

Blues Waggon



Message from the Chair

Karen McKinnon

It gives me great pleasure to be back as Chair of Wycombe HC. The last two years have been very disrupted due to Covid but this season I want to drive the club forward and help start to deliver some of our strategic plans which we committed to 5 years ago.

We intend to use a club survey to gain your feedback on what you want from YOUR club, and to start discussions with stakeholders. Currently, we are in a strong financial position and have been

funding coaching courses for our Young Leaders and Mini's section.

The committee are working very hard to ensure we have a friendly club environment both on and off the pitch by building links with the Cricket Club as well as organising social events. Please share if you have ideas for these events.

Enjoy the season... believe in yourself and play with passion and heart.

WYCOMBE WIN CROXSON CUP

Wycombe beat Marlow 19-16 to win this year's fiercely contested Croxson Cup.

The Croxson Cup has been played annually between Wycombe and Marlow hockey clubs since 1974 in memory of Brian and Derek Croxson, who played for both clubs.

This year, the competition was tied at 15-15 with the outcome of the last match - Wycombe Men 1 XI vs Marlow 2 XI deciding the winner. Playing on Marlow's turf, Wycombe drew first blood before going on to win 4-1 and securing the Croxson Cup for the first time since 2015.

Earlier in the day, the women and men's teams battled hard to keep the scores tied, contributing to the overall win.



This newsletter is produced by Wycombe Hockey Club's volunteer Communications team. It is distributed to all registered members of Wycombe Hockey Club, and we welcome contributions from all our members.

If you have any news or photos to share, please email to communications@wycombehockeyclub.co.uk
Thank you to everyone who have sent articles for this edition.



WOMEN

W1	XI	2-3
W2	XI	1-3
W3	XI	2-1
W4	XI	1-1
W5	XI	3-2



MEN

M1	XI	4-1
M2	XI	3-2
M3	XI	0-1
M4	XI	3-2

Meet our Coaches



Kali Takher
Men 1 XI Head Coach



Arfan Akhtar
Women 1 XI Head Coach



Lee Rowe-Elliott
Goalkeeper Coach

3 types of players

- Those who make it happen
- Those who watch it happen
- Those who wonder what happens



Colin James
U16 & U14 Boys Coach



Alex McDonald-Smith
U12 Boys & Girls Coach

COACH SAYS...

Scoring a deflection goal

"The main difference between tipping the ball high or low is where you deflect the ball on your stick."
- Jeroen Hertzberger



When you deflect the ball, you essentially alter its course after it is hit by another player. These shots are extremely hard for goalies to defend against since they are prepared for the initial shot on goal. With deflections, they don't have time to reposition themselves to defend against the shot. Watch the video for more tips <https://youtu.be/EZ7-bvFhojs>

TRAINING SCHEDULE

Women

Mondays - Kali | WHS

5's/6's : 6.30pm - 8pm 3's/4's : 8pm - 9.30pm

Tuesdays - Arfan | WHS

1's/2's : 7.30pm - 9pm

Men

Wednesdays - Andy/David | WHS

2's/3's/4's/u18 : 8pm - 9.30pm

Thursdays - Kali | Bisham Abbey

1's - 8pm - 9.30pm

Goalkeepers

- RGS | Thurs 18.00-19.00 | Junior GKs
- Bisham | Thurs 19.30-21.00 | Senior GKs + anyone playing adult hockey
- Bisham | Thurs | 21.00-21.30 | Performance Group practice time with Mens 1 XI

My Wycombe journey...so far

SOPHIA (FI) FALLAN | CENTRE FORWARD | WOMEN 1 XI

My hockey journey started when I was 7 years old and has been one of many successes and failures. I first started playing hockey at primary school and played in 2 clubs prior to Wycombe but none of them quite felt like home, not like Wycombe did. I started at the club joining the u10s and continued until I went off to university.

Returning to Wycombe this year after graduation, I believe that my passion and the skills that I developed playing at Wycombe was the reason I was able to make the 3s team at the University of Birmingham.

If at first you don't succeed, try harder...

...However, my career has not always been easy, as an under 14 many of my team got selected to trial for our local county team (Bucks) but I was one of the only girls from my team not to be selected. This was a major confidence knock, however with the support of my team and coaches at Wycombe, I worked harder to ensure that the next year I was selected at the county level.

Playing for Wycombe, I started in defence as full back, and as I progressed in the club to play in higher level teams, I worked hard to improve my skills but with focus to become a versatile player. It's amazing that throughout my career I played in every position except for goalkeeper.

Looking back...

I cannot quite put into words what I love about the sport, but I know I could not live without it. It has given me many memories good and bad, but it has made me who I am today. The sport has brought me many good friends and a whole other family, my hockey family!! I truly do not know where I would be without them, whether in my hockey career or generally in life, and would not change it for the world.

