the wider membership, is encouraged.

Executive:



President - Rob Murdoch

The role of President is to be figurehead for the Club and assist with publicity and growth of Bendigo Senjuns Hockey Club (the Club). This includes representation on external Hockey Central Victoria committees, participation and chairing of Bendigo Senjuns Committee meetings and liaising with other Clubs in the Hockey Central Victoria (HCV) competition.



<u>Vice President – Kerri Boyd</u>

The role of the Vice President is to shadow and support the President in providing leadership to the Club.



Treasurer - Mark Albrecht

The role of the Treasurer is to oversee the financial position of the Club including invoicing members, purchase of Club equipment or receipt of sponsorship funds. The Treasurer is responsible for regularly reporting the Club's financial position to the Committee.



Secretary - Kelly Harris (aka Harry)

The role of the Secretary is to facilitate information sharing between the Committee and the broader Club membership. This includes monitoring the Club correspondence, responding to requests for information from Club members and members of the public and being the primary point of contact for the Club.

General committee members

Mel Alexander, Matthew Ahearn, Suzanne Hartney, Jemma Rainbow, Vipul Patel, Hayley Pepperell

Non-executive:



Membership Officer - Vacant

The role of Membership Officer is to focus on Club experience for members and develop ways to increase Club participation and membership. The Membership Officer has a strong role in Club communications, liaising with the Secretary and Publicity Officers as required. This role has a focus on Club culture and works to actively improve the experience of those involved in Bendigo Senjuns Hockey Club, including offering Exit Interviews with exiting members. This is not a big role but a fun one! If you are interested, please email the club.



Fundraising Officer – Mel Alexander & Matt Ahearn

The role of Fundraising Officer is to coordinate Club fundraising events and to liaise with the Treasurer and other Committee members to ensure opportunities for additional fundraising are sought frequently.



Grants Officer – Suzanne Hartney

The role of Grants Officer is to submit applications for additional Club funding and to liaise with the Treasurer and other Committee members to ensure opportunities for additional funding are sought frequently.



Publicity / Social Media Officer – Jemma Rainbow

The role of Publicity/ Social Media Officer is to ensure that the club is promoted on all social media outlets (Facebook, Instagram and TikTok) by regularly creating inviting and up to date posts for both current and future players.



Umpiring and Competition Officer - Kerri Boyd

The role of the Umpiring and Competition Officer is to coordinate any umpiring requirements for the Club, liaise with the HCV Umpiring Coordinator and act as the Club's representative at required forums.



Strategy Officer - Vacant

The role of the Strategy Officer is to work with the Committee and other Club members to develop long-term vision for Bendigo Senjuns Hockey Club. This includes liaison with relevant bodies, an understanding of strategic development and planning as well as good relationship building capacity. It is important for this role to maintain connection with other Portfolio roles to ensure that the overall Club Strategy includes facets of development financially, culturally and from a governance perspective.



<u>Property Officer – Hayley Pepperell, (with help from Mel Alexander and Jemma Rainbow)</u>

The Property Officer will be responsible for the physical property of the Club, managing assets and equipment as required. This includes the selection, ordering and selling of club merchandise.

Thanks to the above people for their assistance in the above areas!

** Committee meetings are held monthly. All members are welcome

Club History

The Senjuns Hockey Club was formed in 1986 by close friends, Glenda Nevinson, Alison Ferguson, Alison Campbell and Judy Hasty. Alison Perkins, a senior player who agreed with these friends' hockey aims, later joined forces with the club.

The vision of these senior players was to use their encouragement, skill and experience to develop young, interested hockey players into an enthusiastic, fair minded and committed team. For their new team, the founders agreed upon the name "Senjuns" which originated from two words, "Seniors" and "Juniors", and underpinned the goals of this group.

The majority of members of this new team consisted of the aforementioned players and their daughters or young relatives, which made up the original A women's team. The Senjuns "B" Grade Women's team was formed in 1988. Later the A grade Men's team with the same endeavour, aims and enthusiasm as the Senjuns' founders, fielded its inaugural team in 1995, followed by a Men's B grade team in 1999.

There has been a concerted effort to develop Juniors from a very young age, (originally through Minkey Hockey teaching sessions and games), then in later years Hooked in to Hockey and HV Schools' Roadshows. Bendigo Senjuns has worked tirelessly to field teams in U9, U11, U13, U15 and U17 competitions.

As Senjuns has continued to grow, there have been many family groups as well as individuals, whose involvement in playing, administration, coaching and support has been invaluable in raising and maintaining the profile and success of the club renamed in 1999 as the Senjuns Sharks. In 2015 Senjuns Hockey Club became known as Bendigo Senjuns Hockey Club Inc.

Life Members

1996: club founders Glenda Nevinson, Alison Ferguson, Alison Campbell and Judy Hasty were honoured to receive life memberships in recognition of ten years' service to the development of the Senjuns Hockey Club.

