

## **HENLEY HOCKEY CLUB**

Henley Hockey Club provides a wide range of training sessions to cater for all levels of commitment and ability. There are general club sessions for the casual player and those wishing to develop their game, and performance squad sessions for the more elite club players.

Pitch training takes place at Jubilee Park from September to March, with a short break over the Christmas period. Pre-season fitness for the 1st team squads, and any other enthusiastic members, also takes place during the summer months.

New players are welcome to join us at any time of the year. All you need to do is turn up but feel free to contact the relevant Director of Hockey or Captain if you prefer so that we know to expect you. You can come along to three training sessions to try out the club before joining.

Coaching is provided to all teams by qualified and experienced coaches with a mix of drills, continued fitness and training games as part of the weekly sessions.

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