My most memorable hockey moments... so far

Playing in the u16 & u18 teams:

- We entered the outdoor national and indoor national championships 4 years consecutively
- Going to Holland and taking my final huddle of the competition with the most amazing group of girls in the 2016 National finals



One incredible coach who inspired me and the team greatly and stuck with us no matter what, was Jeremy Wagge. He showed us all how incredible we could be as a team and individually, and there was no body else that believed in us more.



My sporting role model is **Crista Cullen**, I have looked up to her since I started hockey. She inspired me to become the player I am today, and taught me how to be a fantastic defender. Whilst I am now a forward, I still use the skills that I learnt from her. She inspires me not just at hockey life but generally in life too.

I am most thankful...

... to the club for facilitating us with incredible coaches, some of which include Sarah Thompson (Ex GB player), Kat McGonigle (captain of an indoor national winning team) and Tash Humphreys (Elite Hockey player).



David Stone, Head of Section:

Promising start to the season

Following promotion to the South Central Premier 2 league, Captain **George Farthing** and Vice Captain **Cameron Ryall** have led the 1 XI to 2 wins and a draw placing them second in the league so far.

England Hockey Player Assessment Days

Proud to announce that Wycombe teen wonders **Jonah Pedrette**, **Ziggy Rana** and **Luke McGarvie** were selected and played for their respective age groups at the assessment days.

We bid adieu to Adam Childs as he takes up a posting in the RAF that takes him away from Wycombe. Adam played for the 1 XI and in his last game against Witney, he scored both goals sealing a win for Wycombe. Thank you for your service Adam and good luck!

INTERNATIONAL HOCKEY NEWS

At World Cup veterans level, **Craig Nevard** played for Wales in Nottingham and ex. 1st team captain Andy Burroughs has travelled to South Africa with an older Wales squad!

Sam Welsh who started his hockey career with Wycombe and is now studying in Cardiff, played for Wales U21 in a European tournament in Prague.

Coaching in the community

We continue with our commitment to develop communities, inspire young people and build our club with links to local schools. Our community coaches are keen to work in partnership with schools to develop and deliver hockey sessions and help children improve their hockey skills.

If you are interested in our community coach visiting your school then email: jclarke31@btinternet.com

A mixed start to the women's season with the immense job of fielding 6 teams and the busiest WhatsApp group in the world. Our amazing captains with a million messages a day continue to ensure we turn out 6 teams every Saturday.

Our 1 XI continue to build with our new coach **Arfan Akhtar**, captain **Hannah Rooney** and our returning University players...
Sophia Fallan
Lucy Young
Chelsea Hegarty Swain

An amazing thank you to all our volunteers from those who miss their Saturday morning lie in to help our amazing minis, to those who help with organising teams and umpires so we can all do this again the following weekend.
-Jane Clarke

Mother of all comebacks... Jess Moir is back on the pitch with the 1 XI after welcoming her second child. We are expecting great things from you Jess!!

Jane Clarke Club Captain & Head of Section:

I always ask players how they played and they always tell me the score (but that's not what I meant).

For me, player development is key and to see players out run, out skill, improve and move up through the teams to hopefully play for our 1 XI, is what I aspire to see with every player...true that not every victory ends up on the scoreboard!

This season, we have seen lots of movement across the teams... meaning there are opportunities for every player to showcase their ability to play in higher teams. It's not about how good you are but how bad you want it...so train like you never won and play like you never lost (with confidence!!)

JUNIOR TRAINING SCHEDULE

- BU14 : MONDAY | 6PM - 7.30PM | COLIN JAMES | RGS
- BU16 : MONDAY | 7.30PM -9PM | COLIN JAMES | RGS
- BU12 & GU12 : THURSDAY | 6PM -7.30PM | ALEX MCDONALD SMITH | RGS
- GU14 & GU16 : THURSDAY | 6.30PM -8PM | KALI TAKHER | WHS
- MINIS : SATURDAY | 8.30AM -10AM | KALI TAKHER | WHS
- [JUNIOR TRAINING : BOYS AND GIRLS UP TO & INCLUDING YEAR 7]

A day in the life of...



Karen & Kath

Karen Swords - Captain
Katharine Gourley - Manager
Wycombe 5 & 6 XI

It's Saturday!

06:45 : The alarm is set for 7:30am as it's an 8:45am meet this week, but a text message wakes me up before that. And as every captain knows... an early text on game day is rarely good news...

