

# planet HOCKEY

magazine



**HOLLAND CUP**  
**EUROPEAN LEAGUES**  
**CAIRNS HOCKEY**

D R E A M B I G



# PLAY HUGE

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2016

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## NEW NAMES ON THE HONOURS BOARD AS UNDER-DOGS BITE BACK

Argentina and Great Britain were crowned men and women's champions respectively at the Rio 2016 Olympic Games at the end of an event that had everything - last minute goals, against-the-odds victories, heroic performances, mesmerising skill.



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# ASK THE DOC



BY  
PETER LANGFORD

## HIGH INTENSITY INTERVAL TRAINING

OUR REGULAR FITNESS EXPERT PETER LANGFORD OFFERS SOME ADVICE ON REACHING PEAK FITNESS. AND BE WARNED, THIS IS NO WALK IN THE PARK!

### What is it?

As the name suggests, this type of training consists of short bursts of high intensity activity separated by periods of low intensity activity. During the high intensity bursts, the athlete is aiming to achieve a work rate of 90-100 per cent of their maximum physical capacity. The low intensity phases would be considered the athlete's recovery time.

Various studies involving high intensity training have been published in recent years. A large number of different intervals have been trialled in different studies and most have shown positive results. This shows that, even though high intensity training does work, the actual application and time intervals can vary greatly. This can make it hard sometimes for the average athlete to integrate successfully into their training program.

### Is it effective?

Yes, it is very effective especially if you are time-poor. Studies have shown that you can achieve equal improvements in your fitness with high intensity training as you can with endurance training. The benefit of the high intensity training is that it only takes half the time to achieve the same result.

### Relevant to hockey?

Hockey is an interval sport. That means that during a match there are times when players move slowly, there are times when players move at a moderate pace and there are times when players have to operate at maximum intensity.

It is not a sport where you move at a consistent pace for the entire match. If you intend to train the way you play then it makes sense to use interval training.

### 10-20-30 training

This training technique has been around now for more than 10 years. It was developed in Europe specifically for interval sports like soccer - and hockey.



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The numbers represent the intervals used in training.

- ✓ 10 seconds of running at 90% or more of maximum intensity
- ✓ 20 seconds at moderate intensity
- ✓ 30 seconds at mild intensity (this represents your recovery period)

## How to apply it on the hockey field

The easiest way to apply this in a hockey environment is by using the distance from the baseline of a hockey field to the 23m line at the far end of the field. This represents a distance of around 70m.

By keeping the distance the same it is then a simple matter of changing your running pace to suit the interval.

First run 70m in 30 seconds. This will feel slow but it needs to be. Remember this is your recovery time.

Then turn and run 70m in 20 seconds. This starts to build intensity and raise your heart rate.

Finally turn and sprint 70m in 10 seconds. This is the high intensity phase.

At the end of the sprint you repeat the cycle, that is, return to running 70m again in 30 seconds.

If a player is just starting out then it would be recommended to repeat this cycle 4 or 5 times. That only equates to 5 minutes of exercise which, for a lot of us, is hard to reconcile with our previous ideas on training. But the science tells us it really does work.

Progression is simple. Complete 4-5 cycles of the 10-20-30. Have a 2-3 minute rest then do another 4-5 cycles of the 10-20-30.

## Taking high intensity interval training to a hockey-specific level

As effective as 10-20-30 training is, training is always more fun when you add a stick and a ball. Making your fitness training sport-specific makes good sense. Here is a drill we have used with our local club which incorporates a lot of really useful training principles rolled into one really simple exercise.

This drill has two components. One is a rest/recovery phase and obviously the other is the high intensity phase.

- Step 1. Find a partner
- Step 2. Place 3 markers in a straight line about 5m apart
- Step 3. Player A starts on the outside marker with the ball
- Step 4. Player B starts from the middle marker
- Step 5. Player B starts by side-stepping away from Player A to the 3rd marker



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- Step 6. Once Player B reaches the 3rd marker they get down low with their stick flat on the ground to simulate making a tackle. Then they turn and run forwards back to the middle marker
- Step 7. As Player B runs back, Player A passes the ball to Player B who receives the pass and passes it back.
- Step 8. Player B then side-steps again and repeat the drill.

