

Blues Waggon



Message from the Chair Karen McKinnon

Welcome back after the summer break and I am sure you are as excited as me for the start of the new season.

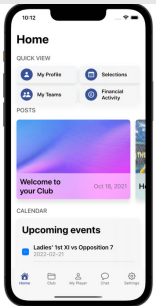
The committee have been working hard over the summer to ensure everything is in place to ensure the success we saw last season can be carried forward into 2023/24 season. We have a new men's team for anyone over 13 years who would like to give men's hockey a go. The **Women 1XI are now in South Premier Division 1** following their promotion, which is one off National League. The junior section is thriving and looking forward to league titles and cup success again.

So this season, we continue building on our success and performance with a new kit from Adidas which is available from Hawkinsport in-store or online.

For those of you who are phone tech savvy, the Club Buzz app is now available on both Android and Apple App stores.

You can access your match selections and other notifications at a click of a button. To help captains / managers, the omissions in Club Buzz has been updated to allow you to enter whether you can play AM/PM, which will help with squad selections.

In the App just go to Player>My Profile and next to the word Omissions hit the edit button.



The club runs a cash free environment to avoid players and captains carrying cash. **This means you don't actually pay for your game until a month after you actually played.** By setting up a direct debit, it helps us to settle members' accounts and pay for our pitches and coaches in a timely manner.

Finally, we all want to play hockey and socialise with our friends so please join in the activities the club has put in place, whether that's training, friendly matches, league/cup games, or a social event. Invite your friends to join the club... we never turn people away and you will receive a discount from your subs once your friend has joined and paid their subs!!

Looking forward to see you all on the pitch... have fun, keep a smile, and win...but if you don't win, think about the positives from the game.

If you have any questions about the club please email me at: Chair@Wycombehockeyclub.co.uk

"There is a difference between interest and commitment. When you're interested in doing something, you do it only when it's convenient. When you are committed to something, you accept no excuses; only results"

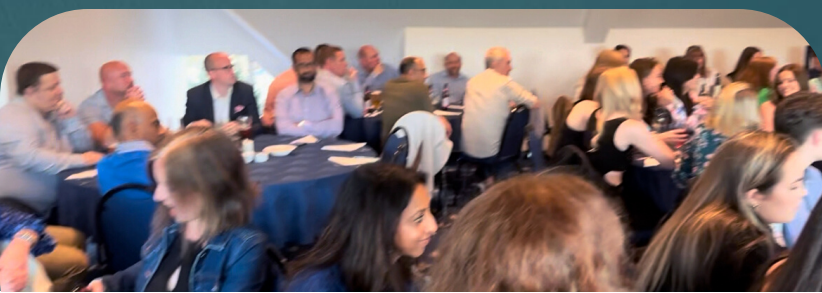


This newsletter is produced by Wycombe Hockey Club's volunteer Communications team. It is distributed to all registered members of Wycombe Hockey Club, and we welcome contributions from all our members.

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.



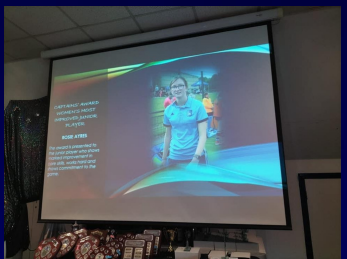
Save the Date
QUIZ NIGHT
Saturday 18 November 7pm
High Wycombe Cricket Club



2023 Awards Night

WINNERS

Great players don't play for great teams ...they make teams great



2022-2023 Season Highlights



Boys u18 South Central Tier 2 League Champions and England Hockey u18 Tier 2 Plate Finalists

Women 1 XI promotion to South Central Premier Division 1



Jonah Pedrette selected for England u18 trials

Masters O45 England Hockey London Clubs League Champions (second year running)

Boys U14 England Hockey Tier 2 Championships Semi Finalists



Jane Clarke winning the Home Nations Tournament and gold in the European Championships representing England Masters O50



Paul Stock represented Wales Masters O35 in the European Championships



- Aby Jones
- Alice Dyson
- Marie Simpson
- Nancy Fradgley
- Sharon Eveleigh-Hall
- Jane Clarke
- Teresa Swords
- Karen McKinnon
- Su Konganda
- Pauline Baxter
- Pauline Aires



Represented South Central in the England Hockey Masters National Championships

Pauline Baxter represented Alliance International Hockey Club in the Women's O55 group in Dundee and Italy



Last weekend I spent my time up in Lilleshall Sports centre in Shropshire, one of the 2 main training centres for England Age Group hockey. I was attending the first part of my England Boys U18s Trials. It was a surreal experience training with 55 Boys U18s made up of the existing England Boys U18 squad, last season's England Boys U16 squad, and 13 of us newbies selected via the Talent Academy system from around England. I was hoping it was to be the first of many trips up there.

