



Tring Hockey Club Newsletter



ALL THE LATEST NEWS AND RESULTS FROM THE HOME OF HOCKEY IN HERTS.

ISSUE 3 – 25 SEPTEMBER, 2009

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Monday (21st) marked the autumnal equinox – which means we're halfway between the longest and shortest days of the year. But, as the leaves start to fall, the weekend weather continues to feel much closer to spring than winter. Saturday saw 3 of our teams in action and no defeats to write about, so long may that continue.

I was able to witness both the Men's 3's and Developments on their travels as they amassed a grand tally of 12 goals conceding only 5. This was an excellent return and with good performances all round then all bodes well before the season starts. Whilst the 3's were able to spread their 7 goals around on a sand-pit in Slough, it was the 'Hitman' Thompson showing the youngsters that there is life in the old dog yet by smacking 4 goals into the opposition net and almost single-handedly demolished Rickmansworth.

For those who missed last week's edition, & I believe that may be the whole club save for me and my proof-reader Dan, a useful oversight of the 'free-pass' rule was included for your attention, so I have taken the opportunity of including again. From the games I saw at the weekend it seems to be pretty well understood with only an occasional misinterpretation. Over the

coming weeks I will try and include clarification points of this rule and maybe some of the old ones just to keep us ahead of the game. Several members of the club attended a 'Rules Evening' by the Bucks HUA held last Thursday, which was very useful, so a few should know better by now!!

Don't forget we are fast approaching the club's 1st social evening of the season on Saturday 3rd October and your whole hearted support is requested. As part of the 'Gillies' tournament to raise as much money as possible to aid promotion of junior hockey in Tring, lively entertainment in the form of the 'Trilogy Trio' has been arranged. See your captains for tickets.

Don't forget this is your weekly newsletter so if you have any burning issue you would like to raise then please let us know! The editor-in-chief can be contacted at wallim3@hotmail.com. **NJW**



Tring Clubhouse in all its glory on a sweltering sunny Saturday Afternoon

Don't Forget All Memberships are Due

MEMBERSHIP FORMS

Forms are available from your captains for membership. Please fill in fully and return ASAP to get your subscription discount!

An Important Rule Change has occurred. See page 2 for more details....

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Rules of Hockey 2009-10



If you hadn't heard by now, from 1 September the FIH Hockey Rules Board introduced a new 'Mandatory Experimental Rule*' – a 'self-pass' from a free hit. The intention of the FIH here is to reduce the number and duration of interruptions to the flow of play and thereby increase the length of time the ball is in active play.

The self-pass allows the player taking the free hit to play the ball again immediately after taking the free hit and hopefully encourage 'free-flowing hockey'. As with all actions on the pitch, this must be taken safely, therefore other aspects of the free hit rule have also been reviewed. As a consequence related rule changes have been implemented to ensure safety is paramount.

Prominent amongst these changes is the rule that from free hits within the attacking 23m area are no

longer permitted to be played directly into the circle – this includes side line hits!!!

Noted below are the instructions that England Hockey have issued to Umpires so that you can familiarize yourself with the changes and how it will be implemented by officials.

(* a Mandatory Experimental rule is where all hockey plays the rule with the FIH Rules Board reviewing after actual playing experience before deciding if to make the change permanent.)

- For free hits (including centre passes, corners and all sideline restarts after the ball has been outside the field) - All **opponents** must be at least 5m from the ball
 - Free hits awarded to the **attack** within their attacking 23m area, all **players** must be at least 5m from the ball
 - *In all situations - if taken quickly and a player is within 5m of the ball but is not playing, attempting to play the ball or influencing play, the taking of the free hit does not need to be delayed – be consistent!*
 - Attacking free hits awarded within 5m of the circle must be taken back to the nearest point 5m from the circle
- A player taking a free hit, centre pass, corner or sideline restart can be the next player to play the ball – a 'self-pass'**
- Taking the free hit and the next playing of the ball must be **two distinct and separate** actions. The ball does **not** have to move 1m before the player may play the ball again.
 - At a free hit, which is not a 'self-pass', the ball must move at least **1m** before it can be played by a teammate of the player taking the free hit.
- For free hits (including corners and sideline restarts) taken by the attacking team inside the 23m area the ball cannot be played directly into the circle.**
- At a 'self-pass' the ball **must travel** at least 5m from the point of the free hit (not necessarily in a single direction) before the taker himself can play the ball into the circle.
 - Alternatively the ball must be touched, deflected, hit or pushed by **any** other player **before either it enters or can be played** into the circle.
- For free hits (including centre passes, corners and all sideline restarts after the ball has been outside the field) - All opponents must be at least 5m from the ball**
- At a 'self-pass' the ball must travel at least 5m from the point of the free hit (not necessarily in a single direction) before the taker himself can play the ball into the circle.
 - Alternatively the ball must be touched, deflected, hit or pushed by any other player before either it enters or can be played into the circle.
- For free hits (inc. corners and sideline restarts) taken by the attacking team inside the 23m area:**
- Be **pro-active** and use common sense regarding the **placement** of free hits either close to the circle or the 23m line.
 - Be flexible, only penalize if the 'wrong spot' for the free hit is chosen in order to either **gain an unfair advantage** or for reasons which are **against the spirit and aim of the Rules**.
 - Intentionally moving the location of an attacking free hit outside the 23m area to create an opportunity.
 - To play the ball directly into the circle **must** be seen as an unfair advantage and **penalized accordingly**.