Once Player B has done 10 repetitions, they swap with Player A and use this as their recovery phase.

Each player needs to run through the drill at least twice so that they have the opportunity to side-step to the right and then swap over to side-step left.

It is not hard to apply the principles of high intensity training to a number of simple hockey drills that can allow players to use their skills and improve their fitness simultaneously in a short space of time. If you have limited training time, it is important to find drills that can help achieve multiple outcomes at once. Work smarter not harder. ●



*If you have any injuries specific to hockey or would like advice on injury prevention, email us at Planet Hockey Magazine and we will pass your questions to Peter.*

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# HAVE YOUR SAY!

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## HOCKEY WORLD LEAGUE PROVIDES ROUTE TO WORLD CUP

The Hockey World League Round One events have all reached their conclusion and the 24 men's teams and 24 women's teams who will contest Round Two have been decided.

There are some newcomers who will be making their mark on the tournaments that are set to take place during the next few months, and some old faces, who will be hoping to use the experience offered during Season One and Season Two of the HWL. At stake is automatic qualification for the 2018 Hockey World Cup.

The HWL Round One events give teams ranked 21 and above in the world rankings the chance to progress through to the HWL second and third rounds and achieve automatic qualification for the World Cup in 2018.

Round Two will be played over three men's and three women's events, with eight teams assigned to each destination by the FIH Competitions Committee.

The first Round Two women's event will take place in Kuala Lumpur, Malaysia from 14-22 January. The teams aiming for qualification for the HWL Semi-Finals are Ireland, Italy, hosts Malaysia, Thai-land, Kazakhstan, Singapore, Fiji and Wales.

A couple of weeks later, a further eight women's teams will take to the field in Valencia, Spain between 4-12 February. Hosts Spain will compete against Scotland, Czech Republic, Poland, Ukraine, Russia, Ghana and one more team to be confirmed.

The third women's event will be hosted in West Vancouver, Canada between 1-9 April. The teams competing there will be India, Belarus, Canada, Mexico, Trinidad and Tobago, Uruguay, Chile and France.

Men's Round Two begins in Dhaka, Bangladesh, where Canada, Oman, Egypt, hosts Bangladesh, China, Sri Lanka, Ghana and Fiji will be playing between 4-12 March.

From 11-19 March Ireland will also host a men's Round 2 event in Ulster, with a venue to be confirmed shortly. Hosts Ireland will welcome France, Poland, Ukraine, Italy, Wales, Scotland and Austria.

The last men's Round 2 event takes place in Tunapuna in Trinidad and Tobago from 25 March until 2 April. There, Malaysia, Japan, Russia, hosts Trinidad and Tobago, USA, Barbados, Chile and Switzerland will take part.



## RETIRING GRACEFULLY

Following the Rio 2016 Games, several high profile players have announced the end of their inter-national careers. Australia's Jamie Dwyer, the Netherlands Ellen Hoog, Germany's Mo Fuerste, New Zealand's Kayla Whitelock, and Great Britain's Kate Richardson-Walsh are among the long-serving players who will no longer be gracing the international stage.

Dwyer, who has 365 caps to his name in a career that spanned four Olympic cycles, said: "I've really enjoyed playing for my country for 16 years, I've travelled to some amazing places, played hockey with and against some brilliant players and had the most amazing time ever," he said.

"I'll miss wearing the green and gold and I'll miss competing at the highest level that's for sure. I hope you all enjoyed my journey."

For Richardson-Walsh, this was the perfect end to her international career. Like Hoog, Whitlock Fuerste and Dwyer, the GB captain has been to four Games and she said the gold at Rio meant her life was like "a movie script with a fairytale ending."





