



What to expect when you ask to join Wick Ladies

Well done for making the first step towards starting/taking up hockey again!

What you need to do is fill in the application form attached and our Club Captain Jen Clark, will contact you in a couple of days either by email or text. She will explain about the club and ask some questions about you e.g, last time you played etc.

Jen will explain about training and times. When you arrive at training she will buddy you up with a player who will explain how everything works within the club. The first 2 sessions are free so you don't need to make a decision straight away.

Initially you will start in the 2nd team training then move onto 1st team. If new to hockey you will be encouraged to play friendly matches and then progress into 2nd team league matches when you feel confident. If you just want to attend training that is fine.

Go on make that step and contact us, you will not regret it! Wick Ladies is about getting fit and having a good time!!