

BRIARS WOMEN'S HOCKEY 2024 INFORMATION PACK



BRIARS HOCKEY CLUB
womens@briarshockey.com.au

WELCOME:

Welcome to the 2024 Hockey season

We are looking forward to a fun and competitive season this year across all of our grades.

This pack aims to provide existing and new members with all the important information for the year ahead, including:

1. Code of Behaviour – Player/Parent/Coach/Manager/Official
2. Briars Senior players Ethos
3. Communications
4. Competition and Grading
5. Trials Pre Season Fitness and skills
6. Training and Coaches
7. Representative Hockey – SEHA
8. Where games are played
9. Registration, Fees
10. Uniforms & Equipment
11. Umpire Development Opportunities

HAVE QUESTIONS, OR NEED HELP?

Women's VP Cindy Goodridge and Women's assistant VP Emma Thuell will be on hand at training during pre-season so please either grab, email or phone us to ask any questions.



Cindy Goodridge – Women's VP

cindygoodridge@iinet.net.au

Phone: 0414 509 261



Emma Thuell - Women's Assistant VP

emma.thuell76@gmail.com

0422 992 679

CODE OF CONDUCT:

Briars Hockey Club aligns completely with the Hockey Australia Code of Behaviour and in doing so are also aligned with Hockey NSW and our association SEHA.

Our players/members, parents, coaches, managers and officials are asked to read the Codes of Behaviour relevant to them, they can be accessed from the Briars website via the link below.

<https://www.revolutionise.com.au/briarshockey/policies-documents/code-of-behaviour/>

Behavioural Incident Process:

Although we hope it is not required if you have concerns and/or witnessed a behavioural incident that is not aligned to our code of behaviour, please contact Women's VP – Cindy Goodridge on 0414509261 to discuss the incident. Briars has a compliance officer on the committee of which all incidents will be referred to along with the club VPs and President for discussion and resolution. Any Issue the Briars committee deem to be outside their jurisdiction will be referred to NSW hockey.

All Players will need to sign that they have read and are aligned to the Code of behavior and Briars Ethos.

BRIARS SENIOR HOCKEY ETHOS:

Briars is a club that focuses on all players having fun as a priority, being inclusive and assisting players to play at their best at all times.

Briars Hockey Coaches;

- Behave in accordance with the Briars Code of Conduct at all times.
- Lead with a positive and inclusive attitudes to all team members and officials.
- Build individual skills and team dynamic throughout training sessions.
- Prepare training sessions in accordance with team level with the aim to build and improve the team's performance
- Be clear, fair and open with communication to the team, team family members and officials.
- Take a firm, fair consistent approach to managing behaviour.
- Bring some fun, this is why we play hockey.

Briars Hockey Players;

- Behave in accordance with the Briars Code of Conduct at all times.
- Bring a positive and inclusive attitude to training and games.
- Attend Training every week with me team (compulsory for 1st and 2nd Grade players)
- Train and play with complete respect to my coach, my team, opponents and officials
- Always demonstrate good sportsmanship on and off the field
- Respect Umpires and officials always. Not argue with officials on/off the field, if I disagree, I will request my captain to approach the official during a break/after game
- Arrive with ample time before my game as per coach requests.
- Assist the club in helping in the canteen at Cintra at least 2 times a year.
- Have fun, this is why we play hockey

COMMUNICATION:

Our primary communications will be the Briars Facebook page and Instagram, please make sure you join.
<https://www.facebook.com/groups/briars> and Instagram @briarshockey

Pre season and important coms will be emailed out as well as on Facebook.
Once teams are selected each team will also have a what's app for all coms throughout the season.

COMPETITIONS:

Briars women's plays in 2 competitions Sydney Women's League (SWHL) and Sydney East Hockey Association Womens competition SEHAW. We have 7 women's teams from 1st grade to social teams where training is optional. Our Teams Play as per below.

Briars 1st grade – SWHL1
Briars 2nd grade – SWHL2
Briars 3rd Grade – SWHL4
Briars 4th grade – SWHL5
Briars 5th Grade – SWHL6
Briars 6th Grade – SEHAW2

SWHL starts on Sunday 7th April 2023

SEHA competition starts Sunday 7th April 2023 (TBA)

The competitions run from April to mid September including finals. For more information about the SWHL or SEHA competition please visit their website.

<https://www.swhl.com.au/home/>

<https://www.seha.com.au/competitions/womens/>

GRADING/SELECTIONS:

Grading will take place across 3 trial games and training sessions. The 5 coaches plus 2 to 3 independent selectors will be following the NSW hockey selection criteria to make selections. This will include, skill, game play, fitness, culture and sportsmanship. The independent selectors will aim to attend at least 2 trial matches each and confer with the coaching staff at each session for continuity.

For the first trial match please turn up for the highest grade you wish to play for. Be aware you may be asked to stay for the next game/grade so please be available for 3 hours for each trial match.

For the following 2 trial matches preliminary teams will be posted at the club for training. Please also be available to play 2 grades at these trials.

