



PINELANDS HOCKEY CLUB

Juniors Hockey Handbook



WHAT WE BELIEVE IN

At Pinelands Hockey Club, we are passionate about developing both great hockey players and **great people** - and that the latter actually comes first! We believe in creating a fun and caring environment for kids so that they can learn to **love** hockey.

It's with that underlying culture that we have attracted kids of all kinds to PHC since launching our youth programme in March 2024 - which is fantastic! There are some that have played before and others that haven't; some that love to play matches and others that don't.

Ultimately, we want to create a youth development system that builds the future teams of Pinelands Hockey Club, meeting the starting level of any and all children.

OUR AGE GROUPS

Across our development process, we have five age-groups that operate in line with the Long-Term Athlete Development Model. Each age-group has specific focuses that we aim to develop over time.

u7: Active Start | Developing core movements and building a positive relationship with hockey

u9: Fundamentals | Develop basic skills and hockey rules in a fun and engaging way

u11: Learning to train | More core skills, basic tactics, friendly competition

u13: Train to train | More complex skills, mental preparation, greater competition, more tactics

u15: Train to compete | physical conditioning, technical expertise, comprehensive tactic, increased intensity

We currently offer sessions for u7 to u13, with u15 teams starting in 2026.



OUR DEVELOPMENT PROCESS

SUNDAY SKILLS SESSIONS

We have a highly-intentional six-stage process that we run through each year that enables us to take a young player from picking up a stick for the first time to playing matches for the club.

- 1. Basic skills:** Term 2 (12 Apr - 7 Jun 2026)
To introduce new players to the basics of hockey and remind old players of the foundations
- 2. Advanced skills:** Term 3 (27 Jul - 20 Sep 2026)
To build upon the basic skills by exposing players to move advanced elements of the game
- 3. Light game play:** Term 4 (18 Oct - 8 Nov 2026)
To introduce new players to how to matches, including rules and game play tactics
- 4. Competitive play:** Term 1 (31 Jan - 7 Mar 2027)
To bring in competitive match play in a safe and enjoyable manner to build confidence

These four stages form part of our **Sunday Skills sessions** which take place at Pinelands High Astro from 10h30 - 11h30 on most Sunday mornings.

Each u9-u13 session costs **R110** and you can have a free trial session to see whether your child enjoys it. The u7 age-group is free but requires a parent to be involved - see it as a bonding session! If you're interested, you can sign up here: bit.ly/phcskills.



JUNIOR TEAMS

When kids feel confident enough, we'd love for them to be a part of our junior squads! These are age-grouped teams that play in the Western Province Hockey Union leagues against other teams in Cape Town.

5. Junior squad trials: 15 March 2026

To trial for the various teams through mini-matches or practice drills; can sign up here: bit.ly/phcjuniors

6. Junior teams: Terms 2 and 3

To train together as a team and play matches for PHC each week

Practices take place at various times during the week based on astro availability and match days:

	U11	U13	U15
Boys	17h30-18h30 Hartleyvale A astro Tuesdays	17h30-18h30 Hartleyvale A astro Tuesdays	17h30-18h30 Hartleyvale A astro Thursdays
Girls	09h15-10h15 PHS mini astro Sundays	17h30-18h30 Hartleyvale A astro Tuesdays	17h30-18h30 Hartleyvale A astro Thursdays

Matches are likely to take place as below:

U11 Boys - Sunday mornings

U11 Girls - Saturday mornings

U13 Boys - Sunday mornings

U13 Girls - Saturday / Sunday mornings

U15 Boys - Sunday mornings

U15 Girls - Sunday mornings

Those selected for a team are official members of Pinelands Hockey Club. The fee for the season is **R2450 per youth player** and covers a weekly practice, matches and SAHA affiliation fee. Club kit will also need to be bought through the club.



Our team coaches are as follows:

U11 Girls: Serena Tarantello (076 444 9609)

U11 Boys: Ciara Williams (071 442 3908)

U13 Girls: Xavier Engelbrecht (079 759 6269)

U13 Boys: Buhle Boyce (072 413 6386)

U15 Girls: Uthmaan Abrahams (076 497 7349)

U15 Boys: TBC

Communication: For team issues, please contact your child's coach. For club issues, please contact the Youth Club Captain.

WHAT IF WE WANT TO DO BOTH?

The timing of junior team practices have been set up so that your child could join the Sunday Skills Sessions either before or after their practice if they wanted to. If they are a member of a team, they will receive a 50% discount on Sunday Skills Sessions (ie. R55 per session).

BEING PART OF THE COMMUNITY

We pride ourselves on being welcoming and building deep relational connections! There is so much more to hockey than just playing the game. We want to make it into a place of community, where kids AND parents can enjoy it. So, every term we will have a fun activity of some kind that brings everyone together.

Here is what's planned for the upcoming year...

Term	Activity	Date
Term 1	Braai at PHC	1st Team Practices (22 March 2026)
Term 2	Family Games Day	Final SSS day (7 June 2026)
Term 3	Junior Awards	Mid-September (date TBC)
Term 4	Beach Day	Final SSS (8 November 2026)



CONTACTS

If you have any questions, please feel free to contact us! We'd love to have your child learning and loving the game of hockey.



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