



**Hockey  
Ireland**

# OLYMPIC LEGACY TOKYO 2020



**WELCOME TO  
#TOKYO2020**

THE GIFT OF  
**HOCKEY**  
#GIFTOFHOCKEY

## Making the most of the Tokyo 2020 Olympic Legacy

The Tokyo 2020 Olympics will be an Olympics like no other and we, as Hockey Ireland, along with our provincial association boards, clubs, coaches, players and supporters need to take this opportunity to promote our sport at home while our Women's team does us proud abroad.

As we go through another year where Covid19 has had such an impact on Hockey at grassroots, competition and international levels, this is an opportunity to use the impact the Olympic games has on the world stage to promote our clubs, in particular, to people who are not currently playing hockey. Targeting new players, players who have taken a break and are ready to come back, non-hockey playing schools and new volunteers will ensure hockey continues to grow on the island of Ireland.

This booklet gives a brief run through of some of the Hockey Ireland development programmes currently available to clubs and schools along with links to resource packs, coaching session guides, videos and more information. Think of it as a one-stop shop for what is currently happening at grassroots level within Hockey Ireland. Thanks to the support of Sport Ireland and the Women In Sport fund, we hope to increase the number of programmes over the next year including 'Get into Hockey', our upcoming social hockey scheme.

But maybe your club is looking for something to keep interest up with your current members over the summer and during the Olympics. In that case, have a look at our upcoming 'Design a jersey' competition with two jerseys signed by the Women's Olympic Squad up for grabs. Or are your club eager to send their well wishes to the team before they start their Olympic journey? Get the club to record a Good Luck Green Army video and post on social media using #GoodLuckGreenArmy. Join up with players all over the island as well as sponsors, volunteers, supporters and well-wishers. Let's show the women's team how proud we are of them.

Keep your players challenged with the 21 day Olympic Challenge – work on some skills, put your green on for match days, get out for a bit of exercise and start your creative juices flowing...the 21 day Olympic Challenge has all of these covered. And for the younger ones (and the older ones) when the matches are a bit too exciting take a bit of quiet time to work on the Hockey Ireland Colouring book.

And to finish up, the most important thing....make sure your club is ready for the Olympic Legacy. New members are coming and let's make life easy for them to get involved.

- Ensure contact details are up to date on websites, social media and anywhere else new members might check
- Arrange *try hockey* days for new players in preseason
- 'Come join us and play hockey' videos on your social media showing all the best parts of being in your club
- Get coaching adverts up on Hockey Ireland website and social media [coaching@hockey.ie](mailto:coaching@hockey.ie)
- Keep an eye on upcoming coaching courses and get your coaches upskilled [coaching@hockey.ie](mailto:coaching@hockey.ie)
- Get in touch with local schools, if they play hockey or not. Hockey Ireland will follow up the Olympics with a schools guide to getting involved with hockey to support this.

# Design a jersey competition

## What is the competition:

- Hockey Ireland are running a design a jersey competition for our younger members in the run up to the Tokyo Olympic Games 2021.
- All primary school aged Hockey Ireland members are invited to take part by using the Design a Jersey Template available on our social media and on our website
- There will be two separate competitions:
  - 1<sup>st</sup> – 3<sup>rd</sup> class
  - 4<sup>th</sup> – 6<sup>th</sup> class

The winner of each competition will receive a Hockey Ireland Jersey replica jersey signed by the Women's International Team.

## How does the competition work:

- Download a copy of the template Design a Jersey pdf file available on our social media and our website. This has also been sent to all clubs to make available to their members.
- Send your jersey design to our [Olympic.legacy@hockey.ie](mailto:Olympic.legacy@hockey.ie) email address before the closing date of 28<sup>th</sup> July 2021.
- Clubs and players are recommended to make use of their social media accounts to promote their players entries using the #goodluckgreenarmy
- The Hockey Ireland Youth Panel will select a national winner at each age group and publicise the winning Jersey designs on Hockey Ireland Social Media during the Olympics.
- The winners will be contacted and receive a replica jersey signed by the Womens International Team

