KELSO HIGH SCHOOL HOCKEY
SEASON 2024-25

Dear Parent / Carer

We will soon be into the new hockey season, with our main aim being to encourage and enable as many children as possible to play fun school hockey at Kelso.

We would like to welcome you as supportive parents and carers, key to ensuring your children enjoy and learn through their hockey. My name is David Ferguson, and I'm a volunteer coach who helped when my children were at the school and loved it so much I stayed! Our school hockey is supported by Kelso HS Headteacher Mrs Lothian, Head of PE, HE and Sport Mr Brown, and PE teachers Miss Stevens and Miss Rout, with help from Active Schools coordinator Chris Fraser, but relies on volunteers to run teams at all ages safely and effectively. We particularly need parents to accompany teams to games and tournaments, and with fundraising.

I will lead our coaching team again this season, with help from Kazya Stevens, Christie Rout, Liv Ferguson, Stuart Horsburgh and a number of Senior pupils. Due to various work commitments, it may mean that coaches are involved with different age groups throughout the year.

A huge thanks goes to parents who have volunteered to support us this season – but we are currently low in numbers. Any parents able to help out from time to time should get in touch, or sign up at Parents Welcome Session on Wednesday 21 August (6pm).

We will run as many teams as we have players, each year group training once per week at the school with games on Friday afternoon or Saturday morning. Further training is available with Kelso Hockey Club (website here), and we encourage all new players to join the club. We work closely with Kelso Hockey Club to try to ensure players are not playing too much hockey – so some club players may not play every school match - and we welcome your feedback on this at any time.

Kelso High School Director of Hockey
David Ferguson – davidferg@btinternet.com / 07730303477

TRAINING NIGHTS

S1	Monday - 4pm-5.30pm
S2 & S3	Tuesday - 4pm-5.30pm
Seniors (S4,5&6)	Wednesday - 4pm-5.30pm
Kelso Hockey Club	Check website for details

DATA PROTECTION

To comply with General Data Protection Regulation (GDPR) legislation, we need to make you aware of the data we hold on our system as part of our safeguarding process.

To allow us to contact you in the event of an emergency or to provide your child with any medical treatment, if required, and keep you updated with training, tournaments and other events throughout the year we need to retain the following information: name, date of birth, parent/carer contact name, address, email address, telephone numbers and a note of any allergies or medical history. This information is refreshed annually and held securely, but we will keep a record of you and your child's details for as long as your child is playing hockey at Kelso High School.

Kelso High School Hockey Club is affiliated to Scottish Hockey and we share your child's personal information and contact email with them, ensuring eligibility for your child to play hockey and for insurance purposes. Scottish Hockey has its own GDPR Policy. We do not share your personal information with any other party.

We must also obtain written permission from parents/carers to allow mutual interaction within our organisation on any form of social media, so please give your details on the back of the consent form and your consent to us making contact with your child if agreeable. We will only do so to pass on relevant information, regarding training, games and related events, or to answer questions regarding hockey in Kelso High School.

The consent form **MUST** be completed and returned, before your child can play school matches, **by email to: davidferg@btinternet.com**; or by handing into the school office or PE dept. Please complete all sections including postcode, provide a secondary emergency contact and ensure that the email address is clearly written and easy to read. Also please note section overleaf.

WHAT DO I NEED TO WEAR AND BRING?

TRAINING

- **MOUTHGUARDS AND SHIN GUARDS – NO PLAYER WILL BE PERMITTED TO TAKE TO THE FIELD WITHOUT THESE.** These can be bought from various sports shops and online outlets (incl Sports Direct in Galashiels or online here) – no need to spend a lot of money.
- Players can wear any sports kit and training shoes to training, but please ensure they have a warm top and bottoms on cold days.

MATCHES

- **MOUTHGUARDS AND SHIN GUARDS – NO PLAYER WILL BE PERMITTED TO TAKE TO THE FIELD WITHOUT THESE.**
- Red playing top (available from David Ferguson)
- Red school hockey hoodies and red socks (available here).
- Navy skort/shorts, tracksuit and rainjacket (same as club, here).
- Astros/trainers for astro and football boots for grass.
- Bottle of water and snack.
- For away games, a change of clothes can also be taken, and a towel and plastic bag for wet/muddy kit.
- Goalkeepers: Kit will be provided by the school but it is the goalkeepers' responsibility to look after it and inform their coach if anything is broken or needing replaced.

