



In Line Skater Hockey Club

2011 National Champions (Seniors)

BEGINNERS & NEWCOMERS

WELCOME PACK

1. What is Skater Hockey ?

If you have been given this pack you will probably already have seen that Skater Hockey is fast and exciting like ice hockey except warmer and with less physical contact between the players. The protective equipment worn is similar to that in ice hockey but the skates have four in-line wheels instead of blades.

2. How old are the players and are they split into age groups ?

Skater hockey is played in four age groups:

- Peewees being 8 – 12 years old (known as Crusader Lionhearts)
- Youths being 12 – 15 years old (known as Crusader Saracens)
- Juniors being 15 – 18 years old (known as Crusader Kings)
- Seniors being 19 – 30 years old (known as Crusaders)

There are some club members who are older than 30 ! (Typically known as Mum, Dad, Coach etc).

3. Where do we train ?

All training is in the main hall at Hatfield Leisure Centre, Travellers Lane, Hatfield (01707 276276) which has been fully adapted to our sport. Matches are typically played at Hatfield, Basildon and Bisley near Guildford and players are expected to make their own way to the venues.

4. When do we train ?

Most Thursday evenings and Saturday afternoons all year round

Thursdays

- Beginners and Peewees from 6pm to 7.15pm
- Youths and Juniors from 7.15pm to 8.30pm
- Junior and Seniors from 8.45pm to 10.45pm



Saturdays

- Beginners from Noon to 2pm
- Experienced Peewees and Youths from 2pm to 4pm
- Juniors from 4pm to 6pm
- Seniors from 6pm to 8pm

5. Matches / Tournaments

Crusaders' teams (all ages) play in the LESHA (London East) League (ball hockey) and BIPHA (South) League (puck hockey) and compete in tournaments in the UK and overseas as well as playing friendly matches against British and European teams.

Puck and ball League matches run throughout the year with National finals taking place at the end of the respective seasons. The top two teams in each league attend the finals.

Players are allowed to play up one age level depending on ability subject to assessment by the Coach. Girls can play down an age level for one year.

6. Participation & Parental Consent

Beginners and newcomers will need to complete and return the attached Participation form and, where they are under 18 years of age, have the Parent Consent form signed by an appropriate parent or guardian before taking part.

Beginners and newcomers are reminded of the risks of undertaking any sporting activity and that injuries can and do occur. For the avoidance of doubt the Club or Organisers accept no responsibility for loss, damage or injury caused by or during attendance on any of the clubs organised activities except where such loss, damage or injury can be shown to result directly from the negligence of the Club or the Organisers.

7. Club Membership

Membership of the Club is by invitation once a commitment to the sport is established and the individual is to play on a Crusaders' team.



8. Insurance (against injury)

Membership of the Club brings with it insurance cover against injury. The scope of the cover is limited and full details are available on request. Insurance prior to membership can be arranged.

9. Equipment

The cost and quantity of equipment can be off-putting but there is plenty of reasonably priced second hand kit available and the Club has made arrangements with suppliers to be able to spread the cost of new equipment. To start with, and whilst a beginner decides if they want to commit to the sport, equipment is available to be loaned from the Club's stock.

The equipment required to play on a team is as follows:-

- In line hockey skates
- Hockey stick
- Hockey helmet with faceguard
- Neck guard
- Hockey shirt
- Chest and shoulder pads
- Elbow pads
- Gloves
- A box (jockstrap/jillcup)
- Hockey shorts (aka girdle)
- Shin/knee pads
- Socks (to cover shin/knee pads) or hockey trousers

Second hand kit is available through the usual Ebay, Gumtree and Preloved type websites. New kit can be obtained from HockeyRange, DemonXtreme, CrazyKennys, Get Inline and others all of which have internet websites and some of which have actual shops. Equipment bought from the USA is usually cheaper than in the UK but beware the shipping costs and VAT/import duty. If buying skates remotely be aware that the sizings are usually very different from typical UK sizes. This is important especially if buying new as it can prove an expensive mistake.



As the principal purpose of the kit is to protect the player from injury the Club reserves the right to refuse to allow a player to train if they are considered to be inadequately kitted. At league matches or tournaments all players undergo a kit check before being allowed on to the pitch.

10. Physical Condition

Skater hockey is a physically demanding sport and participants should ensure that they are properly “fuelled” before arriving at training or matches. To be properly fuelled you should be well rested, fed (with appropriate foods) and watered (with appropriate fluids). Please see the attached schedules for guidance in this respect.

If you have any allergies, intolerances or other conditions which could impact on your treatment if you are injured whilst playing you must make the Club aware of them before you play for the first time.

If you are in any doubt as to whether you are in sufficiently good health to participate you should first contact your doctor for guidance.

11. Subscriptions

Beginners and irregular attendees are asked to pay £5 at each session they attend. When an individual becomes a member of the Club a Standing Order for £50 per month into the Club’s account is requested.

Bank & Branch: National Westminster Bank Plc - Borehamwood Branch

Sort Code: 60-03-12

Account Name: Borehamwood Crusaders

Account Number: 13288040

12. Additional Playing Charges

There are occasional additional league registration and playing charges for tournaments etc – these are advised as they arise.



13. Club Contacts

- www.crusadersshc.co.uk - An invaluable resource for match dates, news updates, photos and match videos etc.
- bwcrusaders@hotmail.co.uk
- Facebook – Crusaders Club
- Beginners and under 13s: 07708 636291 (Michele)
- Existing Players: 07793 244071 (Jan)

14. Questions

All questions can be answered by Nigel or Jan Dickinson and anyone that you see in the main hall on a Thursday evening or Saturday afternoon will be happy to help.

15. The Club's credentials

The club was established in 1992 and is organised and promoted by Nigel and Jan Dickinson with support from various players and their families. Nigel is the senior Team GB Coach and Jan is the Vice Chairman and a director of BiSHAHockey Ltd (BiSHA) and the BiSHA GB Co-ordinator. BiSHA is the National Governing Body for Skater Hockey in Great Britain affiliated to the International Governing Body for Skater Hockey, the International Inline Skater Hockey Federation (iiSHF). www.bishahockey.co.uk.

The Crusaders have become recognised as one of the most successful in the country. Playing in puck and ball leagues, the Crusaders have consistently won league titles, including ten national championships, 2011 (senior level) being the most recent, and have competed in national and international tournaments with great success.

The consistent high standards and professional attitudes of the Club's qualified coaches have repeatedly produced players from beginner to international standard. Several Crusaders' players, as well as the principal coach, have been called up to Team Great Britain.

16. Conclusion

This sport is fast, furious and fun: It is seriously addictive. We very much hope to see you at Hatfield Leisure Centre for your first training session – we know you are going to love it !