2009: Sheryl Hartney and Tony Capuano

2018: Dale Boyd, Shane Hartney and Michael McDermott

2021: Kelly Harris

2022: Kerri Boyd, Mark Albrecht

2023: Maurie Miles

*A more detailed history of successes and family groups can be found in Bendigo Senjuns Hockey Club Inc Bylaws document and Definitive Club History.







Registration & Fees

2024 club fees will now be paid via RevSport, alongside the Hockey Australia (HA) / Hockey Victoria (HV) registration fees. Payment is via credit card. Make sure you are ready to secure your spot by having your card details at the ready.

Membership	Description	BSHC Fees	HA/HV Fees (additional to BSHC fees)	TOTAL
A. BSHC - Senior comp	Adult 19 & over playing in the Senior Competition	\$335	\$127.31	\$462.31
B. BSHC - Senior comp – PAYMENT PLAN	Adult 19 & over playing in the Senior Competition, on an approved payment plan	\$50	\$127.31	\$177.31
C. BSHC - Senior comp - Student / Concession (18 & Over)	Adult 18 & over playing in the Senior Competition as a student or concession	\$235	\$127.31	\$362.31
D. BSHC - Junior Comp & playing Seniors (18 & Under)	Junior (18 & under) playing in both Junior and Senior Competitions	\$235	\$98.31	\$333.31
E. BSHC - Junior Comp U8, U10	Juniors (18 & Under) playing in the U8 or U10 Junior competition	\$60	\$98.31	\$158.31
F. BSHC - Junior Comp U8/U10 – PAYMENT PLAN	Juniors (18 & Under) playing in the U8 or U10 Junior competition, on an approved payment plan	\$20	\$98.31	\$118.31
G. BSHC - Junior Comp U12/U14/U16/U18	Juniors (18 & Under) playing in the U12, U14, U16, U18 Junior competition	\$175	\$98.31	\$273.31
H. BSHC - Junior Comp U12/U14/U16/U18 - PAYMENT PLAN	Juniors (18 & Under) playing in the U12, U14, U16, U18 Junior competition,	\$50	\$98.31	\$148.31

	on an approved payment plan			
I. BSHC - Senior Playing & Officials Registration (19 & Over)	Adult (19 & Over) playing in the Senior Competition plus doing official duties	\$335	\$166.31	\$501.31
J. BSHC - Senior Playing & Officials Registration - PAYMENT PLAN	Adult (19 & Over) playing in the Senior Competition plus doing official duties, on an approved payment plan	\$50	\$166.31	\$216.31
K. BSHC - Junior Playing & Officials Registration (18 & Under)	Junior (18 & Under) playing in the Junior Competition plus doing official duties	\$175	\$137.31	\$312.31
L. BSHC - Junior Playing & Officials Registration - PAYMENT PLAN	Junior (18 & Under) playing in the Junior Competition plus doing official duties, on an approved payment plan	\$50	\$137.31	\$187.31
M. BSHC – Umpire Registration (non-BSHC Playing)	Non-playing member but doing umpiring duties	\$0	\$39	\$39.00
N. BSHC – Tech Officials Registration (non-BSHC Playing)	Non-playing member but doing technical official duties	\$0	\$39	\$39.00
O. BSHC - Non-playing	Non-playing member (ie. Team Manager, club volunteer)	\$0	\$0	\$0.00
P. BSHC - Club coach & Non- playing member	Club coach (non- playing)	\$0	\$0	\$0.00
Q. BSHC - Club coach & Player (Senior comp)	Club coach & playing in the Senior comp	\$0	\$127.31	\$127.31
R. BSHC - Club coach & Player (Junior comp)	Club coach & playing in the Junior comp	\$0	\$98.31	\$98.31

S. BSHC - Club coach & Player (Junior playing Senior comp)	Club coach & playing in both Junior and Senior comps	\$0	\$98.31	\$98.31
T. BSHC - Club coach co- coach & Non-playing	Club co-coach (non- playing)	\$0	\$0	\$0.00
U. BSHC - Club coach co- coach & playing Senior comp	Club co-coach & playing in the Senior comp	\$167.50	\$127.31	\$294.81
V. BSHC - Club coach co- coach & playing Junior comp	Club co-coach & playing in the Junior comp	\$87.50	\$98.31	\$185.81
W. BSHC - Club co-coach & Player (Junior playing Senior comp)	Club co-coach & playing in both Junior and Senior comps	\$117.50	\$98.31	\$215.81
X. BSHC – CASUAL: Senior comp (5 rounds only)	Adult (19 & Over) playing casually (5 rounds only) in the Senior Competition	\$125	\$69.81	\$194.81
Y. BSHC – CASUAL: Senior comp from another club	Adult (19 & Over) playing casually (5 rounds only) in the Senior Competition, registered with another club.	\$25 per game Payment not made through RevSport — payment to be made prior to the game with cash or via bank transfer before the game	\$0 Payment already made through RevSport with primary club	\$25 per game
Z. BSHC – CASUAL: Junior Comp U8, U10 (5 rounds only)	Junior playing casually (5 rounds only) in the U8 or U10 Competition	\$25	\$56.31	\$81.31
ZA. BSHC – CASUAL: Junior Comp U12/U14/U16/U18 (5 rounds only)	Junior playing casually (5 rounds only) in the U12, U14, U16 or U18 Competition	\$75	\$56.31	\$131.31
ZB. BSHC — CASUAL: Masters & Seniors (5 rounds only)	Adult (19 & Over) playing casually (5 rounds only) in the	\$10 per game Payment not made through	\$ 127.31	\$127.31 + \$5 per game

