

Autumn 2006
Issue 23

www.chelmsfordhc.org.uk

Inside this Issue

- 1** Welcome, Chairman's Chatter
- 2** Secretary's Corner, Bar Burblings
- 3** Facilities News, Stefan Clough: Accident Update
- 4** Club Shop, Help!, Sports Club News, Playing Committee
- 5** Ladies' 1st XI Report
- 6** Men's 1st XI Report, Men's League Table, Men's 5th XI Report
- 7** Veterans Report
- 8** Evergreens Report, Ladies Club Report
- 9** Ladies 2nd XI Report, Ladies 3rd XI Report
- 10** More 3rd XI, Ladies 4th XI, Mixed Hockey
- 11** Hooked on Hockey – Hints and Tips.
- 12** 500 Club, Letters to the Editors, Feedback
- 13** Sponsors Adverts
- 14** 500 Club Standing Order Mandate

Newsletter Editor
Andy Smith
(andy.smith@cefas.co.uk)

NEWSLETTER CHELMSFORD 1898

Welcome

Delivering the first issue late is probably not the most auspicious start for an editor, but unfortunately work has been forcing me to, well, work instead of editing the finely honed prose of bright young hockey folk. Despite this unfortunate set-back, I have pressed on and managed to pull everything together into the 'Autumn' Newsletter.

For those who don't know me, I'm a fairly recent convert to hockey after being duped into it by Rob Dyer, who then left the country. This means that I remain easily impressed by (and jealous of) the skills and tricks shown by many players at the club who have been refining their skills for many years. I'm still hoping that my skills will increase at a faster rate than my energy and stamina are decreasing. I'd hate to think I've peaked already!

Perhaps it's just my recent hockeying status, but I'd never looked into the 500 club before as I assumed that the 500 referred to pounds, which I don't have. I was very surprised to find it is only 500 PENCE per month, which is not much at all, and far better odds than the lottery to get some back again!

I'm sure you'll all devoutly scan the contents of this newsletter from cover to cover, but please pay particular attention to the update on Stef's accident.

There is also a new section with the first in a series of articles containing tips from 'Hooked on Hockey' which is well worth a read.

Certain articles are missing and the penalties for this are yet to be decided....watch this space. The ladies teams have certainly put in far more effort to deliver team reports than the men's. Hopefully we can redress this imbalance next issue?

Please get in touch with ideas, photos, etc. for the next edition.....

*Andy Smith
Editor*

Chairman's Chatter

Bit of a cheat to use text from a previous 'Chairman's Chatter', but, things don't change much! :

- 1) Don't treat your club like a public facility please. Some dedicated club members have to tidy up after us all so why not think about making their job easier? Pick up the litter, empty the bins, leave the changing rooms tidy, help behind the bar etc etc



etc – please don't wait to be asked again, it's all pretty obvious really.

- 2) Notices will be going up to advise the forthcoming social events. Please make a note in your diaries and do your best to support whatever takes your fancy.
- 3) Peter Woodward is still delighted to receive more membership applications for the '500' Club. See the article at the end of the newsletter.
- 4) Please all make an effort to use your clubhouse and the bar. This includes inviting your opposition through to the bar after your game."

Things have hardly changed now! I still like to think that the playing of hockey goes beyond just the 70 minutes on the field of play. It is also about being the member of a club; making friends home and away and putting something back into the Club and the Game by being available to help in some way or another. Old fashioned maybe but I hope it still rings true to most of you.

Nigel King

Secretary's Corner

A very busy season has got underway with lots going on already. A few highlights from my perspective:
We've now been able to fill most of the key posts in the club with the exception of ladies' fixture secretary which is being covered by Jenny Stonebank alongside all



New Hall School Chelmsford

www.newhallschool.co.uk

the many other jobs she does to ensure there are 5 ladies' sides out each week. If you're interested in taking this job on, please contact Jenny asap and let me know too.

