



**ENGLAND
HOCKEY**

Southern Counties' Hockey Association

Performance Centre Handbook

2017-18



Southern Counties' Hockey Association Performance Centre Handbook



Introduction

Congratulations on having been selected for the Performance Centre. It is a significant achievement in itself. Though this is where the hard work begins.

The intention of the Performance Centres is to develop an oversupply of candidates for the England Squads. To do this there are approximately 2 sessions per month, these will either be training sessions or match sessions.

This handbook is designed to contain policies and information that is relatively static from year to year. Information that changes, such as session times and dates, will be issued separately.



Southern Counties' Hockey Association

Performance Centre Handbook



1 TABLE OF CONTENTS

1. General Administration.....	5
1.1 Registration.....	5
1.2 Fees.....	5
1.3 Absence from Performance Centre.....	5
1.4 Absence from School.....	6
1.5 Injuries.....	6
1.6 Welfare.....	6
1.7 Website.....	6
1.8 Cancelling Sessions.....	7
1.9 Boarders.....	7
1.10 Photography.....	7
1.11 Channel Islanders.....	8
1.12 Contacts.....	8
2 Hockey.....	9
2.1 Training Methodology.....	9
2.2 Protective Equipment.....	9
2.3 Kit.....	9
2.4 Feedback.....	10
3 Staffing.....	11
4 Sessions.....	12
4.1 Training.....	12
4.2 Match Practice.....	12
4.3 Cluster Competition.....	12
4.4 U15 Selection Session.....	13
4.5 Academy Centre.....	13
5 Player Code of Contact.....	14
6 Movement To and From Performance Centre.....	15
6.1 What's Next.....	15
6.2 Transition and Selection.....	15
7 Centre Information Sheets.....	17
7.1 Caterham.....	17
7.2 Guildford.....	19
7.3 Reading.....	20
7.4 Southampton.....	22



Southern Counties' Hockey Association Performance Centre Handbook



7.5	Tonbridge	24
7.6	Weybridge	26
7.7	Oxford Match Venues	27
7.8	Northwood	29



Southern Counties' Hockey Association

Performance Centre Handbook



1. GENERAL ADMINISTRATION

1.1 REGISTRATION

EH are trialling a new online system during Futures' Cup in August 2017. If that is successful, players will be required to register on it and many of the day-to-day administrative tasks will be undertaken using the system. Details will be provided during September and October 2017 when we have worked out how we may utilise the system to the greatest advantage.

1.2 FEES

The Fees for 2017-18 are:

- £300
- £200 Channel Islanders (see 1.10 below)

They are due by 10 September and should be paid to 30-92-45 43681268 (Southern Counties HA) using the individual payment reference that has been provided to you. Please note that the reference contains no punctuation or spaces, just numbers and letters.

The fees may be paid by instalments. The standard format is three equal payments of £100 payable on 10 September, 10 December and 10 February, using the above mechanism. Though Tony may agree other instalment plans if he feels it appropriate. To arrange to pay by instalments please email Tony.

Whilst a request to change to the standard three equal payments will not be declined, if it has not been requested the system will not have been updated and automatic reminders for outstanding payments will be generated.

1.3 ABSENCE FROM PERFORMANCE CENTRE

You are requested to report all absences as early as possible. If there is a significant number of player absences the overall design of that particular session may need to be altered.

It is expected that this will be done through the new online system. Details will be updated in September.



Southern Counties' Hockey Association

Performance Centre Handbook



1.4 ABSENCE FROM SCHOOL

There are expected to be few clashes with the standard academic programme in this schedule, though for some the Saturday sessions may be an issue. For those who wish to try to be released from school commitments, EH have prepared a generic letter of request for absence which may be downloaded [here](#).

1.5 INJURIES

Minor, short-term injuries, those that are expected to last no more than a week or two, should just be reported in the same way as an absence.

Long term injuries should also be emailed to Tony as soon as it is believed that an injury will be long term. Refunds will be available for long term injuries, but only if we have had the opportunity to give others an opportunity while you are unavailable.

When carrying injuries, players should not play or train at Performance Centre. The intensity of the sessions is likely to exacerbate any existing condition.

However, injured players may attend to spectate. Depending on their injury it may be possible to get them involved with some of the exercises, usually by being a static feeder. It is the player's decision as to what is relevant for them and there is no requirement for them to attend.