	Masters Competition, plus also playing in the Senior competition.	RevSport – payment to be made prior to the game with cash or via bank transfer before the game		
ZC. BSHC — CASUAL: Masters (5 rounds only)	Adult (19 & Over) playing casually (5 rounds only) in the Masters Competition only.	\$10 per game Payment not made through RevSport payment to be made prior to the game with cash or via bank transfer before the game	\$ 69.81	\$69.81 + \$5 per game
ZD. BSHC - Junior Comp & playing Seniors (18 & Under) - PAYMENT PLAN	Junior (18 & under) playing in both Junior and Senior Competitions, on an approved payment plan	\$50	\$98.31	\$148.31
ZE. HCV Masters without Senjuns Club fees	Adult 19 & over playing in the Senior Competition	\$0	\$127.31	\$127.31

^{*} The U12 fee is charged based on a full-field game. If HCV decide that the U12 format will changed to Hockey 5's, the club will reimburse you a portion of the fee charged.

Players must be a full financial member of the club to be eligible for finals.

If you are a new to the sport of hockey, you are considered a prospective member and may be covered by Hockey Victoria's Personal Accident Insurance for the first four (4) weeks of participation only. After this introductory period has finished, to continue participating in hockey, you will be required to purchase a HV membership.

A player must be registered AND have paid the Hockey Victoria Player Registration Fee via the RevSport Membership and Player Registration Portal before they are eligible to take the field in any of HV's and/or Affiliated Association competitions, programs, events, training and other activities. If you do not register, you also do not qualify for any Membership Benefits and you are not covered by the HV Personal Accident Insurance (or able to make a claim).

If you are transferring to our club from another club in the HCV association, DO NOT register with our club directly. You need to register with your previous club first and contact them to arrange a transfer to Bendigo Senjuns through RevSport. Then you can register with our club dually.

If you owe any fees to our club, we will NOT approve a transfer for you to another club.

Casual / Flexible

To tie in with **HV 5 Game Flexible registration** offering, players can elect to play up to 5 casual games at casual rate. If more than 5 games are played they are expected to register again and pay the full HA/HV fee and full club playing fees.

Payment plans - family discount, hardship

Please refer to the Club's Payment of Fee Policy on our website.

Should any Bendigo Senjuns Hockey club members experience financial hardship, please speak to our club Treasurer regarding a payment plan to help you out - we would prefer to have all our members playing hockey rather than sitting on the sidelines.

Please DO NOT REGISTER ON REVSPORT until you have spoken to the Treasurer. The Treasurer will advise you which category payment-plan fee to choose on RevSport.

Any payment plans (a contract, as such) need to be put into place prior to the first training session taking place and agreed to by the Committee. Once this plan is in place, you must abide by the plan. Final payments are required by 30 June.

Hockey Australia / Hockey Victoria fees and a deposit must be paid before the first training session via RevSport. The remaining balance will be collected directly by the Club.

Should fees be outstanding at any point of the season without a payment plan approved by the Club, that member will be ineligible to take any further part in training or games until it has been rectified.

Senjuns will offer the following family discounts for 2024:

Family discounts	\$ discount
Player 1 (adult or most senior)	0
Player 1 (adult or most senior)	0
Player 3	20%
Player 4+	50%

Community contribution subsidy per family

A \$50 Community Contribution Subsidy has been added on every member's fee who play U12+ (not including Masters only players). You can complete voluntary tasks to subsidise your fees.

To receive the \$50 subsidy back, families can elect to attend at least 2 volunteer events throughout the season including 1 rostered canteen duty.

Qualifying activities include:

- Canteen duty
- Bunnings BBQ
- HCV working bee
- Being a committee or sub-committee member
- Other tasks as deemed appropriate by the committee.

Let the Treasurer via email know when your family has completed required duties and provide your bank details to obtain a reimbursement via bank transfer.

Canteen contribution

In the past, the club has received money back from HCV for our contribution to working in the HCV canteen. If the club receives this in 2024, the club will create a plan to pass this contribution back to club members.

Club Events

Our club events are listed in our <u>Club Calendar on our webpage</u>. Please check regularly to see what is coming up. Events are also discussed or added to Facebook.