Most people have been very good about paying their subs but there are still quite a few outstanding. The deadline was the end of October - if you've not yet paid please get your cheque to Claire asap and also let Peter Carter, the membership, secretary know.

I'm very pleased that we will be installing seating by the pitch in the week before Xmas if all goes according to plan. This will be a significant addition to our facilities and will effectively complete all the proposals in the original plans for the pitch and new changing rooms.

Watch this space
For how you can secure
**Your own seat
on a regular basis!!**

I know that the pitch has been a disappointment with the re-emergence of algae at the end of the summer. It has been treated and is being weekly cleaned by a small team of volunteers (see Facilities News). It's small consolation to know that most clubs with water based pitches struggle with this too.

With London 2012 less than 6 years away we have been working with the Council to make a consortium bid to offer training facilities in Chelmsford. Our hockey centre will be offered and I'm pretty confident that we will go into the facilities catalogue which will be offered to competing nations after Beijing. I'll keep you posted.

A small group is coming together to raise money for the club

through sponsorship, taking over from David Lines. David did an excellent job for the club whilst he was sponsorship secretary and will be a hard act to follow. You can all help by offering your time, but especially by taking out 500 club membership and encouraging your friends and relatives to do so too. A form is available in this newsletter. Also; if you run your own business, or you think your employer might be interested, consider taking out an advertising board around the pitch. Please contact me if you can help.

Finally and hot off the press
(*Editors note – not so hot now due to my slackness.*) the Wine tasting on Saturday night was a great success thanks to Mia and Becs. Look out for all the other socials lined up for the season.

Spencer Wilcox

Bar Burblings

The Cricket Club gross take for their season is almost the same as ours but they have a smaller membership!! In fact our turnover has peaked and is probably down a bit. You don't have to drink alcohol; there is plenty of non-alcoholic choice. Anyway, it's the Club atmosphere that counts and that means people in the bar!

Our Beer Festival is on 19 – 21st January. We hope to have 12 beers for sampling and this time on the Friday 'Opening Night' we shall have hot food available – put the date in your diary!

Ian Hunter & Nigel King

Facilities News

Pitch

The recurrence of the algae problem on the water-based pitch has been exacerbated this year by the warm weather lasting until the end of October. We seem to be getting it under control again, but need your help!

Please avoid walking across the grass to get to the pitch

and ask your opposition to do the same. We know that it's the shortest route, but it helps to spread the dirt and algae onto the pitch making it fairly unpleasant for everyone to play on.

There is a small team cleaning the pitch on a weekly rota, but we could do with 2-3 more volunteers. If you're able to give up a couple of hours two or three times a season to help, or if we can give anymore information, please let Spencer or I know. You can do it at whichever time suits you best. Training will be provided but it's not too onerous!

New Stand

We have decided to press ahead with putting up a stand on the water-based pitch. You may have seen the plans up in the clubhouse, but now the order is placed and delivery is scheduled for the week before Christmas. This has always been part of the long-term plan for the club and will greatly benefit our facility, providing 100 seats for supporters of all matches and hopefully enabling us to land some of the larger tournaments. Further details are bulleted later in this section. Watch out for the fundraising starting soon...

General

There are bound to be problems with a facility the size of the one that we now have at Chelmer Park. If you find anything, or have any ideas for improvements, please let me know. Find me at the club on a Saturday or email facilities@chelmsfordhc.org.uk so that we can do something about them.

Jon Lambert

- The new 100-seater stand will be erected on 19th & 20th December adjacent to the water pitch.
- It comprises 2 blocks of 50 seats with a refreshment/storage kiosk between.
- On top of the kiosk will be a special purpose-built camera tower with ladder access.
- The block of 50 seats nearest the entry gate will have ramp access for disabled users.
- The seats will be plastic tip-up type in our club colours
- There will be valuable storage space in the voids beneath the seating.
- It will be a superb compliment to our facilities.
- Hopefully in the future we may be able to add to them.....