1.6 WELFARE

If you have a welfare concern, please contact the South Welfare Officer, Josephine Carr, on josephine@southhockey.org.uk or call her on 07976 742937.

[Click here](#) for the EH Welfare Policy, which can be found on their website.

1.7 WEBSITE

The South Hockey website is southhockey.org.uk. Under the juniors tab there is a whole section for the Performance Centres. If you have a question, please check there first as we do endeavour to keep it up to date.



Southern Counties' Hockey Association

Performance Centre Handbook



1.8 CANCELLING SESSIONS

Currently when a session is cancelled at short notice, details of the cancellation will be emailed to all parents and players.

The new system should allow us text this information instead. We will need to investigate the capabilities and the associated costs. It is likely that only one text per player will be sent, rather than one to the player and one to each of the parents.

1.9 BOARDERS

We appreciate that those at boarding school may have slightly different needs.

For those who can reasonably make the same centre from both home and school, then we will use this centre.

Where this is not practical then they will be assigned two centres one close to home, the other close to school. One of these will be designated their main centre (which will be their competition base) and one a guest centre. This will be done on a case by case basis as other factors such as:

- whether they are a weekly or full term boarder
- distance of travel to competition centres (as much of the competition is in school holidays)
- liaison with the other regional reps (where appropriate)

need to be taken in to consideration.

1.10 PHOTOGRAPHY

We follow the standard England Hockey policies on photographic recordings. The full policy can be downloaded below.

Parents wishing to take photographs should download and complete the registration. It should be scanned and a copy sent to Tony, the original should be lodged with the centre.

- [Photography Policy](#)
- [Camera Registration Form](#)



Southern Counties' Hockey Association

Performance Centre Handbook



1.11 CHANNEL ISLANDERS

Those from the Channel Islands are not expected to attend the Monday evening sessions. The island authorities will provide some sessions with mainland coaches locally. The fee to the Performance centre will be reduced and separate fees charged for the local sessions.

1.12 CONTACTS

Performance Centre Director	Tony Hilton	tony@southhockey.org.uk	020 8680 3681
Welfare	Josephine Carr	josephine@southhockey.org.uk	07976 742937

The best way to contact Tony is by email.

Other contacts will be distributed separately as this document is freely available on the web.



Southern Counties' Hockey Association

Performance Centre Handbook



2 HOCKEY

2.1 TRAINING METHODOLOGY

The training is delivered using the National Development Themes, using games based experiences to try to develop the players' games to the next level. Whilst skills will be developed and honed, as much emphasis is put on the thought processes required to take to the next level.

There is little, if any, specific skills training. Players are expected to be accessing skills training elsewhere. Goalkeepers will be included in the main exercises. It is expected that goalkeeping specialists will be present for about 60% of the session time.

2.2 PROTECTIVE EQUIPMENT

EH require all outfield players under 18 to wear shin pads and mouth guards. It is highly recommended that those over 18 do.

It is recommended that all outfield players wear a glove on their left hand.

Goalkeepers must wear full protective equipment.

2.3 KIT

There is a range of performance Centre kit available to players. It is only available online at www.englishhockeystore.co.uk/performance-centre/players. This is a hidden page on the EH Shop website and cannot be navigated to from the home page.

Outfield players are required to have a minimum of the blue and white playing shirts with the shirt number that has been provided.

For match days, they are also required to have navy and white socks and navy shorts or skorts. These must be colour compatible with the Performance Centre kit. They may not have any branding on them other than Adidas.

Goalkeepers are required to have the light blue smock.



Southern Counties' Hockey Association

Performance Centre Handbook



Tracksuit bottoms and hoodies are available. These are optional.

2.4 FEEDBACK

Feedback will come in many forms. During the cycle, there will be:

- group feedback – general points from the coach to the whole squad
- 1-1 sessions – between a coach and a player, this will be oral
- online – subject to the trial of the new registration system being successful, online feedback may be to individuals or the group

At the end of the cycle, or when a player is released they will receive feedback. The format for 2017-18 has not been confirmed, but in 2016-17 it was by a short bullet point list (usually three) of development points, indicating what the coaches felt the player needed to work on the most. The intention being that players share this with their other coaches so that can continue to develop.



