



Community Coaching



Background and Objectives

Havant Hockey Club has been at the centre of the Borough for well over 100 years. In the 1970s we were one of the first clubs in the country to establish a Junior Section and in the 1990s we extended our coaching support into the Community.

Club

The Club continues to maintain a strong Junior section, currently with more than 200 Junior members. We aim to provide opportunity for all levels and abilities, both boys and girls, and in recent years Havant has developed a large number of players who have represented their country at various age levels.

We run 14 Junior Teams playing in regional Leagues. On a typical Sunday Morning, you will find 50 under 8s and 10s at our Minis coaching session. We encourage the continued enjoyment of sport as juniors progress to one of our 15 Adult teams, Mens and Ladies.

Community

One of our key Community aims has been to take hockey into local State Schools where the teaching of hockey is patchy at best. Many schools now have poor and out-dated equipment, many teachers struggle with confidence to teach a game they perhaps they find difficult to coach. Our current Community Programme sets out to address this head on, introducing a new generation of children and teachers to safe and fun hockey-based activities, all supported by England Hockey.

In the season 2020-2021 we noted that the children in our Club Minis (age 5-11) came from 29 separate Borough schools.

This document describes the scope and further opportunities that our Community Programme aims to deliver when we return to hockey again.

Wider Impact

The benefits to the local Community are wide ranging and support key elements of the HBC 2036 plan and government national aims to improve health across communities by promoting more active and healthier lifestyles. Clearly, our Programme with young children is developing the benefits of exercise and healthy living through sport in their early years, which can have a knock-on effect throughout their lives. Alongside the well documented benefits of team sports, we also aim to bring a sense of belonging and a place where friendships are made, often for life.

It is clear from HBC 2036 that our local community faces many challenges, including an aging population, large areas of social deprivation and family discord. We witness these issues daily within our work in the community and our Community Programme supports improvements in these areas by providing education, healthy living, purpose, ambition, teaching, care, guidance, friendship, standards, discipline, and the opportunity to join a Club with a strong and broad membership.

While our Community Programme is currently focused on the engagement of the young, we believe this leads to a healthier community overall. Children grow into teenagers and adults and then to seniors. Havant HC has a well organised and committed membership across all ages. Taking organised sport into the community will result in all these benefits. Many players who start in our juniors Programme return to the Club and to the Borough following higher education or other work. They even end up bringing their own children back to the club.

And with the proposed extension of the Club's facilities, we are looking to extend this Programme even further to help keep local people active. This will include work with disabled people and to those with mobility problems, whether due to age or other health related problems.

Havant Hockey Club's location in the heart of Havant and its long history with the town, since 1905, and its sporting successes, make it a valuable part of the fabric of the Borough. We are committed to extending this for the next 100 years of the Club's future and for the benefit of our community.

Community Programme 2019/20

1. Introduction

This document summarises the Community Coaching Programme delivered by Havant Hockey Club during 2019/20.

Havant Hockey Club delivers Community coaching in a number of ways:

1. Running holiday 'Hockey Camps'
2. Supporting schools and teachers in curriculum time
3. Running 'After School Hockey Clubs'
4. Running a School League at Havant College

We are fortunate that our Community coach, Jon Keynes has a strong background as a primary school teacher and is well connected to the educational and Community needs. See Appendix 1 for details of Jon's background.

Historically, there has been an under representation of participants from state schools. However, more recently, over 65% of our school age children are from the state sector.

Hockey delivery, in school, is often dependent on a member of staff having relevant hockey experience. This, combined with often a poor standard of equipment, means that many schools often shy away from the sport or try hockey with the plastic 'Ice-hockey' style sticks. These sticks give bad habits to children trying to learn what we call 'Field Hockey'. Even school sport providers often feel uncomfortable and under resourced.

Our Community Programme now includes a mixture of schools with children from varying demographic backgrounds and an increasing list of schools from different areas in the Borough.

One of our key aims is to make the Havant College pitch more available to children from all backgrounds in the age range of 5-13 years and from right across the Borough. The benefit also extends to older children from 14 years upwards and young adults who help with coaching. This provides them with a pathway to coach themselves and also to teach, should they wish to pursue that as a potential career.

We also have plans to extend our Community work to the disabled and to older and or less mobile people and become involved with other projects outside of hockey, but still under our Club Community banner.



Jon Keynes front right of centre and his team of young coaches. Front left is Morgan Sturt who has progressed through the Community Programme and is now part of our Men's 1st XI squad, playing National League and representing England Colleges hockey.