If you have any questions around grading please reach out to the women's VP – Cindy Goodridge.

WOMEN'S TRIAL MATCHES

There will be 3+ pre season trial matches used for grading. If you can not make a trial match please let the coaches or Women's VP know.

Sunday 3rd March 9am to 4pm V Glebe @ Cintra

Sunday 10th March 9am to 3pm V – GWD and Wenty @ Cintra

Saturday 24th March 9am to 4pm V - TBA

Women's Trials 2024	
Sunday 3 rd March V Glebe at CINTRA	
1 st Grade	9am to 10.30am
2 nd Grade	10.30am to 12
3 rd Grade	12 to 1pm
4 th Grade	1pm to 2pm
5 th Grade	2pm to 3 pm
6 th Grade	3pm to 4pm
Sunday 10 th March V GWD & WENTY @ Cintra	
1 st Grade	9am to 10.30am
2 nd Grade	10.30am to 12
3 rd Grade	12 to 1.30pm
4 th Grade	12 to 1.30pm
5 th Grade	1.30pm to 3pm
6 th Grade	1.30pm to 3pm

Women's Trials 2024	
Saturday 24 th March V TBA – Location TBA	
6 th Grade	
5 th Grade	
4 th Grade	
3 rd Grade	
2 nd Grade	
1 st Grade	

PRE-SEASON FITNESS - GYM BOOKINGS ESSENTIAL

Once again will be running pre-season gym sessions at **Combine Air Concord** - 48/62 Majors Bay Rd, Concord NSW 2137.

You must book in for these sessions as places are limited. For Bookings please click below.

https://docs.google.com/spreadsheets/d/1dcu-EbvPHCFLeRlyBxzWAUCZw_YazrddfYSOycshWCQ/edit#gid=1705582869

The Monday night fitness and skill is open to all senior players. Players trialing for 1st and 2nd Grade are expected to attend pre season training.

BRIARS Gym		
Date	Time	Location
Saturday 13 th Jan	8.30am to 9.30am	Combined air Concord
Saturday 20 th Jan	8.30am to 9.30am	Combined air Concord
No Gym on the Australia Day long weekend		
Saturday 3 rd Feb	8.30am to 9.30am	Combined air Concord
Saturday 10 th Feb	8.30am to 9.30am	Combined air Concord
Saturday 17 th Feb	8.30am to 9.30am	Combined air Concord
Saturday 24 th Feb	8.30am to 9.30am	Combined air Concord
Saturday 2 nd March	8.30am to 9.30am	Combined air Concord
Saturday 9 th March	8.30am to 9.30am	Combined air Concord

Cintra Fitness and skills		
Date	Time	Location – Cintra Hockey
Monday 15 th Jan	7.30 to 9.30pm	All senior players
Monday 22 nd Jan	7.30 to 9.30pm	All senior players
Monday 5 th Feb	7.30 to 8.30pm 8.30 to 9.30pm	All senior players 1 st & 2 nd Grade
Monday 12 th Feb	7.30 to 8.30pm 8.30 to 9.30pm	All senior players 1 st & 2 nd Grade
Monday 19 th Feb	7.30 to 8.30pm 8.30 to 9.30pm	All senior players 1 st & 2 nd Grade
Monday 26 th Feb	7.30 to 8.30pm 8.30 to 9.30pm	All senior players 1 st & 2 nd Grade
Monday 4 th March	7.30 to 8.30pm 8.30 to 9.30pm	All senior players 1 st & 2 nd Grade
Monday 11 th March	7.30 to 8.30pm 8.30 to 9.30pm	All senior players 1 st & 2 nd Grade

TRAINING – REGULAR SEASON:

Womens Regular season Training is on Thursday nights, Cintra hockey complex as per below.
Please note 1st and 2nd Grade also train on Monday nights from 7.30pm to 9.30pm

Women's Training Times		
Grade	Training night	Time
1 st Grade	Thursday	8pm to 9.30pm
	Monday	7.30pm to 9.30pm
2 nd Grade	Thursday	8pm to 9.30pm
	Monday	7.30pm to 9.30pm
3 rd Grade	Thursday	6.30pm to 8pm
4 th Grade	Thursday	6.30pm to 8pm
5 th Grade	Thursday	6.30pm to 8pm
6 th Grade	Thursday	6.30pm to 8pm

COACHES FOR 2024

Briars Women's coaches			
Team	Coach	Contact details	
Women's 1st - ML1	Aneesh Kesha	aneesh.kesha@gmail.com	0433 143 997
Women's 2nd - ML2	Marcia Scally	marcia@scallyfamily.com	0411 620 425
Women's 3rd - ML4	Nicole Taylor	nicoletaylor1985@gmail.com	0437 648 651
Women's 4th - ML5	Courtney Person	muffy_courtz@hotmail.com	0448 780 291
Women's 5th – ML6	Self Coach		
Women's 6 th – SEHA2	Emma Thuell	emma.thuell76@gmail.com	0422 992 679

REPRESENTATIVE HOCKEY:

All players interested in furthering their hockey are encouraged to participate in our association (SEHA) representative hockey competition, providing further development opportunities, exposure to different coaching styles and new social connections.