Southern Counties' Hockey Association

Performance Centre Handbook



3 STAFFING

The overall programme in the South will be controlled by Tony Hilton who will also be responsible for all fee collections and movements of players in and out of the Performance Centre programme.

At each centre, there will be:

Centre Manager The centre manager will be responsible for the day to day administration of an individual centre. Most of this work will be home based and they will not usually be present at the sessions.

They will be your main contact for administrative matters other than fees. This is a new role and will be filled by Tony at centres until appointments are made.

Centre Administrator At some centres, we may pilot the Centre Administrator role that is used by some other regions. Where present they will on the day administrative tasks such as:

- taking the register
- answering basic questions from parents
- looking after temporarily injured players

basically, anything that frees the coach up to be on the pitch.

Where appointed it is expected that this role is filled by a parent. It is largely voluntary though a small payment (or reduction in player fees) will be made.

Volunteers are welcome for this role – please contact Tony.

Head Coach EH appoint a head coach for each centre. They are responsible for the sessions and the training that is provided and they have control of the training plans.

The Head Coach will be responsible for communications on purely hockey matters, though this may be delegated to one of the other coaches.

Coaches There will usually be three other outfield coaches at each centre, though at centres with a reduced number of players this may be reduced to two.

Goalkeeper Specialist A goalkeeper specialist will be appointed to each centre. It is anticipated that they will cover about 60% of the sessions.



Southern Counties' Hockey Association

Performance Centre Handbook



4 SESSIONS

There are three types of training session:

- training
- match practice
- cluster competition

4.1 TRAINING

Training sessions may be held on Monday evenings or at weekends. They will be at your base centre unless specified.

If the coaches request it, some weekend training sessions may be changed to match practice sessions as the season progresses.

4.2 MATCH PRACTICE

Match practice sessions will be at weekends and will involve two neighbouring centres pairing up with the boys at one venue and the girls at the other. There will be a training session in the morning and a practice match or a series of mini matches in the afternoon.

All players at the centre are scheduled to attend.

4.3 CLUSTER COMPETITION

The Cluster Competition is where the squads for Futures' Cup are selected. It involves four or five centres, each playing two full length matches per day.

Squads of 16 will be selected for each of these events. Players should make sure that unavailable is declared as soon as it is known for these sessions, if a player is aware that they are unavailable for either of the July dates then they should declare it before the selection for the March event is announced.

There is no guarantee that players will play in any Cluster Competition sessions.



Southern Counties' Hockey Association

Performance Centre Handbook



4.4 U15 SELECTION SESSION

We will run a one off selection session for the 2018-19 U15 squad in June 2018. Those currently at PC and born in 2004 are expected to attend this session.

4.5 ACADEMY CENTRE

Players at Performance Centre may choose whether they do Academy Centre or not. In making their choice they should consider their overall sports schedules, both hockey and other sports. For some it will be a sensible option to do both, for others it won't.

It will not affect your long-term retention at Performance Centre if you do not choose to do Academy Centres.

Some Academy Centres may advise you not to do both.



Southern Counties' Hockey Association

Performance Centre Handbook



5 PLAYER CODE OF CONTACT

All players are required to adhere to the following Code of Conduct.

Respect for the game - all players to participate in hockey with a positive attitude and with the right spirit:

- Be on time for training
- Give maximum effort and strive for the best possible performance
- Always thank your opposition, coaches, umpires and officials after every game or training session
- Accept success and failure, with pride, a positive attitude and set a positive example to others

Respect for others - Everyone involved should be valued whether they are a player, official, umpire, coach, opponent or spectator

- Respect the decisions of umpires and officials
- Protect others involved in the game from verbal or physical abuse and from other forms of threatening or intimidating behaviour such as bullying
- Leave all rooms clean and tidy and all playing areas free from litter always.