Crawford McKee

Stefan Clough: Accident Update

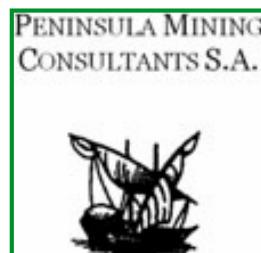
As most of you will be aware, in October one of the 3rd/ 4th players, Stef, sustained a very serious injury whilst playing at Colchester.

Having collided with our goal keeper he found himself on his back in agony. Within a few moments his team mates immobilised his neck and upper back using towels and called for an ambulance.

Once in A&E, X-rays showed inconclusive evidence of fractures in his neck, a CT scan followed and this concluded that he had a hair-line fracture in the vertebrae called C5 (this is the 5th spinal bone from the base of the skull). They also found a compression fracture in C7 with a small part chipped off and a prolapsed disc between C6 and C7 which was pressing against his spinal nerves causing extreme pain.

It was the damaged disc which posed the most worry at this stage. The orthopaedic surgeon at Colchester Hospital showed up the following Friday to discuss Stef's options. The initial treatment suggested for his injuries was an extensive operation which involved fusing the bones together and coring out C7 and inserting a plastic cage! This suggested treatment could have left him with permanent paralysis.

Stef and his family were not happy with having just one opinion and so broke out of Colchester General and into our local hospital at Chelmsford where they sought further opinions from spinal specialists. Following consultation with the



more pitch time for training the idea was to switch the main club training to a Tuesday and take back the hour of free time to which the Club is entitled but had agreed with the Council to give to the Council to hire to football teams last year because there wasn't the demand for it at the time. We wrote to the Council in May telling them that was what we wanted to do, but a misunderstanding at their end meant that they continued to hire the 9 p.m. to 10 p.m. slot to football. This was compounded by the fact that they did not tell us they were doing this until the day before the first training session. The result was chaotic with the training time reduced to an hour. Since then the Under 15 boys have been happy to release a third of the pitch for warm up so the session can allow for an hour and a half of activity (7.30 to 9.00 p.m.). In addition although Roger Krone has kindly offered to help with running the session, he needs regular support – and the ideal would be a second coach to run the Mens training. Andy Neave has taken some sessions but we don't have anyone willing to do it on a regular basis. As a result the numbers coming to training have understandably dropped off.

Spencer has met the Council and got them to agree that we can have the 9.00 p.m. to 10 p.m. slot back after Xmas when the football booking ends. At that point we can go back to an 8 p.m. to 10 p.m. 2 hour session. As I type this we are still trying to find a solution to the coaching problem. The Playing Committee would like to apologise to the Club for the problems this year – it will be our aim to ensure that once we get the free time back this will not be allowed to recur. Finding coaches is a bigger

problem – we have several coaches but none are available at the time needed. If anyone has an idea which could solve the problem let me know.

A final plea – because not everyone can be available each week some teams find themselves short at times. Please be willing to help out and play up a team occasionally – this willingness to help each other out – even if that means playing at a level above where you are comfortable – is crucial to making a Club operate as a Club and not just several separate teams.

Chris Randal
Chair of the Playing Committee

Ladies First XI Report

Ladies 1st XI – what does it all mean? Sweat, blood, tears and much more

There isn't a team that doesn't want to win as much the Girls-in-Green. Many a time, their never-say-die spirit has seen them win games that shouldn't have been won. There have also been games that have been lost which should not have been – but that is the boring stuff and don't want to talk about that. Oh no, I wanted to write about the drinking exploits of the team, but those stories will have to wait whilst I

check out the libel laws!

Instead of going through the boring match stuff, this would be the ideal time to introduce you to the Ladies 1st XI (with their alias in brackets):

Katy Roberts (KR) simply known as God.