Please note you must include the primary school class that your competition entry will be included in when sending your jersey design to [Olympic.legacy@hockey.ie](mailto:Olympic.legacy@hockey.ie)

## How else can your club get involved:

- Get your club to produce a Good Luck Green Army video
- Hold a colouring competition with your younger members using the Hockey Ireland Colouring Book
- Get all your players involved in completing the 21 Day Olympic challenge
- Host a mini Olympics competition
- Make the most of the Olympic Legacy and get your club involved with some of the Hockey Ireland Development Programmes

# Good Luck Green Army Video

## What is the Good Luck Green Army video:

Hockey Ireland would like to ask clubs to produce short videos wishing our women's international team good luck in the upcoming Tokyo Olympics.

Clubs will be given guidelines on what they might include in the video and are requested to use the hashtag #GoodLuckGreenArmy when putting their video on social media

Hockey Ireland will also be requesting clubs to send their videos to [marketing@hockey.ie](mailto:marketing@hockey.ie) before the 14<sup>th</sup> July 2021 to be used in a montage video to be used on Hockey Ireland social media

## Good Luck Green Army Video Guidelines

Any clubs wishing to make a #GoodLuckGreenArmy video please have a look at the guidelines below:

- Videos welcome from clubs, players, families, schools, sponsors, businesses etc to wish the Women's International Team good luck at the Tokyo Olympics
- Please ensure you only post your videos in the time frame from 28<sup>th</sup> June to 23<sup>rd</sup> July to ensure max effect and coverage
- Please do not mention individual players names in videos (risk or injury or anything else that may prevent that player from taking part).
- If possible please record your video in landscape orientation

## Some ideas you might use but please feel free to be creative

- Training session groups wishing good luck green army
- Handmade posters
- Skills videos with players saying good luck green army after showing skills
- Include volunteers (not just players and coaches) – great to see committees and administrators involved too
- Spell out good luck with players or sticks on pitch

## How else can your club get involved:

- Get your club to take part in the Design a Jersey Competition
- Hold a colouring competition with your younger members using the Hockey Ireland Colouring Book
- Get all your players involved in completing the 21 Day Olympic challenge
- Host a mini Olympics competition
- Make the most of the Olympic Legacy and get your club involved with some of the Hockey Ireland Development Programmes

# 21 Day Olympic Challenge

## **What is the 21 Day Olympic Challenge:**

Hockey Ireland would like to get all our players and supporters involved in our 21 Day Olympic Challenge – we would like to thank you Greenfield Hockey Club and their 28 Day Challenge for inspiring us and providing us with a template.

We will promote the tasks on our 21 Day Olympic Challenge across social media during the Olympics and would love clubs to get their members involved. Members can do the challenges in their own time or follow the guide around the Women's fixtures.

Get your members to video themselves doing their challenges and promote them on social media using the hashtags #GoodLuckGreenArmy and #21DayOlympicChallenge

Some of our challenges are hockey skills but to celebrate the Spirit of the Olympics some of the skills are based on other Olympic Sports.

On the days when our Women's team are playing we will all be wearing our green to support our team #WearGreenToSupportOurTeam

## **How else can your club get involved:**

- Get your club to produce a Good Luck Green Army video
- Hold a colouring competition with your younger members using the Hockey Ireland Colouring Book
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# Host a mini-Olympics Hockey tournament

## Hosting a Mini-Olympics Hockey tournament

“The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.” These are the words of the founder of the Modern Olympics, Pierre de Coubertin. His hope was for the Olympics and sport in general to make the world a better place. He wanted sport to be a right, not a privilege, for everyone.

Now that the Olympics are on everyone’s minds (and televisions), it’s a great time to host a mini-Olympics hockey tournament to embody the Olympic Creed. Remember if it’s not possible to run this mini Olympics this summer why not use it as a really fun way to start back preseason. It’s never too late to get in on the spirit of the games!

