



HILLHEAD HORNETS

Throw away the tennis rackets and cricket bats – it is time for the only sport that really matters - HOCKEY!

The exciting new season at Hillhead Hornets is about begin with a new, re-vamped coaching programme.

Coaching starts on **August 23rd** - annual subs £15 and sessions £3.00 a week. Please note new session times below.

All players should arrive on time and ready to warm up to gain the maximum benefit from the more intense sessions. Can parents please ensure children are suitably attired for cold/wet weather with warm layers, waterproofs, hats and gloves, as well as mouth guards, shin pads and water.



ATTENTION!

New Group Times

Under 10's/12's **10-11.30am**
(Aileen Smith/Margaret MacMillan groups)

Under 14's/16's **10.30am-12.00**
(Robert Frame, Geoff Duke, Alan Meikle groups)

** Under 18 League Players **

A workshop on fitness and conditioning will be run by Niall MacFarlane from **23rd August to 13th September, 10.30 to 12.30** at Glasgow University's pitches in the Garscube Estate (just off Maryhill Road). All boys and girls currently playing development hockey in adult teams are encouraged to attend these four sessions.



Bad weather contact numbers: Elaine Black: 07917898431
Linda McTaggart: 0797450556