



Sept 2011

Dear Junior Player & Parents

My name is Billy O'Riordan and I am the Men's Club Captain again this season. One of my tasks / goals this year is to ensure that the club does not over play junior players (over 15 and playing in the senior section of the club).

The Hockey Association have indicated that junior players should not do more than 5 units of hockey per week (club, school etc). (1 unit = game or training). Junior players are a very important part of our club.

I want to confirm that junior players are **not expected** to attend any physical training sessions and should only attend one hockey training session per week if they can. If they are involved in underage provincial or international teams, they are **not expected** to attend any club training sessions. Just let us know what you can and want to do.

Junior players should not feel it necessary to play friendly games unless they want to.

The men's section have a selection meeting once a week, where we select the various teams, non attendance by a junior player at either physical or hockey training will **not** be a factor on their team selection. All captains and coaches attend this meeting.

Junior players should not be afraid to say "no" to training and friendly matches and just play league and cup games.

If at any stage, you feel that you are being over played or being asked to play too much please let me know.

I am contactable on 087 22 151 66 or email billy.oriordan@pioneerinvestments.com or mensclubcaptain@chc.ie

Thanks and enjoy the season

Billy O'Riordan
Mens Club Capatin