Self-respect - Young People should take responsibility for their actions on and off the pitch:

- Do not smoke, drink alcohol or take drugs of any kind (other than prescription)
- Never use inappropriate language, signs or gestures
- Wear suitable clothing for the activity in which you are taking part
- Respect the facilities where you play and the equipment that you use
- Tell someone you trust if the behaviour of other makes you feel uncomfortable in any way
- Do not engage in sexual behaviour
- Do not leave the site for any reason unless you are accompanied by a member of staff



Southern Counties' Hockey Association

Performance Centre Handbook



6 MOVEMENT TO AND FROM PERFORMANCE CENTRE

6.1 WHAT'S NEXT

From the Cluster Competition, a squad of 18 players will be selected to represent the Cluster at Futures' Cup. This will be approximately 20-25% of the players in the cluster. At Futures' Cup, players for the NAGS squad will be selected.

The position of those players currently on the U18 NAGS squad and eligible for 2018-19 NAGS (those born 2002) has not been decided. As they are not required to attend PC training a route back in to the selection process has to be confirmed. The likely routes are either automatic places at Futures' Cup or guaranteed places in the NAGS Long Squad.

Being in the Performance Centre for 2017-18 does not imply an automatic place for 2018-19. This is especially true for those moving from U15 to U17 as the U15 groups are usually around 80% U15 and 20% U14 whereas the U17 groups are roughly 50/50 U16 and U17. On average, this means that there are 6 more places at each centre for U15 as opposed to U17. Those who do not receive an invitation for Performance Centre will go to the Academy Centre.

6.2 TRANSITION AND SELECTION

In this context:

- 'Selection' is the selection of a PC squad at the start of a cycle
- 'Transition' is the movement of players between PC and AC or vice versa during the cycle

At the point that the squads were selected, the coaches believed that they had selected the most suitable players to participate.

However, over the course of the season other players may develop and deserve a place and it is right that they be included in the squad. Whilst we generally have scope for one or two additional players, over this, we may need to release players from PC to AC.

Players who have been recommended by their Academy Centre will usually be offered an assessment as soon as is possible. They may be admitted to the centre at any time.

The Performance Centre is designed to be a significant step up and it may not suit everyone. If a coach believes that continued participation is detrimental to a player's development, then they may recommend a return to AC.

If a player is released by the coach then a refund of the fees for future sessions will be made.



Southern Counties' Hockey Association Performance Centre Handbook



EH have prepared transition guides for each age group which are available on the South website (<http://southhockey.org.uk/index.php/juniors/south-performance-centres>) under selection and transition and also on the separate downloads page.



Southern Counties' Hockey Association

Performance Centre Handbook



7 CENTRE INFORMATION SHEETS

7.1 CATERHAM

Venue

Caterham School Sports Centre
Harestone Valley Road
Caterham
CR3 6YB

The sports centre is on the right hand side of the road as you approach from Caterham town centre and on the opposite side of the road from the main school site. It is about a mile down the road.

Public Transport

The venue is about a mile along Harestone Valley Road from the town centre. The station and the bus stops are near the end of Harestone Valley Road (407 from Croydon and Purley, 409 from Godstone and Warlingham).

Emergency First Aid

A&E: East Surrey Hospital: Canada Avenue, RH1 5RH; 01737 768511 (7 miles)

- at the end of Harestone Valley Road turn right
- at the roundabout turn right, road merges on to A22
- continue on A22 past M25 then take A25 to Redhill
- in Redhill turn left on to the A23 South towards Gatwick
- 1.8 miles south of Redhill turn left on to Three Arch Road and then Canada Avenue

A&E: Croydon University Hospital: 530 London Road, Thornton Heath, CR7 7YE (8 miles)

- at the end of Harestone Valley Road turn right
- at the roundabout turn left
- continue through Caterham towards A22 and at Purley join A23
- continue on A23 until Thornton Heath Pond
- turn right at roundabout on to A235 to Croydon, hospital is half mile on left hand side of the road

Minor Injuries: Caterham Dene Hospital, Church Road, Caterham, CR3 5RA (1.5 miles)

- closes 20:00, last X-ray 17:00
- at the end of Harestone Valley Road turn left
- up Church Hill and onto Church Road, hospital is on left just past Manor Avenue



Southern Counties' Hockey Association Performance Centre Handbook



Cluster

Saxon Tigers

Other Centres: Bury, Northwood and Tonbridge

Potential match venues include:

- Merchant Taylors' School, Sandy Lodge, Northwood, HA6 2HT
- Oaklands College, Hatfield Road, St Albans, AL4 0JA
- Tonbridge School Sports Centre, London Road, Tonbridge, TN10 3AD

Catering

There are no catering facilities on site.