Maria Merrigan (Megs) team mates may think that they are funny, but it is Megs who has the wit.

Lisa Wooding (Woody) she leads, we follow.

Hayley Heggie (Hayles) the model.

Lynn Bollington (Bolly) needs no introduction, she IS Chelmsford HC!

Becky Alltree (The Bexter / Audrey) passionate about Chelmsford HC and the socialite of the team. If it ain't got the Bexter, it ain't worth going.

Chloe Rogers (Ginge) goes past defenders as if they weren't there – she is the Ryan Giggs of the team.

Sarah Bolton (Sarah B) the newer version of Tinsel Tart – for those older enough to remember the original Tinsel Tart

Kirsty Smith (Fiesty) Fiesty on the pitch but a real softy off pitch.

Tracy Willmore (Willers) the motivator of the team.

Tracey Comber (Nobby) apologises for everything – said that I live in Middle Earth!??!

Marie Arber (Arbs, or Abs if said with a Dutch accent) the Ronnie Corbet of the team. This is not a reflection to size, but to her hilarious story telling.



A partner of Chelmsford Hockey Club over many generations

Harwich 1st XI. (The ‘narrowly’ bit was a lie.)

Encouraged by this poor show, we decided to continue our policy of promoting some of our 9 defenders to midfield and we have even run one of our young defenders in attack for most of the season so far.

‘Crazy talk’ I hear you say. Never! Following a deeply scientific allocation of new positions to our players, we started on a run of matches in which we have remained unbeaten for the season since. True, we’ve had two draws, but the rest are a glorious string of wins settling us comfortably into second place in the division with only Harwich holding us off the top spot (Just because they’ve won all their games and have a massive goal difference in their favour. Favouritism I call it!).

With such a run of artfully worked wins, it’s hard to pick out any one performance for praise. Possibly Elliot Ball or Tom Bullen deserve some kind of “Mad Fool” award for stepping in as keepers for one match each, making some fantastic saves and keeping a clean sheet? Or maybe Jon Lambert who seems to have become a goal scoring machine this year?

Special mention is surely also warranted for the unnamed* keeper who arrived without his helmet and had to borrow one from a random female keeper in Southend.

Who can say whether it’s the steadiness of the back four, the play making of the centre, the drive of the halves or the insanely fast running around of the forwards that is making the difference? We have all contributed something in every game to the success we have achieved so far. How very PC!

Despite regularly fighting our way through the weekly selection battles to see if we have any kind of keeper, or players at all, we face the rest of the season convinced that we can be great this year. Once again we have the traditional 5th XI mix of old and young players, skills, technique and experience. It’s a shame that all the skills and technique are with the youngsters leaving just experience for the aged in the team.....

Bring on the rest of the season and the re-match with Harwich just before Christmas! (I suppose I’d better mention that Cap’n Paul is top goalscorer at the moment – probably!) *(it was James Stock).

Andy Smith

Veterans XI

We are almost a third of the way through our twenty six league fixtures in the newly formed East Veterans league of fourteen teams. As I write, we are still unbeaten with five wins and two draws, holding onto second place but mostly against sides in the lower half of the league. This could change as we are about to play stronger opposition - Ipswich, Harleston, Bedford and Peterborough.

Geographically, the fixtures are as far a field as Kings Lynn and Norwich, just like the old days when we were young lads with league hockey just starting in the East Premier Division!!! Those were the early seventies with six grass pitches at Chelmer, early

afternoon start times every week, the bar packed at 4.30pm – just reminiscing. It has meant that we are not able to maintain competitive “friendly” fixtures such as Tunbridge Wells, Sevenoaks and St Albans, although we will not miss the M25 into Kent.

On the personnel front, we welcome into our ranks Ken Wooding (after many years at Braintree), with John Meer and Mike Abel (returning from other commitments). Along with Ian Brown and Richard Higgins returning from injury, this has considerably strengthened us with a squad of eighteen although, as other captains will know, it is not always easy to raise eleven each week. The ability to be able to use all squad members at some time or other, particularly in the long away games, will determine if we can maintain our league position.

