



**Brighton & Hove  
Hockey Club**



# Welcome

Dear player and Parent(s)

Brighton and Hove Hockey Club run junior coaching sessions throughout the season for children between 6 and 16. No prior experience is needed. **All age groups from 6 years upwards** train on Sundays at Falmer sports complex (University of Sussex) **11 to 16 year olds** on Tuesday nights at Stanley Deason Leisure Centre. The directions to these venues are on our website

[www.brightonandhovehockeyclub.net](http://www.brightonandhovehockeyclub.net)

Children should wear sports kit with trainers. We can provide sticks, but shin pads must be worn and a Gum Shield is strongly recommended.

## Brighton and Hove Hockey Club

### Junior Training Planner 2009/10

	September					October					November					December					
Mon		7	14	21	28		5	12	19	26		2	9	16	23	30		7	14	21	28
Tue	1	8	15	22	29		6	13	20	27		3	10	17	24	1	8	15	22	29	
Wed	2	9	16	23	30		7	14	21	28		4	11	18	25	2	9	16	23	30	
Thurs	3	10	17	24		1	8	15	22	29		5	12	19	26	3	10	17	24	31	
Fri	4	11	18	25		2	9	16	23	30		6	13	20	27	4	11	18	25		
Sat	5	12	19	26		3	10	17	24	31		7	14	21	28	5	12	19	26		
Sun	6	13	20	27		4	11	18	25		1	8	15	22	29	6	13	20	27		

  

	January					February					March					April					
Mon		4	11	18	25		1	8	15	22		1	8	15	22	29		5	12	19	26
Tue		5	12	19	26		2	9	16	23		2	9	16	23	30		6	13	20	27
Wed		6	13	20	27		3	10	17	24		3	10	17	24	31		7	14	21	28
Thurs		7	14	21	28		4	11	18	25		4	11	18	25	1	8	15	22	29	
Fri	1	8	15	22	29		5	12	19	26		5	12	19	26	2	9	16	23	30	
Sat	2	9	16	23	30		6	13	20	27		6	13	20	27	3	10	17	24		
Sun	3	10	17	24	31		7	14	21	28		7	14	21	28	4	11	18	25		

  

	May					June					July					August					
Mon		3	10	17	24		7	14	21	28		5	12	19	26		2	9	16	23	30
Tue		4	11	18	25	1	8	15	22	29		6	13	20	27		3	10	17	24	31
Wed		5	12	19	26	2	9	16	23	30		7	14	21	28		4	11	18	25	
Thurs		6	13	20	27	3	10	17	24		1	8	15	22	29		5	12	19	26	
Fri		7	14	21	28	4	11	18	25		2	9	16	23	30		6	13	20	27	
Sat	1	8	15	22	29	5	12	19	26		3	10	17	24	31		7	14	21	28	
Sun	2	9	16	23	30	6	13	20	27		4	11	18	25		1	8	15	22	29	

**Tuesday Training** Under 16s 6 – 8 pm

At Stanley Deason Leisure Centre, Wilson Avenue, bottom astro turf pitch

**Super Sundays** All age groups (min age 6 years)

At University of Sussex astro turf pitch, Falmer Sports complex

All 12 pm to 2 pm

No training takes place during half terms, Christmas or Easter holidays

Email - [petesmales@hotmail.com](mailto:petesmales@hotmail.com) , tel - 01273 389945