



JO BUSH MEMORIAL MIXED WALKING HOCKEY FESTIVAL

Raising money for Dorothy House Hospice Care

**Sunday 15th April 2018
Wellsway Sports Centre
Chandag Road, Keynsham, BS31 1PH**

You are warmly invited to our first **Mixed Walking Hockey Festival**. This festival is for anyone who wants to play hockey at a slower pace, but still have the same fun.

Is this Festival for you?

Walking Hockey festivals are all about having fun. This event likely to attract people who are over 40's but is open to **anyone** who wants to have a go at playing hockey at a more comfortable pace. This event is different from a standard masters or VETS events, as you are not expected to be a skilled or experienced hockey player, in fact we want to discourage the competitiveness of a traditional league game. Instead, the spirit of this festival is based on....

- Encouragement of everyone. Squads will be made up from a wide variety of age, experience of abilities so being supportive of one another is key
- For anyone who has a condition or injury that makes playing a standard game of hockey difficult

The Format:

- We will play on a small pitch and 7 a-side
- No goalie
- 20 mins per game and you are likely to play 4 or 5 games spaced out over the day
- As many rolling subs as you like
- Points awarded for win, draw, lose
- Medals awarded to the winners
- Special prize for team who shows the best team spirit

The Rules:

- We use a QuickBall which is bigger and lighter
- Strickly walking only
- No hitting or slapping the ball, but pushing is OK
- Standard hockey rules apply such as stick tackles, foot fouls (if there is an advantage gained), no body contact, no dangerous play. There are no short corners, long corners or hit outs, as the pitch is not large enough. This means that even if you have never played hockey before its very easy to get to grips with the rules
- Fun is compulsory!

Note: If any of these rules are unfamiliar, Keynsham Hockey Club is offering free training sessions in March (see below) when we can answer any of your questions

Registration:

- The cost for the whole day is £7 per player. You **must register and pay before** the event as it enables us to organise the day effectively.
- Please **contact Andrea Harding on andreaharding299@btinternet.com** to register and pay your registration fee

Getting ready for the festival:

- To help you improve your fitness, you can attend training sessions at Keynsham Hockey Club **free of charge during the month of March**. Sessions are on Wednesdays at 7.00pm at Wellsway leisure Centre Astro Pitch. You can come along on any Wednesday just come along and ask for Andrea Harding or Richard May
- We can loan you a stick for training and the festival, but we do recommend shin pads and a gumshield. Shin pads and gumshields are compulsory for the Festival day

On the day – Sunday 15th April 2018

- Please arrive for 10.00am on Sunday 15th April, first push back is 10.30am. We are likely to finish around 4.00pm
- We will have a refreshments tent so drinks and snacks will be available
- Do bring a camping chair

We very much look forward to seeing you on the day.

Any questions or queries please get in touch.

Andrea Harding, Email: andreaharding299@btinternet.com, Phone: 0791 8658021