Club Communication

Our club communicates using several social media platforms and email. Please follow our social media platforms to keep up to date with updates and other information:

- Web address: https://www.revolutionise.com.au/bjhc
- Club email address: senjuns@gmail.com
- Facebook page:
 https://www.facebook.com/BendigoSenjunsHockeyClub
- Tiktok: https://www.tiktok.com/@senjunshc
- Instagram: https://www.instagram.com/senjunshc22



Teams

We are still waiting to hear from Hockey Central Vic about what the competition will look like in 2024. Bendigo Senjuns Hockey Club are entering the following teams:

Juniors:

- Under 8 mixed
- Under 10 mixed
- Under 12 mixed

Seniors:

- A Men
- B Women

We are always open to welcoming more Junior and Senior players. Please encourage people in your networks to consider playing hockey this year. No experience necessary.

Playing Fields

All HCV Winter games are played at the fantastic facilities at the Ashley Street complex in Ironbark, Bendigo. Competitions will be run on both turfs.

Fixtures

Fixtures for games are listed online once they are created by HCV. Links can be found on our <u>fixtures page on</u> our website.

Team Managers

To accompany the leadership group, each team will have a Team Manager. The role of manager is neither time consuming nor difficult; it greatly aids in the smooth running of the club and the enjoyment experienced by the members.

Role of the Team Manager:

- Assists the coach and is responsible for the smooth running of the team
- Collects equipment needed for training and games balls, masks, first aid kit, cones.
- Completes the teams match sheet, record goals scored and any disciplinary action taken by officials throughout the game and ensure umpires sign the match card at the conclusion of the game.
- Ensure results and team sheets are posted on RevSport (this is currently being completed by the club Vice President / Competitions).
- Reports any Breaches of the HCV Code of Conduct, either by Bendigo Senjuns members or opposition teams, to the President and/or Secretary of Bendigo Senjuns Hockey Club.
- Is aware of the guidelines regarding preference for eligibility for game selection.
- Holds confidential information about the emergency contacts for players.
- Take photos/videos of games/training and send to the Social Media Officer for club marketing.







Training

Training is on the turf at the Bendigo Hockey Facility:

Juniors: Wednesday 5.30pm-6.30pm

Seniors: Wednesday 6.30pm-7.30pm

Dates for when training will start will be announced soon – stay tuned!



Child Safe Standards

All organisations in Victoria that provide services or facilities for children are required to comply with Child Safe Standards, to ensure that the safety of children is promoted, child abuse is prevented, and allegations of child abuse are properly responded to.

The <u>Child Safe Standards</u> are minimum compulsory standards for all organisations that interact with children and young people. The Standards aim to prevent abuse through a focus on cultural change and help to protect children from the risks of abuse.

New Child Safe Standards came into place on 1 July 2022 to better protect children and young people from abuse.

Key changes include new requirements:

- To involve families and communities in organisations' efforts to keep children and young people safe
- For a greater focus on safety for Aboriginal children and young people
- To manage the risk of child abuse in online environments
- For greater clarity on the governance, systems and processes to keep children and young people safe.

Changes have been made to support greater national consistency, reflecting the National Principles for a Child Safe Organisation developed following the Royal Commission into Institutional Responses to Child Sexual Abuse.

An overview of the new Standards is provided below:

- 1. Organisations establish a culturally safe environment in which the diverse and unique identities and experiences of Aboriginal children and young people are respected and valued
- 2. Child safety and wellbeing is embedded in organisational leadership, governance and culture

- 3. Children and young people are empowered about their rights, participate in decisions affecting them and are taken seriously
- 4. Families and communities are informed, and involved in promoting child safety and wellbeing
- 5. Equity is upheld and diverse needs respected in policy and practice
- 6. People working with children and young people are suitable and supported to reflect child safety and wellbeing values in practice
- 7. Processes for complaints and concerns are child focused
- 8. Staff and volunteers are equipped with the knowledge, skills and awareness to keep children and young people safe through ongoing education and training
- 9. Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed
- 10. Implementation of the Child Safe Standards is regularly reviewed and improved
- 11. Policies and procedures document how the organisation is safe for children and young people.

Resources:

The overview below and the resources on the Victorian standards.

The following resources from the Commission for Children and Young People (CCYP) provide further information and details about the incoming changes:

- Victoria's new Child Safe Standards
- What's New? An overview of the Child Safe Standards
- What's Changing? A comparison of current and new Child Safe Standards
- Further information from CCYP
- The Safe Hockey Hub is Hockey Australia's comprehensive and accessible resource hub designed to
 give all members of the hockey community the information they need to help us fulfil this
 commitment.: https://www.hockey.org.au/integrity/safe-hockey/

The Bendigo Senjuns Hockey Club Committee of Management have discussed ways to implement the new Standards into Club practice. Committee members have been asked to familiarise themselves with the resources. Links to the above sites have been added to our website.

Working With Children Check

Committee members, Team Managers and Coaches are required to hold a Working with Children Check. We also encourage playing members to obtain this. This is a screening process for assessing people who work with or care for children in Victoria. We ask that you obtain this in order for our club to ensure that protecting children is an absolute priority.