WHAT IF I DON'T HAVE ANY HOCKEY KIT YET?

There's no rush! For new players taking up hockey there is no need to immediately buy all the kit above - you can do it gradually. The new red playing tops must be ordered from David Ferguson (please email davidferg@btinternet.com) but, initially, any red t-shirt can be worn with dark-coloured shorts and red socks, and hockey sticks can be borrowed.
To save costs, we have joined with Kelso Hockey Club for all additional kit (skorts, shorts, trackies, jackets) - available from the Border Embroideries website.

WHAT WILL IT COST TO PLAY HOCKEY?

The annual membership fee is £40, which helps us to cover around 35% of the costs of buses, equipment and tournaments - payable through Kelso HS ParentPay. Payment within the first month helps us to book buses, but we can accommodate anyone who wishes to pay over a longer term - just let me know.

DO TEAMS GO ON TOUR?
Tours in Scotland and overseas were halted by the Covid-19 pandemic. We hope to resume tours as these are hugely popular, but they require a lot of organisation and cost, and there are no current plans to organise tours.

HOW CAN PARENTS HELP?
The hockey programme would not happen without volunteers. We need new coaches, team managers, umpires, fundraising event helpers and adults simply able to travel on buses to games every season - but **we don't need everyone every week.** The more volunteers that sign up the more fun it is, so please consider volunteering to help. Thank you to all who have already volunteered and continue to support our hockey teams.

FUNDRAISING HELP
It costs £6,000-£8,000 per year to run the hockey programme. Half comes from school and charity funding, and player memberships, and we seek to hold three main social events to fund the remainder. We are now seeking help to organise family bingo and quiz nights, and supermarket bag packs in 2024-25.

CANCELLATIONS
Matches are sometimes cancelled and we will give as much notice as we can. Facebook is our main method of communication – please join the **Kelso HS Hockey** page (separate to Kelso HS and club hockey pages). If you do not use Facebook, let us know and we can text you. On a Friday, the school will endeavour to post cancellation information outside the PE department in the main foyer, so all hockey players should check this before they leave school. If we have to cancel on a Saturday morning we will again do so by Facebook or text. **Training** will rarely be cancelled and only by the coach in charge in exceptional circumstances (we play in all weathers and sometimes go inside!). School will be notified and information posted in school and on Facebook.

FACEBOOK
We run a popular Facebook page for communicating all hockey news throughout the season, called **Kelso High School Hockey** - separate to Kelso High School and Hockey Club pages - and this is updated regularly. This is a private page and restricted to **parents/carers in S1-S6 and hockey players in S2-S6,** but if you are not on Facebook and do not wish to be, we can communicate with you through text instead.

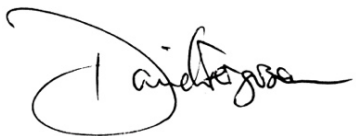
If you do wish to join the group, there are rules everyone must follow:
1. **No S1 pupils can join** (due to Facebook 13yr-old rule) but parents/carers can keep players updated (only parents/carers can be accepted to group, not wider relatives and friends due to child safeguarding).
2. **There can be no abusive posts or messages** – we encourage positive posts.
3. **Only the administrators (coaches) may post pictures and agree to people joining the group.**

Anyone found to have broken any rules may be asked to leave our Facebook page and the hockey programme.

AND FINALLY…
Hockey is about **FUN** for everyone. After the challenges of Covid lockdowns, it is more important than ever that your children have the opportunity to enjoy fun sport in a safe environment, as it helps them to strengthen their physical and mental health, develop confidence and self-belief, and make new friends. We strive to ensure **every single student** who turns up enjoys the experience of being part of a fun hockey environment. The door is open to all at Kelso HS, boys in S1&2 and girls S1-S6, whether they have played before or not, and irrespective of ability and disability - all children have abilities. Everyone will have fun – we guarantee it!

If you have any queries or need further information contact me at: davidferg@btinternet.com/tel: 07730 303477.

Yours,



David Ferguson
Kelso HS Director of Hockey