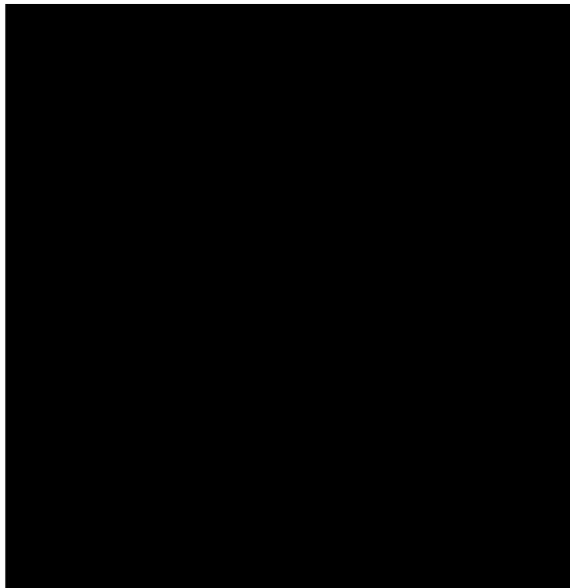
2. Hockey Camps

Hockey camps are run every school holiday at a very affordable price of £20 per day per person. Parents with siblings are offered discounted rates and anyone who is unable to

afford this is subsidized; no one is turned away on affordability, only if the camp is over-subscribed.

Our camps not only benefit the children but also their parents who may not be able to take time off work during school holidays, do not have the holiday allocation from their work to do so, or who may struggle with the high cost of childcare. The take-up is high with between 30 to 50 children signed up for each camp throughout the year. The camps are, in many cases, attended by children from our partnership schools, where our coaches have introduced hockey directly to their school.

We encourage all children from every background to join our camps and we help develop social skills as much as the skills of hockey. During our Summer camps we have added health and diet choices to our daily teaching Programme. For instance, groups have selected fruit, yoghurt and juices to make healthy 'Smoothies' and then consumed these in their lunchtime breaks.



The camps also provide an opportunity for the development of coaches. This provides vocational opportunities for young people to develop their skills in coaching and providing sport in the Community (see more in Section 6 below). These young coaches are significant influencers to the younger children and act as role models for them too.

Key Metrics:

Over the last 3 years we have delivered 15 vacation Hockey Camps during school vacations involving 440 children, 330 of which were from state schools.

3. Supporting Local Schools/Teachers

We have developed a 'six week' coaching scheme to help 'skill up' primary school teachers and auxillary staff. This helps build confidence, knowing the children will be a lot safer and engaged in lots of fun hockey-based activities.

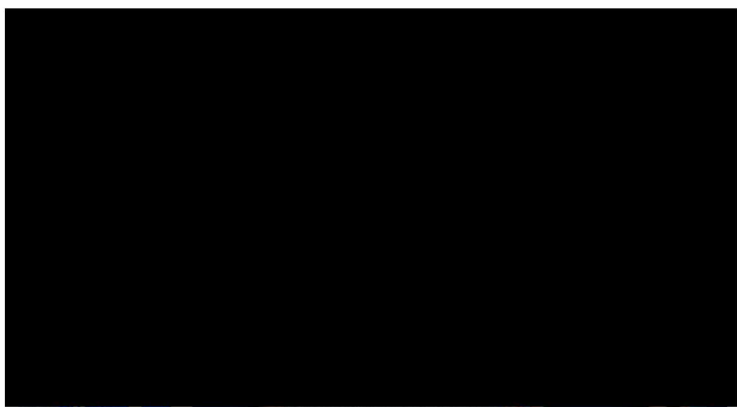
All plans are worked up to meet the individual needs of the teacher within the confines of their unique facilities. We always try and use the school hockey equipment first or we recommend equipment to them if they are lacking, so that they are fully resourced to continue hockey during future curriculum sessions. In some cases, where money is not available within a school P.E. budget, our own Club sponsors have donated the equipment required to keep the sport continually active in the school.

Key Metrics 2019/20

2 x Primary schools:

St James' Primary School Emsworth - 6 x year groups, 6 classes for each. Delivery to around 190 children.

Southbourne Junior School 4 x year groups, 8 classes for each. Delivery to around 250 children.



4. After School Clubs

Sustainability is the name of the game. After we have worked with the children in school curriculum time, we have also created an After (or Before) School Hockey Club to keep the enthusiasm rolling.

This means that many of those that have now experienced hockey can continue at a club, within their own school. The clubs take place on a concrete playground occasionally with an indoor option in poor weather.

We currently run permanent clubs, all 4 terms of the year in the 7 schools listed below. We aim to significantly increase these numbers in the next 18 Months.

