

SHC BACK 2 HOCKEY HANDBOOK

2023/24 SEASON



INTRODUCTION

Welcome to Surbiton Hockey Club! The purpose of this handbook is to provide key information about our Back 2 Hockey programme (p1), plus further helpful details and other great ways to get involved at Surbiton HC (p2).

WHAT IS BACK 2 HOCKEY & WHO IS IT FOR?

Back 2 Hockey (B2H) is open to anyone over 18 and is aimed at people who have not played hockey for at least one full year, or are looking to play for the first time. We provide individual skills and game play training, and it is a perfect opportunity to meet new people and have fun.

WHEN & WHERE ARE B2H SESSIONS AT SURBITON?

B2H runs from 8.30-9.30pm on Monday evenings and 12:00-1:00pm on Saturdays during school term time.

**** SPRING TERM 2024: Mon 8th January - Mon 25th March (no session on Mon 12th February) ****

All sessions take place at Surbiton Hockey Club, Sugden Road, Thames Ditton, KT7 0AE

WHAT TO BRING WITH YOU

- **Hockey stick** – We can lend you one to begin with.
- **Footwear** – Astro shoes are ideal but trainers are fine initially.
- **Mouthguard** – Essential and available to buy at the bar in the Surbiton HC Clubhouse.
- **Shin Pads** – Essential

WHAT IS THE COST & HOW DO YOU SIGN UP?

B2H costs £80 per term. Invoices are issued prior to each term (via Teamo) but we are confident that you will love it, so do come along and give it a go with 3 trial sessions before deciding to join! B2H members must purchase the Social Membership of Surbiton HC for £40 per annum.

Ready to join the fun? Sign up on Teamo [here](#)

CONTACTS & SURBITON HC KIT



Contact Roger:

backtohockey@surbitonhc.com

Email us your mobile number and we will keep you up to date via the B2H Whatsapp group!

How to Buy SHC Kit

You'll need a light & dark top for games.

If you'd like to buy SHC kit or hockey footwear, please visit our official online kit supplier [here](#)



GET INVOLVED!

CLUB SOCIALS: these are advertised through our social media channels, the weekly newsletter, events page on the club website and posters in the clubhouse. We have a big calendar of events planned for 2023/24 and hope to see lots of you socialising with your team and club mates throughout the season!

WATCH PREMIER LEAGUE HOCKEY: we have some of the most exciting hockey talent in the country playing at Sugden Road every weekend. Join us for a Premier League game day - check out [this page](#) for the latest results, fixtures & double headers

200 CLUB: join via [this form](#)
Win cash prizes & help support fundraising to continue to redevelop the club's facilities

UMPIRE OR VOLUNTEER: great ways to give back to the club! New faces are always welcome to join our amazing volunteer team, while we offer lots of training and development opportunities for new and returning umpires.

Volunteers: Contact [Sian Craze](#)

Umpiring: Contact [the team](#)

HIRE OUT THE CLUBHOUSE - our clubhouse is a popular and cost-effective venue for birthday parties & events! Contact Sam on clubhouse@surbitonhc.com to find out more

SHC SOCIAL MEDIA: [@surbitonhc](#)

Make sure you follow us on Twitter, Instagram & Facebook to keep up with all the latest news & events from the club!

By becoming a member of SHC you agree to our Code of Conduct. View all our club Policies & Guidelines on [this page](#)