Courtesy of HBHUA and England Hockey

Last Weekend's Action



**SOUTH
HOCKEY
LEAGUE**

Middx, Berks, Bucks & Oxon - 2009/2010

1st XI – Captain Matt Hyde

No game.

2nd XI – Captain Richard Sharp

No game. Please note for clarification the correct skipper of the 2's for the new season – Sharpie and not Webby or Chappers who have previously been mentioned in past dispatches erroneously by this newsletter!

Ben's in 7th Heaven

3rd XI @ South Bucks – W7-3

Tring started brightly against South Bucks, a team in the division above, forcing their opponents back towards their own goal. Gary Arthurs involvement lasted all of 15 seconds as he showed his age by pulling a muscle in his buttocks. Ouch. Tring took a deserved lead as they broke quickly down the right, crossing early to Rob Lloyd to slot home. Against the run of play Tring conceded an equaliser from a well worked South Bucks goal. The game was swinging one way and then the other as Greg Walton grabbed his first goal for the club (with the aid of a defender's comical attempt to keep the ball out of the net). Back came South Bucks to make it 2-2 before the break. Tring had the better of the half and were unlucky not to be ahead - as Will Holderness succinctly put it 'We should be owning this team'.

The second half started in a very similar manner Tring went 3-2 up from a short corner, Will Holderness stroking home from short range. South Bucks were refusing to take the hint though and almost instantly came back to make it 3-3. At this point Tring stepped up a gear Russ Arthurs popping up from left-back to grab a goal to make it 4-3. Will Holderness then grabbed his second again from a well-worked short corner. At 5-3 South Bucks were finally broken as Tring kept pouring forward. Chris Aikens playing higher up the field than usual tucked a scrappy goal home to make it 6. Will Grabbed his hat-trick in the dyeing moments - Greg Walton striking high to the Goalies left had a good shot saved before Will put away the rebound. Final score 7-3 Tring. (**Ben H**).

Dan's Four Star Display

Development XI @ Rickmansworth – W5-2

It is said that true masters never forget their natural talent and goal machine Dan 'the hitman' Thompson, in the Developments to re-find his goal touch, proved this was so on Saturday with an awesome display in front of goal for the Developments. His predatory skills were to the fore as his one-man display in the Rickie circle tore them asunder and comfortably saw the youngsters home in what otherwise was a largely even encounter.

Supported by a cast of seniors that included Webby, Eric & Nick Wallinger, a new crop of youngsters from the Tring Academy ably proved they are up for the task ahead of them with a convincing display against a Rickie side which featured many older heads than their counterparts.

A solid backline gave the midfield the confidence to play a free flowing game with Richard Beeney shining in a central role that time and again had Rickie on the back foot. The new 'self-pass' rule was taken to without incident by the youngsters whereas the same couldn't be said for Webby, despite being at the rules evening the previous Thursday, and an umpire who still preferred to interrupt play rather than permit a more free flowing game as anticipated by the rule change.

Still all in all it was an excellent all round performance from the team who now move onto Milton Keynes for their final pre-season run out before the main work begins.



Vets/Supervets – Vets Captain Steve “Beast” Collins & Supervets – Phil Withers

No game, just a friendly knock about at Halton between our gentlemen players.



1st XI – Captain Bryony Bennett

No game.

2nd XI – Captain Tracey Hockley

No game. Scheduled game was called off with the opposition unable to field a team.