Southern Counties' Hockey Association

Performance Centre Handbook



7.2 GUILDFORD

Venue

Queen's Sports Centre
Charterhouse School
Charterhouse Road
Godalming
GU7 2DX

If travelling from the A3, the entrance for the sports centre is on the right hand side of the road.

Public Transport

Farncombe Station is less than a mile from the venue down residential roads.

Emergency First Aid

A&E: Royal Surrey County Hospital, Egerton Road, Guildford, GU2 7XX (3 miles)

- from the school return to A3
- continue on A3, exit is on Guildford by-pass and is signed to the hospital and the University

Minor Injuries: Haslemere Hospital, Church Lane, Haslemere, GU27 2BJ 01483 782334

- is not open during PC hours

Cluster

Wessex Leopards

Other Centres: Bristol, Southampton, Taunton

Potential match venues include:

- Bath University Sports Village, BA2 7AY
- Clifton College Sports Ground, Abbots Leigh Road, Bristol, BS8 3QD
- Kings College, Kings College South Road, Taunton TA1 3LA
- Marlborough College, Bath Road, Marlborough, SN8 1PA

Catering

There is a café in the sports centre. Especially at weekends, they may request that the seating area is kept free for sports' club members..



Southern Counties' Hockey Association

Performance Centre Handbook



7.3 READING

Venue

Reading Hockey Club
Sonning Lane
Sonning
RG4 6ST

Leave the A329(M) and turn east on the A4 towards Wokingham and Slough. Sonning Lane is about 1¼ miles.

Public Transport

Reading Station is 4 miles from the site and the closest regular buses to the venue are 0.4 miles away at the junction of Bath Road and London Road, it is a circular route, take 13 from Reading and 14 to Reading centre.

Emergency First Aid

A&E: Royal Berkshire Hospital, Craven Road, Reading, RG1 5AN (2.4 miles) (0118 322 5111)

- turn left out of the club and then right on to A4 towards Reading
- continue on A4, hospital is on the right

Minor Injuries: Townlands Memorial Hospital, York Road, Henley, RG9 2EB (5 miles) (01865 903703)

- closes 20:00
- turn right out of club and head to Sonning
- continue to A4155 and turn right to Henley
- in Henley continue past the station and turn left on to Market Street then right on to Hop Gardens

Minor Injuries: Bracknell, Eastern Gate, Brants Bridge, Bracknell, RG12 9TR

- closes 20:00
- turn left out of club and then right on to A4
- take A329(M) and A329 to Bracknell
- centre is just off A329 London Road/Broad Lane 'Running Horse' roundabout between Bracknell and Ascot



Southern Counties' Hockey Association Performance Centre Handbook



Cluster

Mercia Lynx

Other Centres: Birmingham, South Midlands, Weybridge

Potential match venues include:

- Cannock Sports Club, Church Lane, Cannock, WS11 1SR
- Oxford Hawks HC, Banbury Road, Oxford, OX2 8EQ
- St Edward's School, Oxford, Woodstock Road, Oxford, OX2 7NN
- Warwick School, Myrton Road, Warwick, CV34 6PP

Catering

For weekend sessions, the Hungry Hut for hot drinks and snacks should be open.

The bar will not be specifically opened for us, but if it is open it may be used.



Southern Counties' Hockey Association

Performance Centre Handbook



7.4 SOUTHAMPTON

Venue

Wellington Playing Fields (King Edward VI Southampton)
Stoneham Lane
Eastleigh
SO50 9HT

Leave the M23 at junction 14 and continue on A33 towards Southampton, after 0.8 miles turn left on to A27. After 1.2 miles turn left on to Stoneham Lane. The ground is just after you have passed under the motorway.

Public Transport

Southampton Parkway Station and Southampton Airport are 1½ miles away. A taxi is recommended.