SEHA has representative teams in Juniors – under 11s to under 18s, Seniors in u21s and opens and women's masters. SEHA also has 3 women's masters teams that play on a Wednesday nights if you are interested in joining a masters team.

SEHA representative hockey nominations are communicated, early each season and will be on the Briars socials and e-news. You can also refer to the SEHA website for registration links

<https://www.seha.com.au/home/>

WHEN & WHERE ARE THE GAMES?

All women's games are played on a Sundays, with an occasional Friday and Saturday game. For 1st and 2nd Grade we have 2 Saturday games – these will be the Glebe v Briars and the UNSW V Briars Derby days. These are great club days and we encourage all players to attend and support the club.

SWHL games are played at

Cintra Park, Concord.
Sydney Olympic Park
Pennant Hills Park, Pennant Hills;
Keith Thompson Hockey Centre, Nth Ryde;
UNSW David Phillips Sport Field
Moorebank Liverpool District Hockey Fields
Bruce Pryor Turf Cumberland (SYD UNI)

SEHA games are played at

Cintra Park, Concord.
UNSW David Phillips Sport Field
Bankstown Hockey Field
Sutherland District Hockey Field
Marang Parklands Hockey Fields Kurnell

REGISTRATION, FEES 2024

The online registration portal will be open from med Jan 2024 for all players to complete registration for the 2024 season. Existing members - please click RENEW and new members - please click REGISTER

Follow the link below you will find detailed information on the different fee types, how to set up a payment plan, what to do if you are entitled to a discount, and using an Active Kids voucher when registering.

<https://www.revolutionise.com.au/briarshockey/registration/>

UNIFORMS & EQUIPMENT

Briars women's play in a singlet or shirt with an individual playing number, skorts or shorts and Briars socks. Please make sure you get your player number from the Womens VP before ordering your shirt. Sample shirts will be available to try on at training for best sizing options plus there is a sizing chart on Flyhisports website.

Uniforms and Supporter clothing ordered from: <https://flyhisports.com.au/product-category/briars-hockey-club/>

Equipment: shin guards, hockey stick and mouth guard, hockey shoes etc can all be purchased from Just Hockey, Shirley Strickland Avenue, Sydney Olympic Park. Which is inside the hockey stadium.

UMPIRE DEVELOPMENT OPPORTUNITIES:

The development of Junior and senior umpires is a key focus for our club. Any junior or senior interested in starting or advancing their umpire development please contact Chris Thuell our umpire coordinator via umpires@briarshockey.com.au



IN SEASON FITNESS AND RECOVERY

COMBINE AIR

Combine Air also supports the use of our recovery room designed to improve your recovery post session. Air Recovery is world-class, state of the art facilities to help you recover faster, so you can train harder. CA x recovery offers you infrared saunas, ice baths, compression therapy and salt room therapy. For more information speak to our coaches. In addition to our recovery CA would also encourage the use of squad sessions outside of designated Briars squad times. CA Concord would offer discounted recovery and squad sessions as below:

CA recovery 10 pack \$100

CA Squad session 10 pack \$200

FITNESS LOCAL MORTLAKE

In addition to the above requested services Fitness local would offer discounted gym membership of \$15.95 week on a direct debit & no joining fee, located at 10 Edwin St Mortlake, this would allow players to use the facility to maintain fitness levels throughout the hockey season.

- Gym based strength, conditioning and injury prevention program for squad members to follow (tailored to individuals as required)
- Unlimited Fitness Local Gym membership and class access

BRIARS SPONSORS



Make the switch now! (02) 4577 8886

FEES 2024

Registrations are now open for the 2024 Winter Season

Please follow the registration or renewal process and register for the 2024 Winter Season. Below are the fee types and costs for the 2024 season.

Fee Type	2024 Fee	
Briars Playnig Fees Only All Association Fees are added to the below values	Payment Before 31st March	Payment After 1st April
Briars Senior - 19+ Years	\$525	\$550
Briars Senior - 19+ Years - Student	\$420	\$440
Briars Masters - Masters only Fee	\$355	\$375
Briars Seniors + Masters	\$850	\$895
Briars Junior - 17 & 18 Years - Includes Seniors	\$275	\$290
Briars Junior - 12 - 16 Years	\$210	\$220
Briars Junior - 11 Years and Under	\$210	\$220
Briars Junior - Also Playing Senior	\$275	\$290
Briars Minkey - 9 & 10 Years	\$135	\$145
Briars Minkey - 8 Years and Under	\$135	\$145
Briars - Seniors Payment Plan	\$100	
Briars Juniors - Payment Plan - 12 to 18 Years	\$75	
Briars Juniors - Payment Plan - 11 Years and Under	\$75	
*NOTE: All payment plans will be charged 1st April rates over 4 installments commencing in April		

If you require any information on the fee structure please email treasurer@briarshockey.com.au