



THE HARROW HERALD

CHAIR ROUND UP

I hope everyone is enjoying the summer break, despite the not so summery weather! However, it may mean we have glorious sunshine to start playing hockey in September?!

I'm delighted to welcome many new faces to our Committee this season, and it's so refreshing having new ideas and voices. Everyone has worked really hard behind the scenes. This is from getting fixtures planned, advertising locally, student recruitment, right through to new ideas for socials this season.

The main piece of work that has been completed is our re-branding. This has been a process agreed by the committee in July, which has now been completed with a brand new website and new logo. Both are of great quality and bring us a more user-friendly experience for new members along with a much more engaging presence through the logo. A huge thank you to Glenn Webster for his hard work with this, it has taken many hours and is really appreciated. Check out the new website [HERE](#)

We have welcomed some new members over the summer, and we hope to welcome more through the season.

We are still looking for a new Men's 1's coach, however Glenn will undertake this role for the interim period. If you know of anyone you could recommend, then please let Glenn know.

Preseason training has been well attended, and really good fun, so I would urge you to get your kit on if you haven't already and get down on a Tuesday (Men) or Wednesday (Ladies) and get ready for the season to kick off!

Club Day is 10th September this year and will be a fun themed afternoon with a mixed 7's tournament. Get signed up on Spond and keep an eye out for further information. Teams will be set out in advance and your team theme communicated!

There's lots to read about in this edition, so please take five, have a cuppa and enjoy!

MEMBERSHIPS

If you've any questions about your membership, which category to choose or your payments, then please contact [Paula](#) .

FULL ADULT MEMBERSHIP	£380	P/t player pack (10 games £190)
GK WITH KIT	£170	P/t GK pack (10 games £85)
FULL TIME UNIVERSITY STUDENT & FIRST YEAR GRAD	£170	P/t student & grad player pack (10 games £85)
SCHOOL YR 13 & UNDER SENIOR MEMBERSHIP ONLY	£220	P/t U18 player pack (10 games £110)
TRAINING ONLY	£190	
NEW MEMBER JOINING FEE	£35	(Incl. Club Socks & Shorts or Skort) £15 summer only includes Socks

To make a full payment – please transfer to our bank account:

Lloyds
Harrow Hockey Club
Sort Code - 301595
Account Number - 00093767

Then send Paula (Membership Secretary) and Shaila (Treasurer) an email advising them of the payment you have made and membership you have taken:

Paulared43@gmail.com
Shailalambert3@gmail.com

To set up a payment plan – please set up a standing order through your bank to our bank account:

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Harrow Hockey Club
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IF YOU START A PAYMENT PLAN FROM SEPTEMBER – PAYMENTS OF £54.28

SEPTEMBER - MARCH



**SUBS MUST BE PAID OR ON A PAYMENT PLAN BY 31ST OCTOBER!
NO PAY NO PLAY/TRAINING WILL BE ENFORCED**

FIXTURES

Kate Shah, our new Fixtures Secretary has been working hard to get our fixtures all set for the season ahead.

Tasha and Charlie, our Club Captains, have now uploaded these onto Spond, so take a look so you can plan ahead and be sure not to miss a game!

YOUR COMMITTEE

Welcome to your committee for this season is below, details can also be found on our [Website](#) with pictures coming soon!

President	Don Goff
Chair	Kerri Lendon-Pett
Secretary	Mel Clements
Treasurer	Shaila Lambert
Membership	Paula Redpath
Ladies Club Captain	Tasha Webster
Mens Club Captain	Charlie Smit
Junior Lead	Tasha Webster
Director of Hockey	Glenn Webster
Fixtures Secretary	Kate Shah
Social Media	Amira Rahmoune
Web Manager	Cecilia Nunn

YOUR CAPTAINS

Here's who will be leading you into every game this season!

Ladies 1's	Kimberley Rowley
Men's 1's	Danny Bell
Ladies 2's	Chandrika Bali
Men's 2's	Ramesh Singh and Dan Legg

SOCIAL COMMITTEE

We have a whole new social committee this season:

Chandrika Bali
Amy Allman
Kate Shah
Yoofi Essilfie-Conduah
Danny Bell

GUMSHIELD FITTINGS

We are having a gumshield fitting on Club Day, 10th September. This will be in the tearoom, and you need to book your space in advance. Spaces can be booked via Spond. The fittings will be from 10.30am-1pm.

You can choose from the colours/designs below on the day!