Emergency First Aid

A&E: Southampton General, Tremona Road, Southampton, SO16 6YD (5 miles) (023 8077 7222)

- turn right on to Stoneham Lane
- turn right on to A27 (Bassett Green Road)
- after 1.2 miles turn left on to A33 (Bassett Wood Road)
- after 0.6 miles turn left on to A35 (Winchester Road)
- after 0.7 miles right at roundabout onto Hall lane
- after 0.1 miles turn left at roundabout onto Lordswood Road
- after 0.5 miles turn left on to Coxford Road
- continue for 0.7 miles passing the maternity unit and the main hospital entrance is on the left

A&E: Royal Hampshire, Romsey Road, Winchester, SO22 5DG (8 miles)

- return to M3 and leave at junction 11
- take A3090 towards Winchester
- after 1.9 miles turn right at the roundabout on to A3040 towards city centre
- after 1.2 miles hospital is on the left

Minor Injuries: Royal South Hants, Brinton Terrace, Southampton SO14 0YG (3.7 miles) (0333 200 1820)

- closes 22:00
- turn left out of club
- after 0.4 miles: left right on to Stoneham Lane
- after 0.9 miles: take A335 (straightish over main road)
- after 2.1 miles turn left on to Lyon Street
- after 0.2 miles turn right on to Raven Street, hospital is on the right



Southern Counties' Hockey Association Performance Centre Handbook



Cluster

Wessex Leopards

Other Centres: Bristol, Guildford, Taunton

Potential match venues include:

- Bath University Sports Village, BA2 7AY
- Clifton College Sports Ground, Abbots Leigh Road, Bristol, BS8 3QD
- Kings College, Kings College South Road, Taunton TA1 3LA
- Marlborough College, Bath Road, Marlborough, SN8 1PA

Catering

There are no catering facilities on site.



Southern Counties' Hockey Association

Performance Centre Handbook



7.5 TONBRIDGE

Venue

Tonbridge School Sports Centre
London Road
Tonbridge
TN10 3AD

From the north: Leave the A21 following B245 to Hildenborough
From the South: Leave the A21 and turn east on to A26, continuing on A26 until Yardley Park Road, continuing on to Dry Park Road then turn left on to London Road (this avoids Tonbridge town centre at weekends).

Public Transport

Tonbridge Station is about 1 mile away.

Emergency First Aid

A&E: Tunbridge Wells Hospital, Pembury, TN2 4QJ (6 miles)

- turn left out of school
- after 0.1 miles turn right on to Dry Park Road, continuing on to Yardley Park Road
- after 0.7 miles turn right on to A26
- after 2.2 miles left on to A21 (south)
- after 2 miles exit left on to Tonbridge Road, hospital is 0.7 miles on the left

A&E: Maidstone Hospital, Hermitage Lane, Maidstone, ME16 9QQ (10.5 miles)

- turn left out of school
- after 0.1 miles turn right on to Dry Park Road, continuing on to Yardley Park Road
- after 0.7 miles turn left on to A26
- after 11.1 miles turn left on to B2246 Fountain Lane
- after 0.6 miles hospital is on left



Southern Counties' Hockey Association

Performance Centre Handbook



Minor Injuries: Crowborough War Memorial, Southview Road, Crowborough, TN6 1HB (13.5 miles)
01892 652284

- closes 20:00
- turn left out of school
- after 0.1 miles turn right on to Dry Park Road, continuing on to Yardley Park Road
- after 0.7 miles turn right on to A26
- after 2.2 miles left on to A21 (north)
- after 1 mile exit on to A26 and head to Crowborough
- as you enter Crowborough turn left on to Eridge Gardens
- at end turn left on to Crowborough Hill
- after 150 yards turn right on to Church Road
- after 0.5 miles turn right on to Southview Road

Cluster

Saxon Tigers

Other Centres: Bury, Northwood and Tonbridge

Potential match venues include:

- Merchant Taylors' School, Sandy Lodge, Northwood, HA6 2HT
- Oaklands College, Hatfield Road, St Albans, AL4 0JA
- Tonbridge School Sports Centre, London Road, Tonbridge, TN10 3AD

Catering

The café in the Sports Centre is open for hot drinks and has a limited number of sandwiches available. There are also vending machines.



Southern Counties' Hockey Association

Performance Centre Handbook



7.6 WEYBRIDGE

Venue

St George's College
Weybridge Road
Addlestone
KT15 2QS

Leave the M25 at junction 11 and take A317/A320 to Woking and Chertsey. Then turn right on to A317 (Chertsey). the school is 0.7 miles on the left.

There is no entrance to the school before 18:30 on Mondays.