Key Metrics 2019/20

Schools with Clubs established by this Programme

1. *St James' Primary Junior School Emsworth*
2. *St James' Infant School Emsworth*
3. *Southbourne Junior School*
4. *St John's Primary Rowlands Castle*
5. *St Albans C of E Primary Havant*
6. *Chidham Primary School*
7. *Mengham Infant School, Hayling Island*

Average of 18 children per club. Approximately, 130 children coached each week.

5. Havant Borough Schools' League

In conjunction with Jennifer Knight (School Games Organiser for Havant Borough), we continue to be able to run a Schools' league that runs for approximately 4 weeks in the autumn term. The schools league is a part of the Youth Sports Trust initiative including the School Games and currently involves 49 schools in the Borough.

Each year we run a Gold League for schools for year 6 pupils and for schools with a higher standard of Hockey. The winner of this goes into the Hampshire School Games final in Aldershot, which includes other school sports.

Additionally, a silver league is also run for B teams or schools with younger and less able children. Often lots of children are experiencing hockey for the first time so they need a good, fun and competitive experience, which this league offers.

Havant Hockey Club offer a club coach to support the winning school in preparation for the level 3 finals and 2 years ago we assisted St James' School (Emsworth), who won Gold at this event and their sports teacher still considers it her best day out as a sports coordinator ever!

"Havant Hockey Club and Jon Keynes have been the driving force behind an increased interest and uptake in Hockey with the Havant Borough. Hockey is a sport which some of our teachers are anxious about teaching due to the health and safety of the sport, but through working with Jon, he has been able to upskill teaching staff and promote the sport within our schools. Jon has run the Havant School Games School League for many years now. The league is fantastic as it offers children the opportunity to compete in Hockey no matter what their ability level is, it gives teachers the chance to develop their knowledge of the game, young leaders the chance to officiate and volunteer and young people an exit route to the club. The Havant and Waterlooville School Sports Partnership is looking forward to growing Hockey further within the borough schools."

Jennifer Knight School Games Organiser

Key Metrics

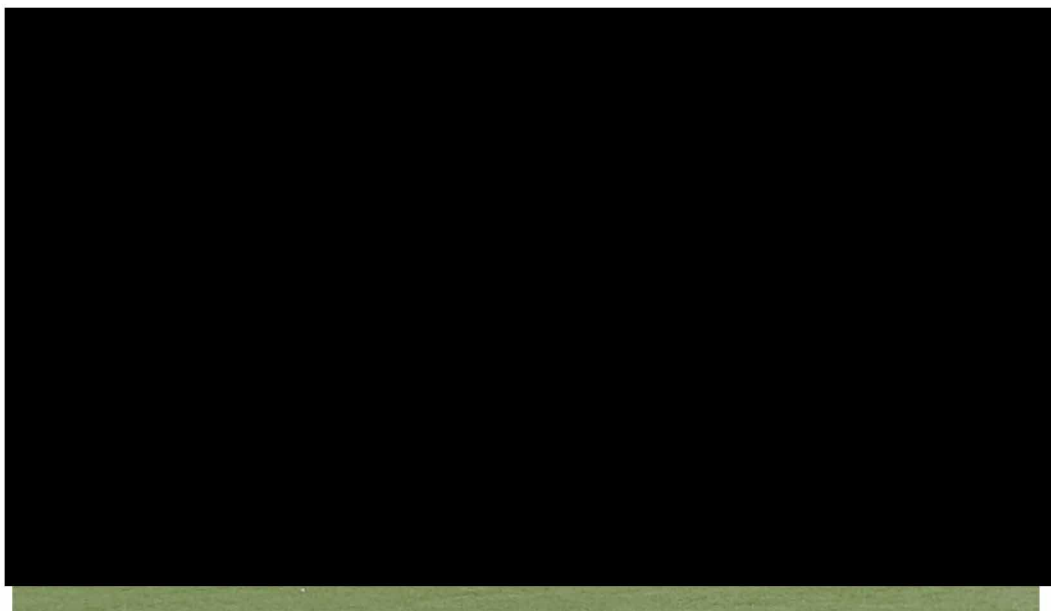
Approx 10 schools, 14-18 approximately 150 local children each year.

Mill Rhythe Juniors (Hayling Island), St Thomas Moore (Havant), Purbrook Juniors, Kings Court (Catherington), St John's (Rowlands Castle), Clanfield Juniors (Clanfield), Herne Juniors (Petersfield) and Sharpe's Copse Primary Scholl (Leigh Park).

