



Why join Northampton 'Saints' Hockey Club

**2018-19
season**

**Men's
section**

**Head
coach**

Christian
Howard

**First team
captain**

Gareth
Parker





Northampton 'Saints' Hockey Club men's teams play in the following leagues:

- Men's 1 – Midlands 1
- Men's 2 – East Midlands 1
- Men's 3 – South East 1
- Men's 4 – South East 2
- Men's 5 – South East 3
- Men's 6 – South East 3
- Men's 7 – South East 4



We have a clear sense of who we are and why people should join. You will find a performance-led culture that players can enjoy, feel trusted to deliver and develop their skills. We have a proven approach that equips players with the ability to move onwards and upwards to play at higher levels.

Three reasons to join Northampton Saints Men's Hockey Club

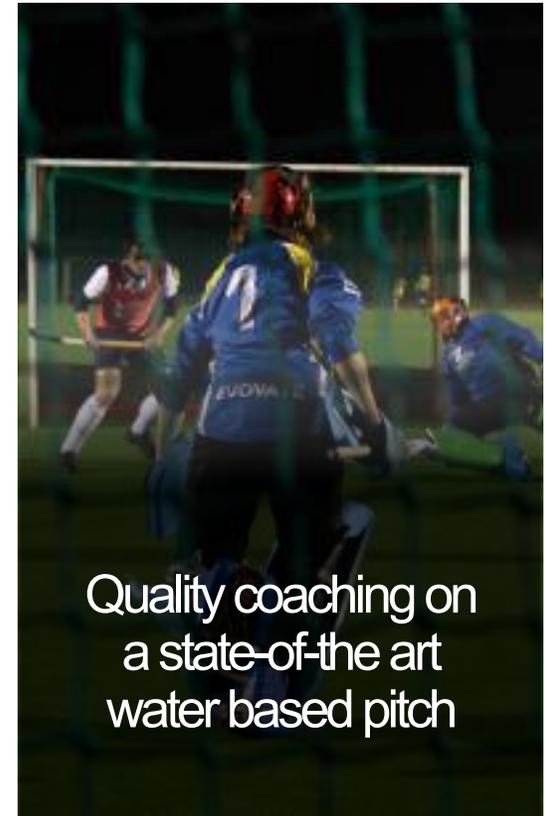
#1



#2



#3





Key principles of our culture

COMMITMENT & COMMUNICATION

To help create and maintain positive results, we ask all players to demonstrate their commitment in training attendance, supporting the club and taking personal discipline seriously on match days

PLAYER ENGAGEMENT & PROGRESSION

Engagement is crucial to the culture. Leadership will support the development of players and equally, players are expected to act in the benefit of the club and not themselves on and off the pitch. Social activities and friendship are the markers of success

DRIVEN TO DELIVER

People train, play and talk with a purpose to deliver the best results for their teammates. Standards are set to inspire the club and build a competitive environment. Personal fitness, technical skills and willingness to listen and learn are markers of success



The players' view

“Having recently moved to the area in April 2017, I was looking to join a new club that enjoyed a healthy mix of competition & social interaction. Within 2 weeks of joining, I knew I'd made the right decision.

I was made to feel welcome from the very first pre season fitness session that I attended until my 1st XI debut, something that made the transition incredibly easy. The club has a great ethos with well attended training sessions and determined attitude towards league hockey.

Win, lose or draw, we all go for a drink and that social aspect along with the good standard of hockey makes it the club I love playing for.”

Daniel Bentley, defender, July 2018

2018 key achievements



- First team secured a top 5 finish with a win rate of 50%, including beating the league leaders at home
- 22 players represented the 1st XI
- Second team was promoted
- Voted as one of the best disciplined team's in the entire Midlands league(s)
- Reached an average training attendance of 18 per session across the year
- Players chose to run in -3 conditions to stay fit in the winter
- Ran team classroom sessions
- Full season at new clubhouse



The Head coach's view

“I coach with a game-based skill acquisition focus. Creating an environment for players to develop individually as well as a team. As players, I’m looking to make them skilled and creative, self organising and fast and robust. The type of team I promote is made up of effective decision makers. The attitude we look for is a ‘what it takes to win’ mentality. Regarding training sessions, I plan to make them as fun and engaging as possible. All learning should be done in this way.”

Christian Howard, Head coach

What each player will get from the coaching on offer

#1



ENVIRONMENT

A fun environment to allow creativity and skill development

#2



PLAYER

Opportunity for individual development as well as team work.
Lots of player input

#3



GAME

Chance to transfer learned skills into game situations



For seasons 2016-17 and 2017-18, players took responsibility and created an culture focussed on working for each other and doing everything for the team, not as individuals. Everything we do from team meetings, attending training, match-day mentality and socialising, is all about doing it for your friends.

Training and preparation

Weekday training is focussed on building towards weekend fixtures. Players will find a well structured coaching session and be able to learn from a mix of senior players with national league and international experience.





Player benefits

- Coaching delivered by a head coach with qualifications including **Great Britain Advanced Coaching Programme**
- A focused, performance-driven culture that is enjoyable to participate in
- Play in the most competitive league available in Northamptonshire
- Enjoy the high-grade playing facilities , including a £500,000 water based pitch
- Once-a-week training under floodlights
- Join a thriving social culture
- Use a dedicated clubhouse with full licensed bar, Sky Sports / BT Sport, pool and darts

Welcome to
NORTHAMPTON SAINTS
SPORTS CLUB



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Off the pitch, the social side is excellent with regular social events being held. Players, led by the first-team, can more often than not, be found enjoying a refreshment or two in the clubhouse after games.

Fulfil your potential

The club has a rich history of providing you the perfect platform to learn, develop and achieve higher-level honours.

Endless former players have gone on to play at international, national league and regional standards.





Advance your coaching credentials

We have a growing variety of coaches that are all continuously working on their CPD. They are given access to a huge amount of resources and workshops to ensure that they are continually looking to improve. Ensuring that the players are given the right environment to improve. Both as a team and individually.



The team ethos of ‘together, committed’ is a binding factor of how each player acts, behaves and performs

Our key ethos is to commit to train hard, play tough and enjoy it





A checklist of how to know if Northampton Saints Men's squad is the right team for you

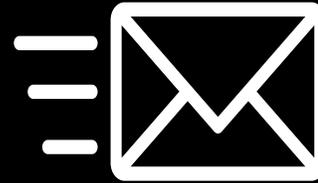
- I want a competitive level of hockey
- I want a social environment to enjoy
- I want to have well -structured coaching
- I want to play at quality facilities
- I want to achieve a strong league position
- I want a team that commits to being fit
- I want to improve and develop my skills
- I want to set a platform to play at higher levels



Join a squad that has ownership of their performances, a focus on always being better and to wants enjoy playing



**Get involved and
find out more now**



Email

info@saintshockey.org.uk

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Thank you