The weekend started with a long 3hr drive up to the sports centre. We dropped our bags at our accommodation located on sight, and then congregated in one of the large halls where we met the rest of the players and listened to the England coaches' presentation about the structure of the weekend and how the selection process will pan out over the next few weeks. Among many things they emphasised that they were looking at current ability, but especially a player's potential. Afterwards, we headed off to the pitches for the first of four sessions.



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D** The first session was infamous for being the hardest - its sole purpose was to test a player's fitness. The coach said "you've got to love continuous running to play at this level of hockey". After a lengthy warm-up we went into the staple fitness test of England Hockey; 16 pitch lengths, as fast as you can. It's normally a gruelling test of stamina but on that day it was even harder as we did the test in stifling 30 degrees!

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R** Luckily to recover the amazing staff of Lilleshall produced some great food throughout the weekend, so after a quick break we were replenished and ready for the next session. With the coaches decision to have our last session later then usual to combat the extreme heat, we ended the day under the floodlights playing in a 9-a-side full pitch triangular tournament, a tournament that would continue into the next day after some morning training.

In the evening we went back to our rooms and got changed ready for some dinner and a team meeting, which also included watching the rugby World Cup together as a team. After an inspirational England victory we were ready for bed.

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D** Everyone was preparing with buckets of water before the run. Less than 10 minutes later, the 2 groups had finished with a few having to stop half way with injuries. My time was 5:22 which I was pretty happy about as it succeeded my expectations and I beat the practice times I had done before. The rest of the session was really tough physically with the coaches splitting us into 4 groups and doing a variety of continuous 1v1 drills for the next hour and 30 minutes.



We had a fantastic breakfast buffet in the morning to get some energy ready for the final chance to impress the coaches and hopefully earn a spot in the team squad for 2024. Training started like always with a team warm-up, then we set off into our 3 teams from the day before and had 1 hour to practise and impress with our penalty corner attack and defence. That took up half the training and with the other half we did some overload and underload situations.

We had our final meal at the canteen and a last brief chat with the coaches and physios about the upcoming season and what we can expect, then we were off for our final session. This was the final chance to produce a bit of flair and get yourself noticed by the many coaches that were there.

"What an experience and honour I had was playing hockey among the best 55 U18s Boys in the country. Playing at that level, and improving, it's something I hope to continue to do."



DAVID STONE, HEAD OF SECTION

Great weather... U16 and Men's 1's players **Jonah Pedrette** and **Zaim (Ziggy) Rana** were selected for the Reading talent academy group which won 2 of 3 matches in the 3 day Nottingham festival. Jonah will attend an England U18 training weekend on 9th and 10th Sept for a further assessment. *Congratulations to both players on their success after excellent seasons.*



The club welcomes back ex Juniors **Colin Dudrey-Harvey** from Bath Uni and **Jack Wetherell** from Exeter. Their return will increase our playing strength as we prepare for the new season. Jack has also re-joined the Wycombe Hockey Communications Team and will be covering men's games this season.

We send our best wishes to all heading to University this month and look forward to hearing about their progress as they embark on the next phase of their hockey journey.



JANE CLARKE, HEAD OF SECTION & CLUB CAPTAIN

Welcome to the new season.

We are pleased to confirm Arfan and Kali as our coaches again for this season. Please attend as many training sessions as you can.

"Excellence is an art won by training and habituation"

We wish our university leavers all the best in their next step and pleased to welcome back Neneh Gardner and Emily Westwood.

There will be regular captains/coaches meeting as we put together the squads for the new season, and with so many fantastic hockey players, selections will be tricky but please stick with us and we will do our best to get things settled down asap.

Any questions please contact your captain or myself.

Have a enjoyable and successful season.



with... Karen McKinnon

Chair - Wycombe Hockey Club

Team: Women 3 XI | Position: Midfield

How were you introduced to hockey?

Starting playing at school and my mum mentioned to my neighbour I enjoyed hockey. She played for Wycombe and before I knew it I was signed up at age of 12.

What do you love about the game?

Keeps me fit, made loads of friends both inside my club and outside - and met my husband

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

Karen Brown - safe and sure. Simple hockey

What gets you going before a game?