6. Coach Development

Alongside our Community Work, with targeted sponsorship, we have put a group of aspiring juniors on 'Coaching Pathways'. This support enables them to become more experienced and to gain recognized coaching qualifications, and to then support and lead sessions on all our schemes. In the past year alone, we have been working with approximately 15 coaches and helpers as well as supporting many other children that need to gain Duke of Edinburgh experience, through coaching a known sport.

Many of our supported coaches, also volunteer in different junior groups helping to keep the coaching strong within our Club. They become more confident leaders, good communicators and they really enjoy giving back to the next generation. Many of the children, without doubt, view these coaches as positive role models and draw inspiration from their time together.



Key Metrics

Over the last 24 months 12 young (and older) coaches have been assisted in the last year. Two have gained a Level 2 qualification and 6 have achieved a level 1 equivalent qualification through England Hockey. Many more have achieved similar in previous years, now taking their experience into University hockey coaching.

7. Dealing with COVID

Providing an outlet for Sport

With access to schools being restricted due to the COVID-19 pandemic, we ran 'Short Hockey Camp' sessions for all the children not in school and not having any sporting outlets. Although we were limited to groups of 5, each with one coach, we managed to run 3 sessions per week with 20-25 children at each.

Needless to say, the parents have been very thankful for these sessions. The pandemic has been extremely difficult for many families with young children, particularly for those families who have one or more family members who have had to self-isolate to protect themselves. This is very tough on the children, and our Community Team has provided these sessions very professionally and within strict rules from both government and Hockey England.

Key Metrics

Approx 70 children per week for 3 months

Autumn School Clubs Sept-Dec 2020

Even after schools returned, they were restricted from offering onsite school coaching. However, we have kept all of our school links alive by offering 'After School Hockey' on our own pitch at Havant College. This has been organised on each Monday and Wednesday and has been rewarded with a strong and constant demand.

The process with all schools returning to normal, will be bumpy and remains largely unknown. However, we have proved that we can adapt to change and continue to deliver when the time is right.

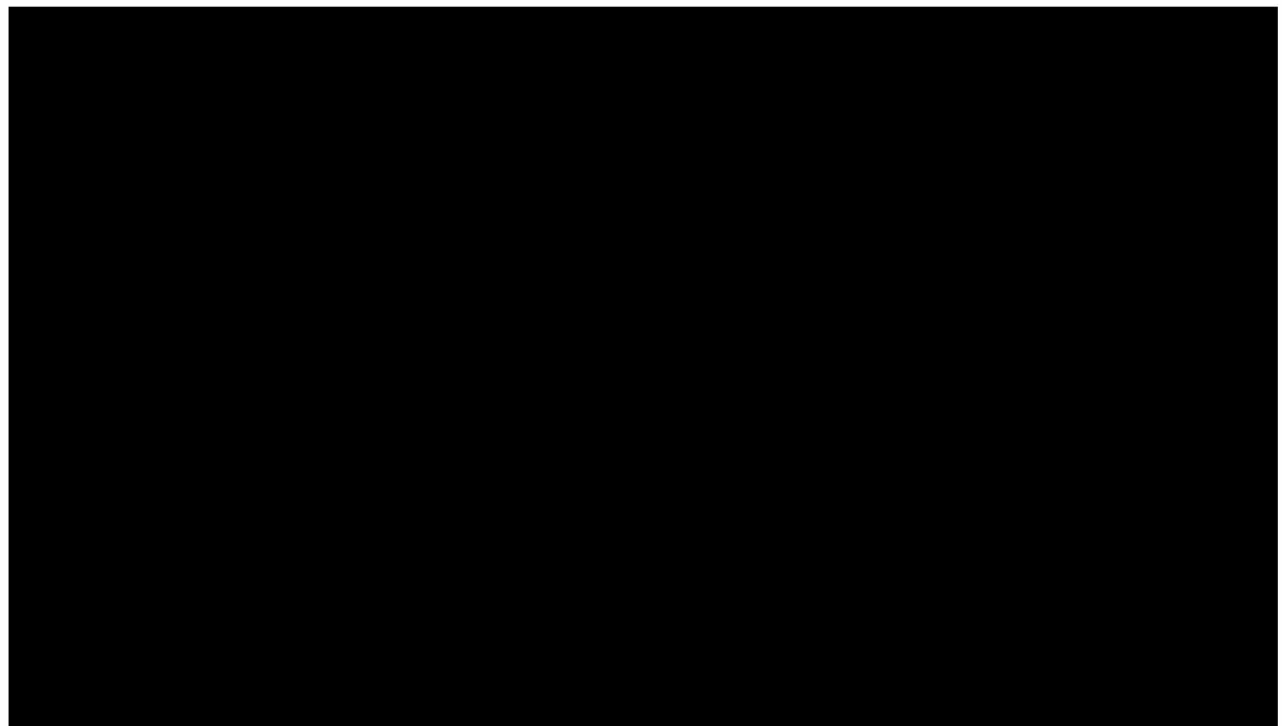
Key Metrics

Approx 40 children signing up each week.

