

***BACK TO HOCKEY CASE STUDY  
WOLVERHAMPTON AND  
TETTENHALL HOCKEY CLUB***



**ENGLAND  
HOCKEY**

# HOW DID WOLVERHAMPTON AND TETTENHALL BEGIN?

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Wolverhampton and Tettenhall Hockey Club have been running Back to Hockey for 18 months. Sue Myers, the clubs Back to Hockey co-ordinator explains how they got started.

*After the Olympics we looked at England Hockey's initiatives and decided that Back to Hockey fitted our club well. We advertised the programme on our website, spoke to the mothers of our junior members and distributed flyers ahead of the sessions starting. Within a couple of weeks we had a regular turnout of 15 women of all ages and experience.*

*We are still running regular Back to Hockey sessions and 10 of our Back to Hockey players are now full club members; playing league matches each week.*



# WHAT DO THE PLAYERS SAY?

## Alexis



I moved up to Wolverhampton from Wales after university and wanted to get back into a team sport as an alternative to the gym. Having not played hockey since school I didn't feel confident about joining a club, but found the Back to Hockey programme online. At the first session I had to borrow a stick and didn't have any shin pads, but loved it as soon as I got there! I felt at home straight away and all of the girls were lovely.

## Rachel



I had no intention of returning as it had been 20 years since I last played. My son had just started playing for Wolverhampton and Tettenhall Juniors and after a couple of weeks Sue asked if I fancied Back to Hockey. I thought why not. I'm now six weeks in, relearning all of the skills, it's really enjoyable and I'm definitely carrying on.



# WHAT DO THE PLAYERS SAY?

## Harvey



Having last played at school before a career and children took over, I was thinking of coming back as a way to exercise. I was out running one day and Sue caught me as she was doing a leaflet drop to promote the session and said I should come along. So I turned up, feeling nervous as we all did, but everyone was so welcoming and supportive. I continued to play after the initial Back to Hockey programme and now play for the 4<sup>th</sup> team.

## Rachel



After school I stopped playing hockey, but continued to play football. I received a Back to Hockey email through my work account, told my husband and he encouraged me to go along. I did and wished I had stayed with the hockey; I definitely should have come back sooner.

# WHAT DO THE PLAYERS SAY?

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## Hannah



I last played for a club 10 years ago and stopped as I wasn't enjoying it at the time. I recently met a friend of mine who plays for the 1<sup>st</sup> team at Wolverhampton and Tettenhall and we started to chat about Hockey. She sent me an email about Back to Hockey and I decided to give it a go. I was really nervous about my fitness having just had my first baby and the rules changing. However I really enjoy it, everyone is friendly and it's been a really good re-introduction.



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# ***TELL US ABOUT YOUR BACK TO HOCKEY STORIES...***

Is your club running Back to Hockey sessions? Tell us your Back to Hockey story and it could feature as one of our Back to Hockey case studies!

- Perhaps you have a great story about an individual player who's joined your Back to Hockey sessions?
- Maybe you've found a unique way to promote your sessions which other clubs could replicate?
- Have Back to Hockey sessions increased the number of women at your club?

Send us your stories and accompanying photos, videos and press clippings to:

[jason.ocallaghan@englandhockey.co.uk](mailto:jason.ocallaghan@englandhockey.co.uk)



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