Costs are:

Single Colour £75

Multi Colour £95



Harrow Hockey Club Club Day

Sun 10TH Sept 2023 • 1-4PM
Themed Mixed 7-a-Side
All Abilities Welcome

 John Lyon Playing Fields
Sudbury Hill
Harrow
HA1 3SB



ANY QUESTIONS? GET IN TOUCH

harrowhockeyclub@gmail.com
www.harrowhc.co.uk



JOIN US



SOCIAL DATES

MAKE SURE TO GET THESE DATES IN THE DIARY
WE WANT TO SEE YOU ALL THERE!

SOCIAL DATES



10TH SEPTEMBER 2023 - CLUB DAY
23RD SEPTEMBER 2023 - CLUB SOCIAL
11TH NOVEMBER 2023 - QUIZ NIGHT
9TH DECEMBER 2023- CHRISTMAS PARTY

MORE TO COME IN 2024

Lyonians Pavilion 
South Vale
Harrow
HA1 3QF

BUBBLY CHALLENGE IS BACK!

Thank you to Amy Allman who is running the challenge this year, let's get sponsoring!

Harrow HC Bubbly / Chocolate Challenge 2023-24

The bubbly challenge is back for the new season! Sponsors commit to buying a bottle of bubbly/box of chocolates for the team they have sponsored if they win their sponsored game. The cost is £13. The club will provide the prizes and the sponsor of the winning game will pay the club for a bottle. Bottles/chocolates will be given to the winning team at one of the organised social nights and sponsors are invited to come and join their team in celebrations!

DATE	TEAM	OPPOSITION	SPONSOR	RESULT
23 Sep	W2	West Hampstead 6		
23 Sep	M2	Richmond Redoubtables		
30 Sep	M1	H&W Thirsts		
07 Oct	W2	West Herts 4		
07 Oct	M2	West Hampstead 9		
14 Oct	W1	East London 2		
14 Oct	M1	West Hampstead 5		
21 Oct	W2	Old Uxonians 1		
21 Oct	M2	Southgate 7		
04 Nov	W1	Southgate 3		
04 Nov	M1	Indian Gymkhana 4		
11 Nov	W2	OMT 3		
11 Nov	M2	West Hampstead 8		
18 Nov	W1	H&W 5		
18 Nov	M1	Richmond Griffins		
25 Nov	W2	PHC Chiswick 4		
25 Nov	M2	Osterley 2		
02 Dec	W1	East London 3		
02 Dec	M1	West Hampstead 6		
09 Dec	W2	West Hampstead 7		
09 Dec	M2	PHC Chiswick 6		

DATE	TEAM	OPPOSITION	SPONSOR	RESULT
13 Jan	W1	Eascote 2		
13 Jan	M1	West Herts 3		
20 Jan	W1	West Hampstead 2		
20 Jan	W2	Imperial College 1		
20 Jan	M2	Ealing 1		
27 Jan	W1	West Herts 2		
27 Jan	M1	Ashford 2		
03 Feb	W2	PHC Chiswick 5		
03 Feb	M2	WH & Enfield 2		
10 Feb	W1	Spencer 3		
10 Feb	M1	Southgate 5		
24 Feb	W2	Hendon & Mill Hill 2		
24 Feb	M2	OMT 4		
02 Mar	W1	Eastcote 1		
02 Mar	M1	Osterley M1		
09 Mar	W2	Eastcote 5		
16 Mar	W1	Wapping 3		
23 Mar	W2	Ealing 2		
06 Apr	W1	PHC Chiswick 2		
06 Apr	M1	PHC Chiswick 4		

To sponsor a match contact Amy Allman at 07887385710

Payments to be made to Harrow Hockey Club, sort code 30-15-95, account number 00093767 – ref bubbly and sponsored game date

UMPIRING

Want to know the rules of hockey,
or why the umpire blew the whistle?



SIGN UP FOR AN ENGLAND HOCKEY LEVEL 1 UMPIRING COURSE ON THE BOOKINGS PORTAL

Course dates:

AUGUST -
25th, 31st

SEPTEMBER -
3rd, 5th, 7th,
11th, 15th, 19th



SCAN THE QR CODE TO BOOK A L1 COURSE

(Course fee reimbursed if you umpire at least 2 games. Contact Mel when you've taken your course)



JUNIOR UPDATE

Junior registration for September is now open click '[join online](#)' via our website Junior Hockey.

Existing members should have received renewal notices in July, if you have not yet renewed, please ensure you have done so by the beginning of September.

Sessions start again from Tuesday 5th September and invites will be sent out from Spond.

Ed will be running his popular "Back 2 Hockey" Sessions every Sunday morning 9 – 9.45am anyone over 16 that fancies giving hockey ago is welcome to come along – this is a FREE session.

Finally, some of our

GK's have been attending the MH1 Courses this summer, here's their experience in their words!