If you do not currently hold a WWC, please apply online. See this

link: https://www.workingwithchildren.vic.gov.au/individuals/applicants/how-to-apply#Complete online application. Your WWC needs to be linked to the club. Add these details when you

<u>apply#Complete_online_application</u>. Your WWC needs to be linked to the club. Add these details when you apply:

Organisation name: Bendigo Senjuns Hockey Club

Postal number and street: PO Box 843

Suburb: Bendigo

State: Victoria Postcode 3552

Phone: 0402578556

If you currently hold a WWCC, please add Bendigo Senjuns Hockey Club to your card online and advise the Secretary of the club the number of your card so your card status can be checked and recorded.

Thanks for cooperating in assisting to ensure the safety of all children in our club.

Coaching

Bendigo Senjuns expect that **all coaches** undertake a coaching course. We ask that coaches commit to undertaking a course by May the year they undertake their first coaching role. If a coach has completed a course, they are to forward their certificate to the club.

The Australian Sports Commission (ASC) has partnered with Sport Integrity Australia to incorporate important safeguarding content in the course. The Safeguarding Sport module educates coaches on how to protect themselves and their participants, by helping coaches understand how to act, speak and behave in line with current community expectations.

The <u>Community Coaching – Essential Skills</u> helps coaches create fun, safe and inclusive environments for participants. This award-winning course has been designed so coaches can learn at their own pace and complete 8 modules anytime, anywhere, on any device. This course has replaced the General Principles Course.

The new approach will reshape the sporting experience and encourage more people to play, coach and enjoy sport

Module 1: Safeguarding in sport

- Protecting children and adults
- Understand what safeguarding in sport is and the policies that underpin and protect participants at all levels of sport
- Recognise your role in safeguarding
- Know your rights as a coach to be safe and protected from discrimination, harassment, bullying and abuse.

Module 2: Who you coach

- Engaging participants
- Identify your basic roles, responsibilities and professional boundaries as a community coach
- Be aware of your participants' different motivations for playing sport
- Recognise what helps you create a positive and engaging sports environment for everyone.

Module 3: Where you coach

- Space, equipment and facilities
- Identify the space, equipment and facilities required to deliver your sessions
- Understand how to use them safely and appropriately
- Adapt your activities to meet any challenges that arise.

Module 4: What you coach

- Session planning
- Identify the key characteristics and elements of safe and effective session planning
- Recognise how different coaching approaches can be used to develop fitness, technical and tactical skills
- Be aware of the impact that an effective plan can have on the enjoyment and

improvement of individuals and the team or group.

Module 5: How you connect

- Communication
- Be able to identify different types of communication that are commonly used in a community sport environment
- Gain an understanding about what effective communication is and how to deliver it
- Be aware of the impact effective communication has on creating safe, inclusive sporting environments.

Module 6: How you engage

- Stakeholder management
- Identify key stakeholders within community sport and how they can assist you
- Recognise the value and importance of volunteers
- Understand how to engage with key stakeholders and involve them in your coaching plans.

Module 7: How you deliver

- Group management
- Be aware of what effective group management involves within community sport and how to achieve it
- Gain an understanding of how to ensure your practice sessions and competitive events are inclusive for all participants
- Identify ways in which to encourage positive behaviour and role modelling.

Module 8: How you improve

- Self-reflection and assessment
- Gain an understanding of what effective self-reflection is and how to use it
- Recognise why self-reflection is important for the development of your participant's sporting experience
- Be aware of the importance of selfreflection as a developing coach.



Protective Gear

It is a requirement of Bendigo Senjuns Hockey Club that all junior participants are to wear mouth guards, or they will not be permitted to train or play. Juniors must also wear face masks when defending short corners (supplied by the club).

Club Nights

We are currently confirming our sponsor for the 2024 season.

Club Nights are planned at our sponsor pub monthly for dinner, drinks, and a chat. This information can be found on the website in our <u>Club Calendar</u>.

Merchandise

Players are encouraged to wear Bendigo Senjuns clothing during training and on game days. Items available include: flexible caps (can wear while playing!), stubby holders, key tags, and custom-made inners.

More merchandise will be available to purchase soon. See our website for more details.

Payment is made directly into the club bank account: BSB: 633-000, Account number: 101476687, Ref: use the club member's name.







Team Colours and Uniform

All Bendigo Senjuns Hockey players wear the Bendigo Senjuns Sharks uniform









Seniors:

Members playing in the Senior competition need to purchase their playing uniform:

- Royal Blue/White Shirts
- Royal Blue Shorts or Skirts
- Royal Blue Socks two white bands at top & Bendigo Senjuns text down the sides.
- Red (with white text) alternate strip socks purchase through the club.

Juniors:

Members playing in the Junior competition can borrow their playing uniform for the year. These need to be returned at the end of the year. Socks still need to be purchased.

- Royal Blue/White Shirts
- Royal Blue Shorts
- Royal Blue Socks two white bands at top & Bendigo Senjuns text down the sides.
- Red (with white text) alternate strip socks purchase through the club.

