



OCHC JUNIORS NEWSLETTER

The latest news and updates from Old Cranleighan Hockey Club



U12 Boys making a fantastic charge on goal vs OG Dragons

IN THIS ISSUE

- WE'RE LOOKING FOR NEW GOALKEEPERS
- OCTOBER HALF-TERM CAMPS
- LATEST TEAM NEWS
- KIT AND ASTROS RECYCLING



Getting back in the groove

Another short newsletter this week but there's plenty going on as usual. All age groups are now at their regular pitches as per the timetable but as matches start for the older groups, please keep an eye on Teamo for any changes.

Midweek training

Available to all players from U10s upwards, midweek training is run by our team of Pro coaches and is a great opportunity for skill development and progression in smaller groups. The midweek timetable is on our website and you can book through your [LoveAdmin](#) account.



It's important every player/coach checks into training via the Teamo app. The check-in option goes live 3 hours before the session starts.

We're looking for new goalkeepers!

From U10s upwards, teams play with fully kitted-up goalkeepers and the start of the season is a great time to give goalkeeping a try.

We provide all of the equipment, along with specialist training sessions for all abilities on Wednesday evenings 6-7pm and Sunday mornings 11:30-12:45. New goalkeepers usually quickly find their feet and are always in demand, something that doesn't change as they move up towards Adult hockey!

Players in all age groups from U10s upwards are welcome and it's never too late to give it a try.



If you're interested in finding out more and coming along for a session to try it out, please get in touch at ochcjuniors@gmail.com

OCHC Kit



FREE DELIVERY TO THE CLUB EXTENDED TO HALF TERM

When ordering a shirt, please ensure you select the **Junior shirt with the Cayman Islands sponsorship on the front**, there is a wide range of sizes including adult sizes.

Face masks are still available to purchase at the hockey desk on Sundays 10am-12pm.

Any more old astros?

Thanks to everyone who has donated astros, they're proving super popular, especially in the smaller sizes so if you're thinking of having a kit clear out, we'd welcome any more donations (clean and in a good state of repair please) which can be dropped off at the hockey desk at OCs on Sunday (10-12pm). These are then available to purchase for a donation of just £5 (which we'll use to re-stock our Junior balls).



Old Cranleigh Hockey Club



OCTOBER HALF-TERM *Hockey Camps*



TUES 26TH OCT - THURS 28TH OCT

SKILL DEVELOPMENT CAMPS



U6s - U8s 10:00-11:30

Lots of fun, skill development & games for those just starting out or with some experience

£15 or book all 3 sessions for £37.50



U9s - U12s 10:00-13:00

Skill development and progression, including disguise passing, reverse stick hitting with lots of game play to put skills into practice

£30 or book all 3 sessions for £75

PERFORMANCE CAMPS



U13s & UP 14:00-17:00

Camps for experienced players, focussed on helping them take their hockey to the next level. Each camp will include:

2 x 20 min talks on topics including game psychology, nutrition, balancing sport and school

90 mins of skill development and game play
40 mins of hockey specific fitness

£30 or book all 3 sessions for £75

All camps will be led by Lauren Moors, Director of Junior Hockey and held at OCs (Portsmouth Road). Players will need their own shin pads and mouthguard, we can lend sticks if needed.

TO BOOK

Members please book via
your LoveAdmin account

Non-Members please email
ochcjuniors@gmail.com

Latest team news...



U14 Girls v Wayfarers

Lost 6-0 to a very strong side but a great second half (0-0), especially with 8 members of the team playing their first 11-a-side game!

U14 Boys v Southgate

A great 8-1 victory for the U14 Boys Oranges versus a very feisty Southgate team.



U10 boys full of smiles after training