Picture this: The Olympic theme music plays as each team enter the “stadium,” led by children carrying flags of their selected country and the rest of the class dressed in costumes appropriate for the country. You see Ireland, New Zealand, Japan, Germany, Australia, Spain and the Netherlands assemble up in front as parents and club members in the audience listen to an inspirational guest speaker who represents the Olympic spirit. An Olympic flag bearer with large (handmade) flag with “Citius, Altius, Fortius” (Faster, Higher, Stronger: the Olympic motto) waves at the crowd, challenging players to become the best they can be. Maybe then each team comes to centre stage to present a dance from “their” country. Once the opening ceremonies are completed, let the games begin!

### Preparation in advance:

Obviously, this is not something you throw together over a weekend. There will be much planning and preparation that goes into putting on a successful event. You may start planning now but hold your Olympics toward the start of the season. Here are the details on what to do to make it successful and fun for all

- Discuss your idea with the coaches and volunteers and be sure to get buy-in all around. Get a small planning committee together to help share the load.
- Allow teams to choose which country they want to represent well in advance of the planned day. You may want to provide a list to choose from, so you can be sure you have a dance from their selected country to teach them.
- Get help from parents, volunteers, and older club members for the set-up, running of the tournament, and clean up.
- Find volunteers to be event photographers and videographers to capture moments throughout the day. Afterwards you can use this footage on your club’s social media.
- Get donations for snacks, t-shirts for volunteers, large water containers, ribbons, or medals (if you are choosing to give them), etc. This needs to be done well ahead of time.
- Secure a guest speaker to give the inspirational speech to open the games. A well-known club or international hockey player might typically be a great choice.
- Make sure you have a First Aid Station.
- Create a fixtures schedule for the day.

- Using your fixtures schedule, be sure you have enough pitch space and equipment for the tournament.

### The Day of:

- Set up the pitches and make sure fixtures schedule is available and visible.
- Set up water stations, sound system for music and announcements, first aid station, seating for parents and club members for the opening ceremony, extra bins, the fixtures schedule etc.
- Have volunteers arrive plenty early so you can talk to them about their pitch, role, or fixtures and about the Olympic Spirit. Let them know what is expected of them. If t-shirts for volunteers have been donated or purchased, give them their shirts. It is wise to choose a very bright colour so they can be spotted more easily.
- Use the loudspeaker/sound system to provide three-minute warnings of fixtures that are starting.
- Have plenty of recycling containers around for people to place recyclables.
- It is up to you and your philosophy as to whether you want to give awards for first, second and third places (i.e. Gold, Silver, and Bronze medals). If so, you'll need to keep track of these to give at the end
- End the Olympics with a closing ceremony with a congratulatory speech for all players and a thank you to all who helped make it possible. End with each team marching one last time around the pitch.
- Utilize volunteers to help clean up the rubbish and recyclables and to return all equipment, the PA system, etc.

### The Following Day:

Have a meeting with the committee to discuss how things went. Look for areas to improve for next time. This could become a yearly event. No need to wait every four years to have this much fun!



## Hosting a Mini Olympics

1. **Choose Your Nations:** Pick your teams – mixed age groups with boys and girls or run games for each age group
2. Groups can make their own flags, mascots or wear the colours of their country
3. Play a fun tournament at your club
4. Prizes for best mascots/flags

**Choose Your Nations:**

|                       |                     |
|-----------------------|---------------------|
| Japan (m + w)         | IRELAND (w)         |
| Australia (m + w)     | New Zealand (m + w) |
| Netherlands (m + w)   | Germany (m + w)     |
| Great Britain (m + w) | Spain (m + w)       |
| India (m + w)         | China (w)           |
| South Africa (m + w)  | Canada (m)          |
| Argentina (m + w)     | Belgium (m)         |



## Overview

Tricks 4 Sticks offers your club the opportunity to increase youth participation numbers (girls and boys) through the running of a targeted schools programme in your area. Clubs can apply for funding from Hockey Ireland, or run the programme using our support resources below.

Supported by the Sport Ireland, Tricks 4 Sticks sends a qualified hockey coach into local schools for an agreed number of weeks. Representing your club, the coach delivers a fantastic high energy hockey programme and creates links to your club. At the end of the programme the pupils are invited to visit your club grounds whilst the school also receives a 'Tricks 4 Sticks pack' to encourage them to continue playing hockey.

