

BACK TO HOCKEY
BOURNVILLE HOCKEY CLUB



**ENGLAND
HOCKEY**

BACK TO HOCKEY AT BOURNVILLE HC

Bournville HC have been running Back to Hockey since 2013 and in that time have seen over 100 different players attend a session. Here we hear from 4 players on their Back to Hockey experience;

- Charlie Cook had never played hockey before, but wanted to try something new and was looking for a more sociable and team orientated way of keeping fit
- Anna Bogucki was encouraged to pick up a stick by her best friend. Having not played since school Anna thought it would be a great way to meet new people and something to look forward to after a day at work.
- Clare Bond last played hockey on grass pitches in school, but 14 years later her sister persuades her to give it another go
- Chris Manamley had not played hockey for over 20 years, but when his daughter joined the club he soon found himself back on the pitch.



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CHARLIE COOK'S STORY

I had never played hockey before joining in with Bournville Hockey Club's Back to Hockey sessions in September 2015, so I was very new to the whole thing. I had decided to join because I was looking for a more sociable and team orientated way of keeping fit, as although I love running, it didn't give me the social aspect of joining a sports team. I'd played basketball when I was younger but really fancied trying something new and as my partner plays hockey, I thought why not give it a go myself!

I found out about the Back to Hockey sessions via emailing a member of Bournville Hockey Club, who replied very quickly and invited me along. The first session was a bit daunting as I had no idea what I was doing and was worried about whether I would be any good. However, the current members and coaches were all very welcoming and really made me feel at ease.

I now play for Bournville Ladies Second Team in defence and absolutely love playing. It's such a fun sport and it really requires a lot of team work so you meet lots of people with the added benefit of toning up those legs! I've made some great friends over the past year and would definitely recommend Back to Hockey to anyone who wants to give hockey a go and will be joining in again with this year's sessions.



ANNA BOGUCKI'S STORY

One of my best friends had joined Bournville while we were at university and had tried to convince me to play but I never had the courage or the time. Three years ago, we were chatting about hockey. You could tell she absolutely loved Bournville and really reassured me how friendly and inclusive the club was so I decided to take the plunge and start the 'Back to Hockey' sessions. I was living on my own at the time so it gave me the chance to meet new people and something to look forward to after a hard day at work.

My first back to hockey session was hilarious! I couldn't believe how rusty I was, even with simple skills but the existing Bournville members running the sessions couldn't have been any nicer and were brilliant at making you feel at ease. I was happy it was 'back to basics' and I re-learnt the skills fairly quickly – although with a lot of help! Each session there was something more challenging and I wasn't afraid to ask or make silly mistakes but just enjoy playing.

I'm now nearly at the start of my 3rd season with Bournville and play as much as possible. I was captain of the 2nd team last year and loved it. I'm now fitter and feel healthier than I have been in years. I remember the second ever 'Back to Hockey' session I couldn't get out of a low squat and found the short sharp 15 minute mini-games a challenge but now I can play a full match. It's brilliant for fitness with all that running around but it's so much fun when you're playing with such a close knit team. From joining the club I've made some really good friends of all different ages and backgrounds.

I would definitely recommend Back to Hockey. I know you might feel nervous but give it a chance; you'll make new friends and end up surprising yourself with what you can do.



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BOURNVILLE HC LADIES 2'S



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CLARE BOND'S STORY

I arrived at the hockey pitch and felt like I'd gone back in time. Bournville play and train at a school that I used to play against as a teenager and we always lost when we played them! It was funny to think that the last time I'd been on that pitch I was a 15/16 year old and here I was 14 years later wondering what I was letting myself in for, and if I was maybe a bit too old to play hockey. The flashback to me as a teenager probably did not help my confidence!!

It was a weekday night and to say my hockey skills were slightly rusty would be an understatement! Part way through the session on what was a warm summer evening; there was a storm with thunder, lightning and heavy rain. I was completely soaked through, wondering about my decision to play hockey and wishing I had taken a towel and change of clothes with me. I had enjoyed the back to hockey session so much though, that the storm simply made it a more memorable evening for me. Although when I told my friends about it I think they thought I was slightly mad!

After that first back to hockey session, I continued going to the rest of the sessions and then I played for most of the season.

Since taking up hockey again it has definitely helped improve my fitness levels. Bournville Hockey Club is a really friendly and welcoming club and I would recommend to anyone that they consider taking up hockey, even if it takes you 14 years, like it did me. My only regret now is that I did not take up hockey again a few years ago!



CHRIS MANAMLEY 'S STORY

I hadn't played hockey since I left school, when my daughter decided she wanted to join a club. She started playing for Bournville Badgers and League rules allowed the team to field 2 adults.

One Saturday, the team only had 10 players and, because I'd turned up in trainers and tracksuit bottoms, I was asked to make up the numbers in the 2nd half. I enjoyed myself, and decided to join the club's Back to Hockey sessions over the summer. I realised that, although I hadn't played for more than 20 years, there was a place for me. Lots of other players at the sessions had never played hockey before.

Over the last 2 seasons, I've played for the 4ths, 3rds and 2nds, as well as the veterans' team. With the 3rds, I was part of a team that won the league title.

Next season, I'm going to captain the 4th team. The great thing about club hockey is that there's a place for anyone, whatever their level of skill or fitness. I've definitely improved, although I'm still not very good. I have made a lot of new friends, so not only I am fitter than I was; I've got a better social life too.



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TELL US YOUR BACK TO HOCKEY STORIES...

Is your club running Back to Hockey sessions? If so share your story with us!

- 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 players at your club?

Send us your stories and accompanying photos, videos and press clippings to jason.ocallaghan@englandhockey.co.uk, post them on our [Facebook](#) page or tweet us [@EnglandHockey](#)



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