Honours Even in Brunel Clash

3rd XI @ Eastcote – D2-2

It was mainly the normal lineup for the Ladies 3rds friendly game against Eastcote on Saturday. The game started well with some strong play in the middle by Emma and Liz. 15 minutes into the game Tring were 1 - 0 up with a great goal from Liz. Tring continued to fight hard but unfortunately Eastcote were able to get one back. Just before half-time Amy scored another great goal for Tring. In the second half Tring fought hard and with some excellent goal keeping by Jenny managed to keep Eastcote at bay however about 5 minutes from the end Eastcote were able to equalise.

And a correction to last week's score line with the 3's recording a 2-1 victory over Chess Valley and not a 3-2 defeat as recorded. Thank you Mary for the update, we are always happy to correct that sort of news.

Developments – Captain TBA

No game.

Where to catch the action this weekend



Saturday	H		Opponents	Venue	Pushback
Mens 1			No Game		
Mens 2	H	F	Milton Keynes 3	RAF Halton	1200
Mens 3	A	F	Milton Keynes 4	Milton Keynes MK6 3EA	1530
Developments	A	F	Milton Keynes Samurai	Milton Keynes MK6 3EA	1200
Veterans	A	L	St Albans Praetorians	Dame Alice Owen School. EN6 2DU (Potters Bar)	1630
Supervets	A	L	Staines	Staines HC, Laleham. TW18	1430
Ladies 1	H	L	Vauxhall Chiltern 1	The Brache, Gypsy Lane, Luton	1300
Ladies 2	H	L	Aylesbury 2	RAF Halton	1030
Ladies 3	H	L	Queenswood 2	Tring School	1515
Developments	H	L	Hertford 4	Tring School	1345

Training Continues

Everyone please remember that club training continues every Wednesday evening at Tring School Astro. The timings are - Developments 7 to 8pm while the main Club training follows immediately at 8 until to 9pm.

Senior 1st XI training for the Ladies & Mens is held every Thursday evening at the Halton Astro 8 to 9.30pm.

Junior Coaching commences this Sunday at Tring School Astro from 9.30am.

One Man's Dream –

Dan Thompson on his
4 goal spree –
“May the fourth be with you”



Dan thinking back on his '4'

The day had started so quietly for Dan woken early by his 2 little stars who had already seemingly o/d'd on the fizzy orange! It was shaping-up to be a long day, but in his mind he was determined he would prove Legend's skipper 'wee' Ben Holman had made a mistake in leaving him out of the 3's trip to South Bucks.

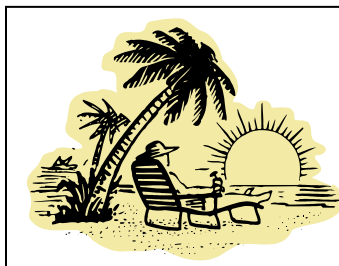
By midday he had completed his morning run from bedroom to bathroom then downstairs for the fitness fanatic's breakfast. Foregoing his usual yoghurt and granola, he got stuck into a sausage and black pudding baguette dreaming of glory. “It is always hectic in our house first thing, but on Saturdays I love sitting down with little Quentin and talk about the game ahead” explains Dan. “He revels in my tails of past glories and I can't wait to return home after a game and see his eager face waiting to see if I have added to them. Most weeks I have to embellish but today I think it is going to different”. A last minute guzzle of rocket fuel and then its farewell to home as Dan rushes off to meet up with the Development squad for the short trip to Chorleywood, home of Rickmansworth HC.

Following a rules catch-up first, the game had started so peacefully and then midway through the half it came alive. Dan explains “I just felt the Red Bull really kick in. The ball broke to me at the top of the D and all I saw was the top corner wide open so I hit it!” This rasper of a shot woke everyone up and you could hear people exclaim this boy is special!

Dan goes on “it was the rasper yes Nick that started the day, then a solo run from about 30 yards away, reverse stick and slam to the bottom corner. The hat-trick was a shot so forceful I fell over afterwards, I was really on fire now! What I call a poachers goal from a short corner gave me my 4th. It could have been 5 but a claim that Dan tickled a goal bound shot aka John Barnes was declined on account his head was big enough already.

Still avoiding a jug for pecuniary reasons it was straight home for the newly acclaimed 'Hitman' of Tring to tell Quentin all about his day out in Chorleywood. The last word to Dan “Ho-ho it doesn't matter if no one ever talks to me again...I am happy to retire now!” as he stuck a metaphorical two fingers up to his former captain in the 3's.

'The Parting Shot'



TPS remains hard at work at the summer training camp where he is gradually working his way back to peak fitness ahead of the opening league fixtures at the end of the month. *Ed*

That's all folks



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