Mental Health

In many cases, we all feel we have been actually running 'Hockey Social Clubs', which just happen to be centred around hockey. Mental health of the children as well as that of the young coaches is paramount and together with our club safeguarding team, we have managed to continue to support children into our sport during these difficult times.

During the latest Lockdown, our Community Coach, Jon Keynes, has worked hard to also make hockey kit available at home to enable children to keep practicing their skills even though they cannot attend school and cannot play at Havant College.



Future Ambitions

Facilities

Havant Hockey Club is currently looking at a number of options to develop its facilities.

The objective is to establish a second Synthetic Turf Pitch (STP) together with a Clubhouse located on the same site. One of the main reasons for this is to create a family friendly environment that facilitates a wider range of Community and youth development activities.

The extra STP capacity means that we no longer have to send junior groups to other locations for training and matches, eliminating transportation problems for parents.

A pitchside Clubhouse provides additional shelter for juniors and parents in case of bad weather, also offering wifi and refreshments for parents whilst their children are on the STP.

The Clubhouse will contain teaching space for coaching and theory sessions

It provides a natural venue for after school activities, schools tournaments and hockey camps.

We are also looking at access to Sports Hall or Dome for indoor and multi-sport activity.

We are fortunate to have a number of sponsors who support our desire to provide better opportunities for sport, especially for community and youth development. Improved facilities will be a central element of increasing our offerings in the longer term.

Programme

There is undoubtedly more that we can do to increase the services we provide within the local community.

Other Projects we are ambitious to pursue are briefly described below. The Club's desire to improve its facilities is the first step in enabling these ambitions to be realised.

Walking/Social Hockey

Havant Borough Council has identified the value of exercise and health within an aging Community which also suffers from significant areas of deprivation. With the additional facilities needed we will have more pitch space and time and even an indoor space, allowing us to develop a Programme of walking and social hockey. This will be targeted at groups within the Community already identified by HBC to give the opportunity for improved fitness, health and happiness to all ages.

Many parents who watch their children play hockey, don't play themselves. Social Hockey is great for parents new to hockey, wanting an introduction to playing the game, likewise, this can give access to people carrying injuries. We aim to identify and contact the many local organisations, to encourage people to take up this brand of hockey, connecting with our regular planned sessions. This will give more inclusion to less able bodied and older members of our Community with all the associated health benefits. This Programme will be set at a level where they can all be involved and will also aid in tackling loneliness and in turn deliver that greater sense of Community to many.

Flyerz Hockey

A further ambition is to provide hockey for physically disabled groups. Access to an indoor space is seen as a key element for the Club to invest in the delivery of this service. The benefits mentioned above under walking/social hockey are the same for the people who would participate in the Flyerz Programme. Flyerz hockey is an initiative published by Hockey England and as a leading Club in the country, Havant Hockey Club sees this Programme as an important element of our future Community Programme.

Social Conscience

In addition to the impact and benefits which the Community Programme brings to children in and around the Borough, the Club also looks to help local worthy causes and those who are less fortunate.

Organisations supported recently are the Mayor of Havant's charity, Hannah's Holiday Homes and Foodbank PO9 (through both goods given by Club members and also a cash donation). Most recently we have also supported The Blurt Foundation in memory of a young Club member who died very unexpectedly late in 2020.

We will continue this charity support looking for new organisations to help in the future.

Jon Keynes

Jon is a BA ed (QTS) Level 2 England hockey Coach, Club & Community Coach.

Jon's background has been working in education for the past 20 years. Initially, he worked within the Emotional Behavioural Difficulties (EBD) special school system, followed by 15 years of mainstream primary school teaching. He then got involved with specialist sports delivery and supply work. Additionally, he has worked with autistic children and those that have struggled to stay in mainstream education in the Leigh Park, Pupil Referral Unit. Jon is also very passionate about the environment and is an active member of being part of a tree planting/forest creation scheme.

Alongside our regular refreshment supplier, Jon has raised monies by encouraging parents to bring recycled coffee cups. A contribution of 10p is made each time parents produce their cup. This cuts down on waste and saves money as well.

www.havanthockeyclub.org.uk