Last year’s player of the season, Crawford McKee, keeps everything organised in defence and last season’s top scorer David Gill has been quickly into his stride, already notching fourteen goals including hat tricks in each of the last four games – this must be something of a goal scoring record, and we are still waiting for the four jugs (at least) of beer. More beer is awaited when Toby Wheadon starts playing again after the safe arrival of his son Benjamin, born 22 October – yes, the Vets are scoring regularly. Look forward to seeing you in the bar over the next few weeks.

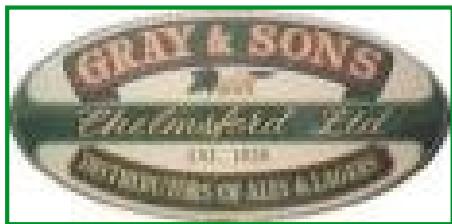
David Carr

Treasury Consulting Lines
www.TreasuryConsultingLines.co.uk

Evergreens

The Evergreens have made a good start to the season our record to date P10 W6 D2 L2. We have played against several sides much younger than us such as an Ipswich side whose youngest player was 60 years younger than Simmo (although most people are!).

Against proper Vets/Vintage sides we are unbeaten with victories over Canterbury, Berkhamsted, Sutton Valence and Southgate whilst showing younger sides from Gore Court and Harlow how to play winning hockey at a canter. The side is looking very settled this year with a core squad of 14 players, in particular having Ralph Thomas and Gerald Wilkinson operating together in midfield has given a real drive to the side allowing other players to play to their potential and their ability to create and score goals has helped the side. David Simms continues to defy his age and is currently our top scorer helped by a hat-trick in the opening game of the season. Nigel King also showed his predatory Instinct with a hat-trick at Southgate, Ed de Mello, Ian Hunter and David Lines have also popped up with vital goals. Tim Burrows, Peter Hollebon, Martin Matthews, Deryck Breinburg and Bert Clarke have all played well with Danny Dempsey and Bryan Heelis as solid as ever at the back Bob Smith and Fred Matthews have shared keeping duties and on one memorable occasion even



recruited Ladies 4's keeper Meredith Willsher to keep for the Evergreens while they both played on pitch for Gore Court. The Evergreens are looking forward to a continued successful season and if you like to see your hockey played with skill but at a pace where you can still follow the ball then we are the side to watch. The Men's Vintage side a mixture of Evergreens and Vets begin their EHA cup run (hopefully) against Holcombe on the sand based after the Men's 1's on November 26th, your support would be welcome.

*Fred Matthews
Evergreens Manager (Or that's
what it says in the Fixture Card)*

Ladies Club Report

Jenny Stonebank

Congratulations to Sally and Claire on their marriages at the start of the season. Jo Eager did an excellent job deputising for Sally as 3rd X1 captain until her return from honeymoon in November. Jo has now decided to concentrate on her studies at Uni and I would just like to say a big thank you to her for all the work she did in registering players and getting teams together at the start of the season. We will miss you Jo don't forget to pop back from time to time.

Status at 21/11/06

It has been a difficult start to the season sorting teams. Week in week out we have had a number of unavailabilites and injuries that have made selection difficult. However, we have managed to introduce a number of new and talented youngsters to senior hockey, as a result. I would like to thank Roger Krone for stepping forward to represent the Youth on selection.

Please can you assist your captains as much as possible by helping collect match fees, filling in team sheets and contacting her regarding availability each week so that she doesn't have to chase everyone up.

Roger is also doing an excellent job running the club training on Tuesday nights. Ladies numbers tend to be somewhat erratic and it would be good to see more people at training (you pay for it in your subs!).