## Benefits of Tricks 4 Sticks

- Increased youth membership numbers in your club
- Hockey Ireland partly covers the cost of coaching in schools
- Long-lasting links with local Primary and Secondary schools in your area are created through Tricks 4 Sticks
- Club receives best practice on how to structure an effective school's programme through guidelines and coaching session plans
- Club receives best practice on catering for children at club open days
- Access to a Stepping Stones course (Phase 1 or Phase 2) for participating clubs
- Access to a Young Hockey Leaders Award course

## Resources

[Club Support Pack](#)

[Coaching session for boys](#)

[Open coaching session guidelines](#)

[Running a blitz](#)

[Sample letter for schools](#)

[Coaching Pack](#)





## What is the Young Hockey Leaders Award?

The Young Hockey Leaders Award is a 5-hour long course that introduces young people, aged between 14 and 18, to volunteering in their hockey club. The aim of the programme is to enjoy all aspects of the sport of hockey rather than concentrating on playing only.

The programme has previously comprised of 2 modules:

- Umpiring (2.5 hours)
- Coaching and Team Management (2.5 hours)

However, in 2020, as a result of the current Covid-19 restrictions, Hockey Ireland has decided to divide the delivery of YHLA into 2 parts:

1. Online regional workshop – 1 hour
2. Practical regional pitch session – 4 hours

The Young Hockey Leaders Award helps to pass on skills, top tips and most importantly confidence so that Young Leaders can get back out to their clubs in order to put their new found knowledge to use! In order to complete the award, each leader must attend the 2 modules and then go back to their club to complete 5 hours of contact time. The cost of the course is €20 per participant.

We will continue to add dates and venues across Ireland for August, please keep your eyes peeled for this.

For any clubs who wish to hold a YHLA please get in touch with your regional development officer.

## How does my club take part?

Under normal circumstances there are two ways your club can take part:

1. Organise a workshop at your club grounds: You need a minimum of 12 Young Leaders and Hockey Ireland will provide the tutor (classroom and pitch time required). To organise this, contact your local development manager.
1. Send your Youth Leaders to a centrally run workshop in your province. See below for upcoming courses. To book a place, please contact the relevant staff member (see below).

However, in 2020 due to the COVID-19 restrictions, Hockey Ireland has decided to divide the delivery of YHLA as above.

All clubs must provide details of a Young Leader Mentor who is the main contact between Hockey Ireland and the club. This person is also responsible for the ongoing development and deployment of Young Leaders within a club. For more details on this, click [here](#).



## Overview

Challenge your players to get active and develop their sporting abilities with the Hockey Skills Challenge. Take on a skills circuit with an opportunity for everyone to earn a Certificate of Hockey Skill. This skills circuit is easy to run and easy to set up with resources available to support you every step of the way. The Hockey Skills Challenge is fun, rewarding and free!

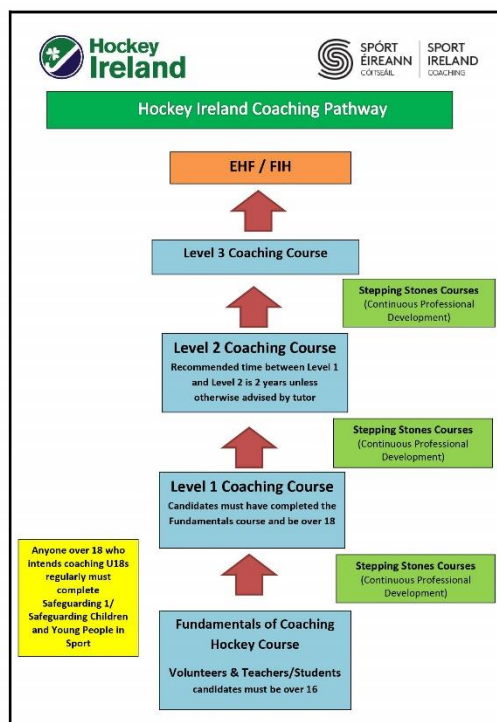
We now also have great videos to help you and your players make the most of the challenge! Remember to show your skill on our social media channels by using the #HockeySkillsChallenge and tagging @IrishHockey.