MEETING YOUR IDOL.....FAN GIRL DAY BY BELLA SHAH

I found Hockey quite late at school having literally lost "rock, paper, scissors" and having to put a goalie kit on as a result. That was it however I loved it and was hooked. I was lucky enough to meet Maddie Hinch not long afterwards and it just cemented my love for the game. Roll on 4 years and Harrow asked if wanted to attend one of her camps so I jumped at the chance.

I headed off to Taunton at the end of July for Maddie's first camp of the tour and to say I was excited to meet her again in a training environment was an understatement. Having Maddie devise a programme that would test us all was amazing. I have also never seen so many goalies in one place! They split us into groups and the training began. We had 20 minute sessions in various aspects of goalkeeping moving around different coaches on the pitch. My favourite was the ground work / smothering section. Given this is something I'm not so happy with, it was great to be able to work on it and get feedback from top class coaches.

Yes it rained and yes it was intense but everyone was so helpful and smiley and to have Maddie watch the drills and give personal feedback was an experience I never thought I would have. She was so encouraging and positive about the whole thing. Being a Goalie is a unique place on the pitch and



the training therefore is also unique. There is an amazing sense of friendship with that many goalies in their various colour pads all practising together and motivating each other to be better. Thank you Harrow !



JAMES WEBSTER!

I went to the Maddie Hinch Coaching course in Slough on 10th August and it was great. I was in a group with Thea from U10s with 3 other goalies around our age we did lots of practice and got to watch Maddie go against the coaches in a showcase at lunchtime.

I got a picture with Maddie and her autograph on a poster which I have put up in my room.

Thank you Harrow HC for giving me the opportunity, I can't wait to go again.



THEA CLEMENTS

On Thursday 10th August, I was lucky enough to go to MH1 U18 Goalie Camp at Slough Hockey Club. When I woke up I was so excited, especially to meet Maddie Hinch who runs the camps.

It all started with all the coaches introducing themselves to us before everyone took part in a group warm up. It was a really hot day so I was sweating by the time the warm up was finished!

We then split into smaller groups and started on the goalie drills. My first activity was reactions and we did a game with lights where you had to press the blue light as quickly as possible when it came up, which was really fun!



There were other drills for saving rebounds and for coming out of the goal towards attackers. The pitch was really dry because it was so hot so they sprayed the pitch so we could practice our sliding - but it also sprayed us which helped to cool us down. It was exciting learning to do slides with Maddie and much easier when the pitch was wet.

After lunch there was a coaches showcase which was really cool to watch because I learnt so many new things. Maddie Hinch was the best goalie and she saved some amazing shots! She is such an inspiration to me.

She also presented me with her winning England jersey and shorts which I had won in a competition, and I was able to get this signed and I wore it for the rest of the afternoon.

I had a really fun day, and I can't wait to use all the skills that I learnt when I start back at hockey this season. Thank you to Harrow HC for giving me this opportunity and I can't wait to save lots of goals for U10s this year!



LADIES STRAVA GROUP

Why not join our group on Strava, a good motivation to get moving, be it walking, running or cycling, and encourage your team mates too!
Join [HERE](#)

JUNIOR COACHING

The club is always in need of coaches and umpires for our junior section and umpires.

We are happy to support the cost of courses in return for voluntary hours and once qualified you can earn money, which you can either claim or put towards your membership fees.

Assistant coach £10.50 per hour

Lead coach £20 per hour

Umpires £15 per full game

The following courses are coming up and you can see the full list on [The Hockey Hub](#)

25th August Level 1 umpire online

31st August Level 1 umpire online

3rd September Level 1 umpire online

5th September Level 1 umpire online

7th September Level 1 umpire

10th September Introduction to Hockey Coaching Workshop

22nd September Introduction to Hockey Coaching Workshop

If you would like the club to support the cost of a course, please contact Tasha
harrowhcjuniors@hotmail.com

CHARITY CORNER

Nick Lendon is undertaking a charity boxing match this December in memory of his father and our late Chairman, Chris Lendon. Any support is gratefully received, please click [HERE](#) to donate, thank you in advance.



HOCKEY VIEWING

Our national Men's and Women's teams are headed to Germany to play in the EuroHockey Championships. The EuroHockey Championships provide counties the first opportunity to qualify for the Paris 2024 Olympic Games. England Men will face Austria, Belgium and Spain. England Women will face Germany, Ireland and Scotland.

You can watch the Euros on EuroHockeyTV for under £18, or have full access for the 2023 and 2024 season (including the EuroHockey Indoor Championships, EHL Final8 and more!) for under £31. Stream [HERE](#)