Hayley Pepperell is the person to see to arrange your uniform. Hayley can be contacted through the Club Secretary: seerjuns@gmail.com. You will be invoiced for the uniform by the Treasurer.





UFS Sponsorship

Please consider becoming a member of UFS Pharmacies. Becoming a member and nominating the Senjuns as your club of choice means that half of the annual \$12 fee will be donated back to the club. The benefit to you will be a range of discounts when you shop at UFS.

They have sites in Hargreaves Street, View Street, Strathfieldsaye, and Maiden Gully and have optical as well for all your eye needs.

Have a look at their website for more information: https://bendigoufs.com.au/about-us/.





Social and Fundraising Events

Bendigo Senjuns Hockey Club requires the assistance of many people if it is to run efficiently. Please volunteer to assist in any way you can.

Registration fees do not cover all the Club's costs, and we are obliged to undertake fundraising activities to cover expenses. Club expenses are high due to the hiring of turf for trainings, game fees and affiliation costs. To assist in keeping club fees down it is expected where possible families/players will assist with a small number of key fundraising events throughout the year.

We also hold various social events during the year to assist with team building and to promote friendship and comradery (and to just have a good time). Previous events include cinema nights, scavenger hunts, Junior event at The Zone, Beach Day at the Bendigo races. More information about upcoming events will be

given out during the season via email and posted on the Bendigo Senjuns Facebook site. If you have some time spare to help with organising an event, this would be appreciated.

The ways you can assist the club include:

- Support our main sponsor (venue TBC):
 - Attend Club Nights.
 - o Promote the venue to friends and family for functions and celebrations.
 - o It is encouraged that members identify yourselves as Bendigo Senjuns Hockey Club members (ie. wear club merchandise) when attending the venue.
- Assist in running the Bunnings BBQ.
- Become a member of UFS Pharmacies.
- Participate in fundraising events set up by the club
- Help run the BBQ for club events at the hockey ground and eat many snags!
- Help with the organisation of and/or attending the Bendigo Senjuns Hockey Club AGM and Presentation Night
- Help with the organisation of and/or attending the HCV Presentation Night

Events are listed on our **Events page on our website** and in our **Club Calendar**.





Policies

All our club policies can be found on the Policy page on our website.

Get Active Kids Voucher Program

In the past, the Get Active Kids Voucher program rolls out up to 100,000 vouchers worth up to \$200 over four rounds, helping families with the cost of membership and registration fees, equipment and uniforms*.

To be eligible, kids need to be:

- aged 4 to 18 years old
- a resident in Victoria
- named on a current Australian Government Health Care Card or Pensioner Concession Card
- named on a valid Australian Government Medicare Card at the time of application.

Check out the Get Active Victoria website (https://www.getactive.vic.gov.au/vouchers/) eligibility and to apply. Our club has registered so we can accept these vouchers.

Canteen Duty

Yes - the canteen at the Bendigo Hockey Facility is up and running!!!

ALL club members (or their family members if the club member is young) will be expected to volunteer for at least ONE session in the canteen during Senjuns' rostered times in 2024. The Canteen Roster will be saved here: https://www.revolutionise.com.au/bjhc/information-canteen/.

Our 2024 Canteen Captain is yet to be confirmed.







Junior Competitions

	Under 8 mixed	Under 10 mixed
Coach	Sophie Downing-Mooney	Sophie Downing-Mooney
Training	Training is held on Wednesday nights 5.30pm-6.30pm. We alternate grounds each week. If you cannot attend training, please send a	Training is held on Wednesday nights 5.30pm-6.30pm. We alternate grounds each week. If you cannot attend training, please send a
	message to the group chat on Messenger.	message to the group chat on Messenger.
Fixtures	This competition runs on a Saturday morning at 9am. Fixtures can be found here.	This competition runs on a Saturday morning at 10am. Fixtures can be found here.
Team Manager	ТВС	ТВС
Uniforms	Players will wear their usual Senjuns uniform.	Players will wear their usual Senjuns uniform.
Fees	Players will pay their Hockey Victoria / Hockey Australia and Club fees via RevSport.	Players will pay their Hockey Victoria / Hockey Australia and Club fees via RevSport.
Registration	Players need to be registered with Bendigo Senjuns Hockey Club.	Players need to be registered with Bendigo Senjuns Hockey Club.