Looking at the league tables to date, the start of the season hasn't been too bad for any team and I hope that as the season goes on we can either build on or consolidate these positions. I think it just remains for me to wish everyone an enjoyable season. Any problems please let me or any of your team captains know.

*Jenny
Chair of selectors for the Ladies
X1.*

Ladies Team	League	Position	Games	W	D	L
1 st	EHL Prem	5 th	6	3	1	2
2 nd	East prem	5 th	9	5	1	3
3 rd	Essex Prem	5 th	7	2	2	3
4 th	Essex D 2	2 nd	8	7	1	0
5 th	Essex D 3	11 th	8	2	0	6

Ladies Team Reports

2nd XI

Having lost numerous key members of last year's teams to various other activities, it appeared we would be left slightly depleted for this season. Anthea Hunter "emigrated" back

to South Africa (for 3 months). She has now returned to Saffron Walden but still airs her kit for the odd starring appearance. Sarah Wilcox left to follow Jimmy to Staines hockey club! Lisa Crane and Anna Smith headed off for the warmer climes of the Far East, elephants, cockroaches et al. Julia Butterworth and Sophie Maxey decided it was time to become Freshers and headed off to their respective uni's.

However we were still left with Helen Fagg between the posts, Claire (Penketh) Lambert – I blame the vicar for confusing me on the team sheets every week! Karen Cooper, Caroline Avery (keeps saying she's moving away – we just hope she'll realise she ought to move closer), Lou Patterson, Toni and George Speakman, Helena Roberts, Gemma Taylor, Sarah Bolton (who has since been recruited up to the 1st XI) all under the invaluable coaching of Gavin Spencer.

Fortunately we were able to turn to the 3s to recruit many promising youngsters to strengthen our ranks all of whom have more than ably made the step up. Charlotte Roberts and Kate Taylor to the forward line, Bex McGuiness 'Macca' (who

briefly stopped in the 2s before moving up to the 1s) and Kate Maxey into midfield. Sarah Sturgeon and Sophie Stock to the defence. We also have Laura Feldman and Sophie Higgins from Felsted who help us out when they are available. We also welcome Bec Harris who has joined us from Purley Wanderers and her other half John "Buddy" who has proved a great help to Gav on the sidelines.

The first game of the season saw us narrowly miss out to Tunbridge Wells, but we certainly made up for this loss the following week when Cambridge Uni were on the wrong end of a 4 - 0 score line. However two trips to Cambridge in two weeks proved too much for us and we suffered a 4-1 defeat against Cambridge City, who remain unbeaten at the top of the table. The next Saturday saw us return to winning ways with a 3-1 defeat of St. Albans (are you noticing a pattern yet!?) With the start of the 1s league programme coinciding with the East regional tournament we were left low on numbers for the fixture away at Bromley and Beckenham. However it gave the opportunity for youngsters Abi Krone, Sophie Stock, Sarah Williams and Sophie Green to make their 2nd XI debuts. The following weekend saw us narrowly win a hard fought game against local rivals Crostyx with an excellent team goal. With the pattern of results predicting a loss, we upset the balance to leave with a 2-2 draw from Letchworth. On journeys

we have discovered that you have to go on a diet before travelling in Claire's car as it cannot cope with 5 in it, and "only the mudflaps" scrape along the road if you go over the slightest bump – a bit disconcerting when you hear them at 80mph on the M11! If you want sweets go with Bec, not decided yet if she has them for herself or to keep Buddy quiet for 5 minutes with his lolly!

The team's goal tally of 14 has been fairly evenly spread amongst the players and the leading goal scorer at this stage is Charlotte Roberts on a grand total of 3!

We would like to wish all the best to Helen Fagg, Becky McGuiness, Helena Roberts and Kate Maxey for their forthcoming England Assessments.

Off the pitch Sophie Stock has proved her talents at both Sing Star and the dance mat, Charlotte and 'Macca' have shown they can rap with the best of them and Gav has developed a rather strong penchant for wine as he demonstrated at the team social, will his efforts be repeated for wine tasting!?