Public Transport

Addlestone Station is 0.3 miles from the school

Emergency First Aid

A&E: St Peter's Hospital, Guildford Road, Chertsey, KT16 0PZ (2 miles) (01932 872000)

- turn right on to A317
- after 0.7 miles turn left staying on A317
- continue on A317 for 1.6 miles, crossing M25
- turn right on to A320 towards Guildford and Staines
- hospital is 0.4 miles on left

Cluster

Mercia Lynx

Other Centres: Birmingham, South Midlands, Weybridge

Potential match venues include:

- Cannock Sports Club, Church Lane, Cannock, WS11 1SR
- Oxford Hawks HC, Banbury Road, Oxford, OX2 8EQ
- St Edward's School, Oxford, Woodstock Road, Oxford, OX2 7NN
- Warwick School, Myrton Road, Warwick, CV34 6PP

Catering

There will be no catering facilities on site.



Southern Counties' Hockey Association

Performance Centre Handbook



7.7 OXFORD MATCH VENUES

Venues

St Edward's School
Woodstock Road
Oxford
OX2 7NN

Oxford Hawks HC
Banbury Road
Oxford
OX2 8EQ

Public Transport

Oxford Hawks is a mile from Oxford Parkway station. Both venues are served by the 2, 2a, 2b, 2c, 2d & 2e buses from the centre of Oxford.

Emergency First Aid

A&E: John Radcliffe Hospital, Headley Way, Oxford OX3 9DU (2.3 miles)

- from St Edward's
 - join A4144 North (away from Oxford)
 - after 0.3 miles turn left on to Moreton Road
 - at end straight over on to B4495 Broughton Ferry Road
- from Hawks
 - turn left
 - after 0.3 miles straight over A40 continuing on Banbury Road
 - after 0.9 miles turn left on to B4495 Broughton Ferry Road
- after 2 miles left at roundabout
- after 0.2 miles right at roundabout to hospital

Minor Injuries: Witney Community, Welch Way, Witney, OX28 6JJ 01865 904222

- from St Edward's
 - join A4144 South (towards Oxford)
 - after 0.9 miles turn left on to A40
- from Hawks
 - turn left
 - after 0.3 miles turn right on to A40 (after 0.3 miles on A40 join route from St Edward's)
- after 9.3 miles take A415 towards Witney and Abingdon
- after 0.2 miles fifth exit on to A415 to Witney
- after 0.9 miles left on to Welch Way, hospital 0.4 miles on right



Southern Counties' Hockey Association Performance Centre Handbook



Catering

There will be no catering facilities on site. there is a range of coffee shops available in Summertown which is a 10-15 minute walk south on Banbury Road from Hawks and a 5 minute walk from St Edward's.



Southern Counties' Hockey Association

Performance Centre Handbook



7.8 NORTHWOOD

Venues

Merchant Taylors' School
Sandy Lodge Lane
Moor Park
Northwood
HA6 2HT

Public Transport

Moor Park Tube station is about a 15-20 minute walk from the station. At the ticket barriers do a U-turn with the station and pass back under the tracks. The front entrance to the school is straight ahead. Occasionally the back entrance is open, having left the station as above, turn left and the entrance is about 200 yards on the right.

Car Parking

Follow the signs to Old Merchant Taylors (OMT). This takes you along the perimeter of the School and past the lake, on your right, and park in the Old Merchant Taylors Car Park which will be straight ahead of you.

You must park in the OMT Car Park, or the overspill car park (by the new building) on the left hand side. **UNDER NO CIRCUMSTANCES MUST CARS BE PARKED BY THE SIDE OF THE ROADWAYS (TOWING AWAY OF VEHICLES SO PARKED IS A POSSIBILITY).**

Spectators

The pitches have designated spectator areas which should be used at all times.

Catering

On match days, the bar will be open serving hot drinks, bacon rolls and burgers.

Emergency First Aid

A&E: Watford General Hospital, 60 Vicarage Road, Watford, WD18 0HB



Southern Counties' Hockey Association Performance Centre Handbook



- turn left out of the school
- after 0.2 miles turn left on to A4125 Hampermill Lane and continue on A4125
- after 1.3 miles turn left on to A4178 Deacons hill
- after 0.7 miles turn left on to A4145 Farraline Road
- hospital is on left after 0.3 miles