



Guidelines for Parents and Children

Dear Parent

We hope that your child enjoys their time in Our Lady's Hockey Club, our aim is to nurture a love of the sport in a safe, fun and structured environment. To help us with this we have set out a few basic guidelines below for you and your child.

Parents:

Please ensure your child arrives on time and is suitably dressed for training.

They will need:

- A gum shield
- Shin Pads
- Hockey Stick
- Sports footwear (Astro trainers are not essential but sports footwear is – no converse runners please!)
- A water bottle.

In cold weather please ensure your child has adequate layers – base layers, outer layers, hat and gloves. If your daughter has long hair please ensure it is tied up off her face.

Code for Colts:

- Treat sports leaders with respect
- Play fairly at all times
- Tell a person in charge if you are leaving a venue before training session or a match is declared over
- Respect team members even when things go wrong
- Respect opponents, be gracious in defeat