Kat Letts

3rd XI

The ladies 3s this season have had a tough start with many people leaving the club and others moving up to the 2s. The 3s entered the rose bowl competition



Edmund Carr
Chartered Accountants

01245 261818

www.EdmundCarr.com

at the start of the season with a similar team to the season before. We narrowly missed out on keeping the rose bowl for another season and finished as runners up. The season started strongly with a good win but it is fair to say that with the team changing from week to week the team has not been able to blend and work together as quickly as last year. Now that the team has begun to settle down the teamwork has improved, even though some of the results have not shown this so far (though a 6-0 win against Brentwood showed that we do have it in us). Keep up the good work girls. It is hard work but we know we deserve a few more wins.

Jo Eager (Captain until November)

More 3's...

So far this season the Ladies 3s Chelmsford's have had mixed results (losing 2, winning 2 and drawing 1) leaving them mid table, a little behind the leading pack. At Brentwood they put in a strong performance however, which has given them confidence for the remainder of this half of the season.

Their clean 6-0 win went like this! Chelmsford's attack started on the whistle and within a few minutes was rewarded with their first goal. Brentwood's defence were no match for the visitors and by half-time Chelmsford were 3-0 ahead. During the second half, Chelmsford took advantage of their lead with some excellent teamwork resulting in clean winners. Brentwood staged a

comeback and was rewarded with several short corners, none of which were converted due some good saves by the Chelmsford keeper – Catherine Ecott. Chelmsford continued to pile on the pressure and by the close of the game were 6-0 up. Goal scorers were George Speakman (2), Sophie Green (1), Louise Acton (1) and Angharad Knill (2).

The following week, a week where the Ladies club availability of players was at an all time low, there were several new players to the 3s. All players gave 100% to the performance against Havering; a stronger side and sitting higher up the table. The younger players stepped up to the challenge and showed skill and resilience. Chelmsford had a good proportion of possession with one of the Havering goals unfortunately scored against the run of play. A 2-2 all draw was an excellent result for the 3s and judging by the expressions on Havering's faces felt to them like a defeat!

Sally Symes

4th XI

The 4s have had an excellent start to season, winning 5 out of 5. I have got to thank everyone who has worked so hard to get these excellent results.

Our best result so far has been a 4-0 win against a strong County Wanderers side. We have a strong defence and this is shown in the

fact that we have only let in 4 goals. This has been helped by Katy Roberts who I feel has been playing well for these weeks. The forwards have been playing well, scoring a lot of goals, with Chris Cunningham scoring 5 in the 5 games. I hope this strong start will put us in good stead for the rest of the season.

Sarah Eager

5th XI

No report received

Mixed Hockey

We have only had one game so far which we drew 3-3, so not a lot to report and the fact that I didn't actually play does not help! By the time the next newsletter comes round we will have played a few more games so there will be something to write about then!

Nick Bastian

About Hooked on Hockey

'Hooked on Hockey' is a coaching company that combines the experience of both

Lisa Wooding
(International Player & 1st XI Capt.) &

Simon Letchford
(Junior International coach & 1st XI Ladies Coach) to form a formidable coaching team. Not only do they have extensive experience in playing and coaching the game but also bring up to date tactics and technical elements.



