



OCHC JUNIORS NEWSLETTER

The latest news and updates from Old Cranleigh Hockey Club



U14s in action at the weekend

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October half-term camps - booking open!

We are running hockey camps for all players U6 to U18 over half term. With sessions tailored by age group, there's something for everyone including the NEW Performance Camp for our older players. 1:1 sessions are also available to book by contacting Lauren Moors at ochcdirjuniors@gmail.com

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.



Old Cranleighan 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



Teamo - A reminder

The Teamo app does 2 key jobs for us as a club, firstly, it helps coaches prepare training sessions by knowing who's planning to attend and secondly, it provides the register we are asked to keep by England Hockey. And of course it also provides details of matches for older age groups, including locations and timings. **Please help us by doing the following two things.....**

Let us know you're playing

In the calendar, please use the tick/cross functionality to let the coaches know whether your child plans to attend that session.

Check in to the session

3 hours before a session or match is due to start the 'check in' button goes live in Teamo. Please use this every time your child plays and check them into the session.

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

Latest team news...



U16 Boys v Surbiton, England Hockey Cup

Whilst the boys lost 0-4, the core doesn't fully reflect the match. We played some excellent hockey, particularly in the first 25 minutes where it remained goalless until that point. Some stand out performances for the boys.



U14 Boys Oranges v Epsom

The boys lost 3-1 to Epsom in a friendly, a really good standard of hockey and on another day, it could have been a different result.



U14 Boys Blues v Epsom

The Blues drew 1-1 with Epsom and played really well!