This year, the 5s captain has been promoted to 4s, so myself and Karen have taken on the 5s as well as the 6s. We feel strongly that we need both teams so the junior players have the opportunity to play women's hockey in the fun, friendly (most of the time!) environment of the lower divisions before progressing through the club. Having some wonderfully supportive ladies in these teams who guide, advise and celebrate success with our 13 year olds makes the job a whole lot more fulfilling.

But two teams means two team selections and this week that's meant over 30 invites sent, and 210 WhatsApp messages exchanges between us (yes.. I counted!) in between both of us working full time. It's amazing how many messages can be sent during a boring teams meeting!

07:00 : As I brush my teeth looking at the mirror, I ponder over the added drama of a goalie shortage.

07:03 : Another look in the mirror and a goalkeeper stares back!! What was I thinking...take one for the team, volunteer to pad up...it will be fine they said.

07:05 : Back to my phone and the ping from my phone was actually two people not able to play (1) the dreaded covid is still doing the rounds and (2) running for the bus has become a dangerous activity...player vs kerb...kerb won! That leaves us with only 10 for our early game for the 6s. A flurry of messages later, one of our wonderful adults has agreed to play for us rather than do parkrun...pew just breathe

08:40 : Meet car sharers at WHS before heading to Wallingford for an early start. Former goalie T is in charge of getting me into the goalie kit while Karen runs the warm up for the 6s. We have two brand new juniors playing their first ever game for ladies this week and after a quick chat about positions and corners we're ready to go.

10:50 : Half time and we're 2:0 down, Karen switches some players around and we have a better second half and we draw 1:1 so a 3:1 loss against a team that has just been relegated... we'll take that!

11:30 : Team teas - but for Karen and me that means some chicken salad and a protein shake as we're on a fitness mission - we've lost around 3 stone between us since the end of last season. We call it the Su diet.... There's only so many photos you can see of yourself in an ill fitting hockey kit before you hide the chocolate!

12:00 : Back in the car to WHS to support the 5s game. A more experienced squad this time with some of our older juniors and a closely fought game. The short-corner gods were not pleased with us this week but a stunning goal from our junior meant the game ended a 2:1 loss to us.

14:50 : Teas round 2 at the cricket club (we so deserve this!) before making our way home, sending messages on the group WhatsApp about who's got player of the match before Karen has a peaceful night in and I head out for a curry with friends. No booze for us until the end of November thanks to this "diet" but thankfully I've discovered Cobra zero!

An exhausting but rewarding Saturday... Sunday will be hockey free with wild swimming and watching my son play football. For Karen, a battle-rope workout and food prepping before we get ready to send the invites out on Monday for next week's games!

21:57 : PING! Oh got a late night message...

Hey you know if I can go in goal, I will. Happy to help you 21:57 ✓

Me: No way that's my spot now I bloody loved it!!



REFER A FRIEND



CLUB DAY



More Club Day photos on
www.wycombehockeyclub.co.uk

FLOODLIGHT ON



LUCY GUNSON (GUNNERS)
TEAM: WOMEN 2 XI
POSITION: GOALKEEPER

How were you introduced to hockey?

Watching GB women play in the 2012 home olympics. I originally played indoor hockey then was told to play outdoors too.

What do you love about the game?

I love how tough the game is. I've seen many players be hit in the face with a hockey ball and get on with things like its nothing 😊

Are there any players you style your game after, and if so, who?

Im a big fan of Sabbie Heesh- Surbiton 1s Keeper and England #25

What gets you going before a game?

I always have a red bull before a game. Start the warm up with no helmet and sprint to my goal to get fired up!

What is your after game cheat meal?

I don't get to run around on the pitch like most players, so usually don't earn a cheat meal 😊

Your most memorable hockey moment?

Saving my first P Flick

If you didn't play hockey, what else would you do?

Im a big fan of all things fitness- competing in Powerlifting, CrossFit, and Triathlon.

What is the one thing people don't know about you?

Im very superstitious so will always tap certain parts of my kit before a penalty corner or flick.



HARRY PRIOR
TEAM: U14 BOYS
POSITION: CENTRE FORWARD

How were you introduced to hockey?

My brother and sister had an interest in hockey. I was about 5 and was waiting for them on the sidelines when Colin James asked mum if I wanted to get involved in the minis session. My mum was keen for me to get involved so she had free time!

What do you love about the game?

I love lots of parts of the game whether it is social with friends or scoring goals

Are there any players you style your game after, and if so, who?

I don't particularly style my game on any player.

What gets you going before a game?

A long session of loud music in the car. 🎧

What is your after game cheat meal?

A big bowl of cereal or whatever left overs are in the fridge.

Your most memorable hockey moment?

Every match where we dominate both sides of the game in a memorable match!

If you didn't play hockey, what else would you do?

I would play rugby

What is the one thing people don't know about you?

I often eat 12 weetabix for breakfast when mum lets me!