	Under 12 mixed	Under 14 mixed
Coach	Hayley Pepperell	We do not have the numbers for an U14 team for this year. Players will be allocated to our other teams.
Training	Training is held on Wednesday nights 5.30pm-6.30pm. We alternate grounds each week.	N/A
	If you cannot attend training, please send a message to the group chat on Messenger.	
Fixtures	This competition runs on a Friday night at 6pm. <u>Fixtures can be found here</u> .	N/A
Team Manager	TBC	N/A
Uniforms	Players will wear their usual Senjuns uniform.	N/A

Fees	Players will pay their Hockey Victoria / Hockey Australia and Club fees via RevSport.	N/A
Registration	Players need to be registered with Bendigo Senjuns Hockey Club.	N/A







	Under 17 mixed
Coach	We do not have the numbers for an U17 team for this year. Players will be allocated to our other teams.
Training	N/A
Fixtures	N/A
Team Manager	N/A
Uniforms	N/A
Fees	N/A
Registration	N/A

Senior Competition

	A Women	B Women
Coach	N/A	ТВС
Training	N/A	Training is held on Wednesday nights at 6.30pm. We alternate grounds each week. If you cannot attend training, please let the coach know.
Fixtures	N/A	<u>Fixtures can be found here</u> .
Squad	N/A	The coach will announce the team list when this is decided.
Team Manager	N/A	TBC
Uniforms	N/A	Players will wear their usual Senjuns uniform.
Fees	N/A	Players will pay their Hockey Victoria / Hockey Australia and Club fees via RevSport.
Registration	N/A	Players need to be registered with Bendigo Senjuns Hockey Club.

	A Men	B Men
Coach	Rob Murdoch	N/A
Training	Training is held on Wednesday nights at 6.30pm. We alternate grounds each week. If you cannot attend training, please send a message to the group chat on Facebook/WhatsApp.	N/A
Fixtures	Fixtures can be found here. RHL (Regional Hockey League) The A Mens team may also play in the RHL (Regional Hockey League). This means that some of our games will be played against teams from the Goulburn Valley (GV) league. In the past, games played by Bendigo teams against each other earn	N/A

	points not only for the RHL league but also the HCV league.	
Squad	The coach will announce the team list when this is decided.	N/A
Team Manager	Maurie Miles	N/A
Uniforms	Players will wear their usual Senjuns uniform.	N/A
Fees	Players will pay their Hockey Victoria / Hockey Australia and Club fees via RevSport.	N/A
Registration	Players need to be registered with Bendigo Senjuns Hockey Club.	N/A







Masters Competition (35yo+)

	Masters Women	Masters Men	
Coordinator	Run by HCV		
Training	N/A		
Fixtures	https://www.revolutionise.com.au/hockeycentralv/events/234392/.		
Squad	Once registrations have been received, HCV will draft registered players into teams for an initial 3 weeks. Number of teams will be reliant on number of registrations.		
	Teams will be created (by the HCV Competitions Committee) with players evenly distributed to teams, based on information provided with player registration and player history.		
Team Manager	N/A		

Uniforms	TBC by HCV
Fees	Players will pay their Hockey Victoria / Hockey Australia fees via RevSport. Register here: https://www.revolutionise.com.au/hockeycentralv/events/234392/ .
Registration	Every player MUST be registered with a HCV club (like Senjuns) for insurance purposes, however you will need to individually confirm participation and pay the season fee for the Masters competition you wish to play in.
	The cost is \$10 per match paid as an upfront \$100 fee that includes the turf hire and game / umpire fees.

Masters Hockey 2024 will be on Mondays from 7:15pm starting Monday 15th April. There will be an initial 10 week season that will be followed by further weeks if there is sufficient interest from players.

Depending on the number of registrations it is hoped to conduct both a Mens Masters and Womens Masters competition.

The format and number of games is dependent on the amount of registrations HCV receive.

Goalies are encouraged to register.

Late registrations will only be accepted if players are needed to consider teams viable for competition.

IMPORTANT INFO REGARDING REGISTRATION

You will see above that you need to register with a club within the HCV association to be able to then individually confirm participation & pay the season fee for the HCV Masters competition you wish to play in.

If you want to play in the HCV Masters comp PLUS in another Senjuns grade

- 1. Register as Category A through the Senjuns Registration page and pay the HV/HA fee of \$127.31 and club fees of \$335. If you have already done this, great. You may have already registered as Senior plus Masters 5 rounds (Category ZB) which is also fine.
- 2. Register to play in the HCV Masters competition and pay the \$100 fee through this link: https://www.revolutionise.com.au/hockeycentraly/events/234392/.

If you want to play in the HCV Masters comp but DO NOT want to play for Senjuns in another grade

- 1. Register as Category ZE through the Senjuns Registration page and pay the HV/HA fee of \$127.31 (no club fees to be paid).
- 2. Register to play in the HCV Masters competition and pay the \$100 fee through this link: https://www.revolutionise.com.au/hockeycentralv/events/234392/.

If you have already registered with us to play Masters, you would have paid your HV/HA fee (as you need to) but you have also been charged club fees from us. For those in this situation, you can request a reimbursement of the club fees you have paid to our club. To seek a reimbursement, please contact our Treasurer Mark on seejamail.com.





Opportunities

Grassports Junior Country Championships (JCC)

Dates: Saturday 18th May & Sunday 19th May, 2024.