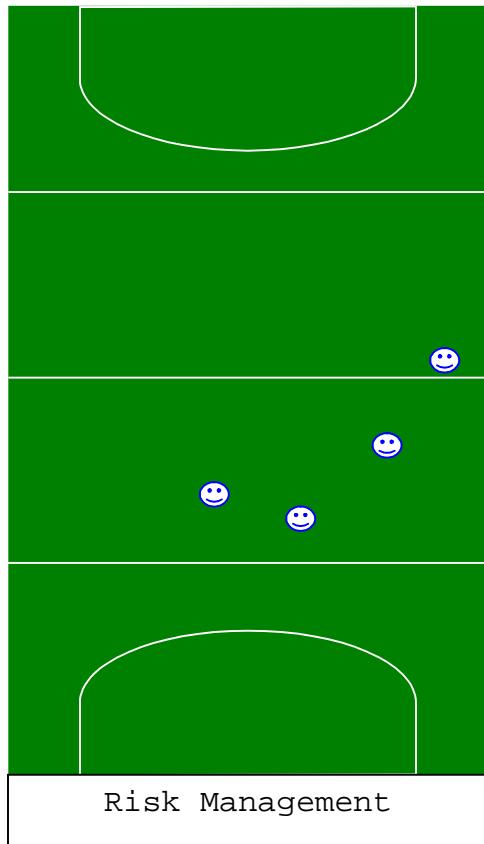
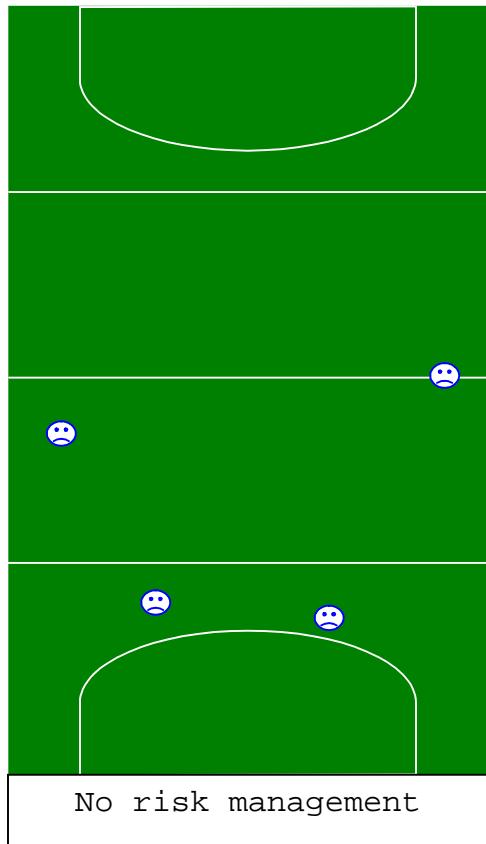
Hints and Tips

Each newsletter Simon & Lisa will be giving you some hints and tips for playing. There will be a tactical team element and an individual skill element. They will be suitable for all ages and abilities so don't think you're past it – DAD!!!!

This months Top tip for the Team is – **RISK MANAGEMENT**

So what does it mean?

Setting up to defend the counter attack before you turnover the ball to the opposition without limiting your attacking options.



Sponsors Advert



www.my-tlc.com

Email: info@my-tlc.com

Tel: 01255 852423

Fax: 01255 678888

Sponsors of Chelmsford Hockey Club

Business Development Lines

Free Business Health Check	Exports	Finance
Development Programme	Health and Safety	Non-Executive Directors
Business Audit	Outsourcing	Recruitment
Business Study	Training	Marketing
Business Start-Up	Tendering	Sales
Business Academy	Production	Plus much more

500 Club Standing Order Mandate

Please pay: -

LLOYDS BANK PLC CHELMSFORD BRANCH SORT CODE 30-91-85

TO THE CREDIT OF: -

CHELMSFORD HOCKEY CLUB ACCOUNT NO 0997023

The sum of £.....

Amount in words.....
(Minimum £5-00 per month)

Commencing And on the 7th day of every month

Account to be debited:-

Your name.....

Your Bank's Title.....

Your Bank code.....

Your account number.....

Your Banks Address.....

.....
Signature (s).....

.....
Date.....

Please return the form to: -

Peter D Woodward,
Torc Cottage,
3 Garden End,
Stock,
Ingatestone,
Essex
CM4 9LD.

You may copy this to pass on to other prospective members.