To access the resource and videos, click the relevant link below.

The Hockey Skills Challenge can be found [HERE](#).\*

\*You will need to set up an account on our e-learning hub to access the challenge if you have not done so already. Setting up an account is free.

## Hockey Ireland coach Education Pathway



Hockey Ireland run a variety of Coaching Course which cater to all levels. From those looking to get involved in coaching their club or those who want to fine tune their skills to become the Head Coach.

We start with our Fundamentals Course which is designed to provide an understanding of the key aspects of hockey coaching. Participants will learn how to prepare sessions, how to break down and coach key hockey techniques and how to develop those techniques into skills through conditioned games. We also run Level 1 and Level 2 courses, right up to the Level 3 Coaching Course which is aimed at coaches that wish to coach at a higher level within a team environment.

Outside of pathway courses, Hockey Ireland also runs a number of continuous professional development courses named Stepping Stones.

These courses are classroom-based, non-certified sessions that all coaches can attend regardless of level of qualification. Stepping Stones courses are run throughout the year and cover a wide range of topics. For more information check out the coach education section of the website <https://hockey.ie/my-hockey/education-2/coaching-courses/>



## HOCKEY IRELAND CLUB MARK PROGRAMME

Clubmark has undergone a review and revamp for 2021 with the aim to make the programme more inviting and supportive for our clubs to get involved in.

Hockey Ireland Club Mark is the National Governing Bodies Club Accreditation Programme. The Accreditation process is divided into three levels – **BRONZE**, **SILVER** and **GOLD** – with each of these levels focusing on 4 Key areas:

- Effective Club Management
- Quality Coaching and Competition
- Creating a Safe Environment
- Safeguarding Members

For each of these levels of accreditation Hockey Ireland provides a toolkit with guidance, resources and support to build stronger clubs. The aim of Clubmark is to support, recognise and reward hockey clubs that want to achieve the highest of club standards.

The Hockey Ireland Clubmark is a programme designed to provide clubs with the resources to develop a Club Development Strategy that will:

- Support the club management and administration to provide the best service to its members.
- Provide and development new and existing programmes to provide opportunities for members.
- Attract new club members whilst retaining current members.
- Guarantee a 'quality standard' in specific areas of your club such as governance and safeguarding.

### Accreditation levels

Hockey Ireland's new revamped Club Mark Programme accreditation has been divided into three levels to offer the opportunity to all clubs to achieve a quality standard in the areas that are achievable to their club. While we would encourage all clubs to progress through the levels and aim to achieve Club Mark Gold it has been acknowledged that a level system where clubs can progress as their administration, management and volunteer support allows provides the best opportunities for our clubs.

### BRONZE – launched 24th May 2021

Clubmark Bronze is the first level to launch alongside all the resources, guidance and support required to complete the accreditation. Our online form offers clubs the chance to step away from folders of paperwork that was previously required for Hockey Ireland Club Mark. The Bronze accreditation does not require a site visit which is required for Silver and Gold will so it provides clubs the ideal opportunity to step onto the Club Mark Accreditation Ladder in the off season or under Covid19 restrictions as well as during the regular playing season. Clubs who achieve Club Mark Bronze will be awarded a Framed Certificate and the Bronze Club Mark logo for their website.

[All Clubmark Bronze resources available here](#)



## INCLUSION – HOCKEY4ALL

Our Hockey4All programme, funded by Sport Ireland's Dormant Account Funding, aims to offer young people with disabilities an opportunity to become part of the local hockey community, to keep healthy (socially, mentally and physically) and have fun in a team sport.

We are seeking to engage with clubs, LSP's and Local Authorities to set up Hockey4All sections.

Support will include:

- Coach and umpire training
- E-learning support ([click here](#))
- Equipment to support programme delivery
- Taster sessions in local schools / community groups
- Competition opportunities
- Other supports as required

If you, or your club would be interested in finding out more about this programme, please contact [inclusion@hockey.ie](mailto:inclusion@hockey.ie).