The venues utilised will be as follows:

- Essendon Hockey Centre Under 14 Boys & Girls
- Greensborough Hockey Centre Under 16 Boys & Girls
- Melbourne Sports Centres Parkville Under 18 Boys & Girls

In 2024, the age groups for the Event will also change to Under 14, Under 16 and Under 18. This will ensure they align with the age groups for Hockey Australia National Championship, the Victorian Junior State Championships and the vast majority of local competition age groups across Victoria. This change was supported by the clear majority of JCC Coordinators and was flagged 12 months ago.

Grassports Junior State Championships (JSC)

Hockey Victoria is delighted to announce Bendigo and Shepparton as hosts of the 2024 Junior State Championships.

After successfully delivering the Event in Bendigo and Shepparton in 2021, it is with great excitement we return to Regional Victoria with the support of Goulburn Valley Hockey Association, Greater Shepparton City Council, Hockey Central Vic and the City of Greater Bendigo.

BENDIGO will host the following:

- Under 14 & Under 16 Boys Friday 5th July to Sunday 7th July, 2024
- Under 18 Boys & Girls Saturday 21st September to Monday 23rd September

SHEPPARTON will host the following:

- Under 14 & Under 16 Girls Friday 5th July to Sunday 7th July, 2024
- Under 12 Boys & Girls Hockey 5s Wednesday 3rd July to Thursday 4th July, 2024

Please note:

• The Under 14 & Under 16 age groups will only run for 3 days, instead of the 4 days they traditionally have. But teams will still play the same number of matches across the course of the Event. The

Under 18 Boys & Girls was successfully run over 3 days this year. This change will result in all participants requiring one fewer night of accommodation.

- It is only possible to fit two age groups at one venue at a time. Hence the Under 14 & Under 16 girls will be together in Shepparton and the Under 14 & Under 16 Boys will be together in Bendigo. It is not possible to have them all at the same venue, there are not enough timeslots for the number of matches required.
- The Under 12s will run in the two days prior to the Under 14s and Under 16s. This not only means that more Hockey 5s fields can be set up (as there is access to two full field pitches for the duration of the Event), but it also means that the Under 14s and Under 16s can fit into the 3 days. It is not possible to have the Under 12s running at the same time as Under 14s and Under 16s if we want those age groups to run over 3 days.
- The Under 12s will again run as Hockey 5s, but with some rule modifications.
- The Under 18 National Championships will again run in the school holidays in the middle of the year which clashes with the JSC for the other age groups. In 2024, the Under 18 JSC will run in September once more and this will be reviewed again following next years event.

Player Nominations for the 2024 Junior State Championships will open at the start of 2024, with Under 12, Under 14 and Under 16 trails likely to be held on Sunday 21st April, 2024. Under 18 trials are likely to be held on Sunday 14th July, 2024.



Grassports Senior Country Championships (SCC) & Masters State Championships

Dates: Saturday 8th June to Monday 10th June, 2024.

Throughout and following the 2023 Senior Country Championships, a survey was conducted to gather information from both people participating in the Event, but also a significant number people that did not attend in 2023. There were over 220 survey responses collected. HV have since been meeting with the Regional Steering Committee to discuss this information and begin planning for both the 2024 & 2025 Senior Country Championships.

Based on the survey responses, when the Senior Country Championship is delivered in metropolitan Melbourne there is a clear desire for it to be held at the premier venue, which is Melbourne Sports Centres Parkville.

The 2024 SCC will be held at Melbourne Sports Centres Parkville. The Men & Women will again play at the same venue. Should team entries warrant an additional venue being utilised, HV will secure one of the venues in very close proximity to MSC Parkville to use as an overflow venue.

North West Lightning

Shield Teams 2024

North West Lightning will enter a boys and girls team in the Shield Under 14 and Under 16 competitions and a mixed Under 18 team in 2024 (numbers dependent). These competitions are played in both Melbourne and Bendigo on a Friday night, starting on 3rd May. To assist with NWL junior team registrations, NWL need expressions of interest by 12th February 2024.

Nominate through the following link, go below the login and register as a guest. https://www.revolutionise.com.au/nwlightning/events/215417/

Women's Competition 2024

With the relegation to Vic League 2 and the second team in Pennant C in 2024, NWL have spent significant time working with Hockey Victoria to facilitate how NWL approach the season with teams in different competitions. NWL are still waiting final confirmation of the teams that will be in VL2 but have requested all home games to be together and where possible away games in close proximity or at a neutral venue. NWL will forward information when finalised by HV.

Under 18 State Draft Camp Nominations

Nominations close for the Under 18 State Draft Camp on Wednesday 31st January at 1pm.

For more information and to register: https://www.hockeyvictoria.org.au/events/219066/





Glossary

BSHC: Bendigo Senjuns Hockey Club

CCGP: Community Coaching General Principles

course

FB: Facebook

HA: Hockey Australia

HCV: Hockey Central Victoria

HV: Hockey Victoria

IG: Instagram

JCC: Junior Country Championships

JSC: Junior State Competition

NWL: North West Lightning

RevSport: Revolutionise Sport

SCC: Senior Country Championships

WWCC: Working with Children Check

Bendigo Senjuns Hockey Club Committee / Leadership Group Structure