Bacon and egg baguette and detailed team talk

What is your after game cheat meal?

Don't get one as I am off umpiring



Your most memorable hockey moment?

I have been lucky enough to play 1's through to 3's so have seen many moments over 40 years of playing for Wycombe - both ups and downs

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

Football - Had there been a girls football team back in 80's I would have not played hockey.

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

I have been a volunteer on committee from when I was 18 all the way through until now apart from a 1 year break recently. I have been captain of 1/2's, ladies section head, vice chair and chair. I also served on Trysports committee for 20 years.

Your favourite quote:

I am old enough to be your mother so I shouldn't be running past you !!

MEN

WOMEN

My hockey journey from 1975 (eek!) to present day

PAULINE BAXTER | UTILITY | WOMEN 1 & 2 XI, MASTERS HOCKEY

Although originally from Leeds, my hockey journey started at secondary school in Carlisle, back in 1975. Whilst living in the north, I played for a number of clubs/teams and gained my first county experiences with Cumbria and Yorkshire.

I moved to Reading in 1990, where I still live. During this time, I played hockey at Sonning for 3 seasons, before joining Bracknell in '93 to play in the National League Division 1. It all came down to the last game and we needed to win to secure promotion. We won 1-0 and yes, I scored the open play goal that saw us promoted to National Premier League! Not a bad way to make an impression in your first season with the club. Particularly as I am a natural defender, yet I found myself playing as a forward on a weekly basis. Who knew!

In '96/'97, my partner in crime, Duffy (some of you may know him from his time at Wokingham HC as a GK, or when he umpired in the NPUA), took a year out to travel, starting our trip watching hockey at the Atlanta Olympic Games.



Rx

Back from our travels, I returned to Sonning for a few seasons, before joining Wycombe. Just before joining Wycombe, I developed Type 1 Diabetes. Not quite the 50th birthday present I was anticipating! For those who don't know, Type 1 is when your body no longer produces insulin. I have to manage my condition on a daily (if not hourly) basis and inject insulin to survive. Suffice to say every day is like a science experiment, a challenge I meet head on. On the plus side, T1 normally affects people in their early years so it is official, I have never grown up 😊



“AGE IS NO BARRIER. IT'S A LIMITATION YOU PUT ON YOUR MIND.”

JACKIE JOYNER-KERSEE

One of my reasons for joining WHC was the fact there is an incredibly friendly and welcoming ladies masters team. I had lost a little of my hockey 'mojo' and just wanted to enjoy playing. During my time here, I have played for a number of teams and in a number of positions. Not only have I enjoyed it, but I regained my hockey 'mojo', and have been going from strength to strength.

In 2020 I decided to attend England O55 masters trials to see what it was all about. I soon found out, as I was selected for the EO55 squad. We were meant to attend the World Championships in South Africa, but the pandemic put a stop to that. Instead, we played an International Tournament in Nottingham in 2021. An amazing experience. (Been there, got the t-shirt...well, several t-shirts actually!)

In August 2023, I represented Alliance International Hockey Club in the Women's O55 age group in the Scottish Thistles International Masters Tournament in Dundee. Whilst there were no actual 'winners', we were the most successful team. We won all our games except for 1, which was a 1-1 draw (the only goal we conceded). The last week in August we played in a place called Bra, in Italy. What a challenge. 7 games in 7 days, in temperatures averaging around 37/38°, even making it up to 40°.



Last season I played a mixture of 1's and 2's. Turns out it IS possible to teach an old dog new tricks, so thank you, Arfan. Also, thanks must go to JC. It was Jane who first encouraged me to go to the South regional trials when I joined Wycombe, 9 years ago. I am proud to say I have played regionals ever since.

The highlight of my regional career must be 2 seasons ago, when I managed to play for both the O50 AND the O55 South Central Masters teams with the O50s! winning the championship having gone to sudden death penalties in the final and yes, you guessed it, yours truly scored the winning penalty.

Still on the subject of master's hockey, I am delighted to be a part of the Wycombe team that were England Hockey South Clubs Premier Division O45s League Champions 2022 and 2023.

In the little spare time I seem to have between hockey and work, I ride a motorbike, and have done since 1987. In fact, I still ride the same Honda CB350s motorbike that I bought in 1989. I love it so much, I can't bear to part with it for a more up to date bike. Still, having got Duffy into bikes, we also have a Honda VT750F, which I do occasionally get a chance to ride.

Blues Swagger

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Newsletter