## PARNHAM STEPS UP

USA head coach Craig Parnham is to move to a new role within USA Field Hockey. The coach, who has overseen a revival in the USA's fortunes, will be replaced by assistant coach and former Dutch international Janneke Schopmann. Parnham will become Director of Education and Learning. He said: "I have not taken the decision to step down from my role lightly. Rio was my fifth Olympic Games. I feel that I can step back knowing that the programme is in a healthier place than it was when I arrived [in 2013]. Perhaps even more satisfying than the results on the pitch has been watching this team grow and develop into a group that holds themselves accountable and takes ownership of their own direction."



## INDOOR RANKINGS REVEALED

The updated International Hockey Federation (FIH) Hero Indoor World Rankings have been re-leased with Germany men and Netherlands women retaining the number one spots.

The current update reflects the points earned by nations who competed at the European Indoor Championships which took place earlier this year as well as those from the men's Asian Indoor Championships in 2015.

In the men's FIH Hero Indoor World Rankings, the top seven positions all remain unchanged. Germany, winners of the men's EuroHockey Indoor Championships in Prague, Czech Republic earlier this year, continue to top the rankings table ahead of second placed Austria, who finished runners-up to Germany.

The Netherlands hold on to third place in the rankings despite a disappointing seventh place finish in Prague, with Russia, Poland and Czech Republic hanging on to their respective fourth, fifth and sixth positions.

Iran, champions of 6th Men's Indoor Asia Cup in Taldykorgan, Kazakhstan in May 2015, remain in seventh place, with Switzerland (8), Sweden (9) and Canada (10) completing the top ten.

On the women's side of things, the Netherlands have continued their dominance at the top of the FIH Hero Indoor World Rankings, extending their advantage thanks to their title success at the women's EuroHockey Indoor Championships in Minsk, Belarus earlier this year.

Germany remain in second place despite a fourth place finish in Minsk, while a sixth place finish did not stop Czech Republic from moving up one ranking position into third.

Solid performances in Minsk from Poland and Belarus helped both nations climb up one place in the rankings table and now occupy the fourth and fifth positions respectively, while Austria's seventh place finish in the Euros has proved costly, seeing them drop down from third in the world to sixth.

Ukraine (7), Australia (8) Canada (9) and Belgium (10) complete the top ten, with Belgium edging South Africa into 11th place thanks to the points earned from finishing eighth at the Minsk event.



## ALL CHANGE AT FIH

The 45th International Hockey Federation Congress will take place in Dubai, UAE, from 10-12 November.

At the event, which will see the unveiling of FIH's plans for the next stage of the Hockey Revolution, five positions on the Executive Board will be voted in.

This includes the role of President, with Leandro Negre's term in office coming to an end following the Spaniard's eight year period presiding over the Federation.

The three candidates standing for election are Australia's Ken Read, India's Dr Narinder Batra and Ireland's David Balbirnie.

On the Executive Board, members Mary Cicinelli from Canada and England's Sue Catton will be standing for re-election while Netherlands Jan Albers and Pakistan's Qasim Zia have chosen not to stand for another term in office.

This means that four positions as Ordinary Members of the FIH Executive Board will be elected at the Congress, or five if current Board Member Dr Narinder Batra is elected as President.

The female candidates in addition to Sue Catton and Mary Cicinelli are Danae Andrada from Uruguay and Hazel Kennedy from Zambia whilst male nominees are Eric Cornelissen from the Netherlands; Spain's Santiago Deo; outgoing Athletes' Committee Chair Michael Green from Germany; USA's Shawn Hindy and Tayyab Ikram from Macau.

Continental Federation Presidents will remain on the Board until their next continental elections. They include Egypt's Seif Ahmed (Africa), HRH Prince Abdullah Shah of Malaysia (Asia), Netherlands Marijke Fleuren (Europe), New Zealand's Pam Elgar (Oceania) and Argentina's Coco Budeisky (Pan America).

They are supported by the Ordinary Members of the Executive Board, all of whom have another two years in office to complete their existing terms - Dr Narinder Batra (India), Marc Coudron (Belgium), Maureen Craig-Rousseau (Trinidad and Tobago) and Pamela Stuper (USA).

The FIH Athletes' Committee is also represented on the Board, ensuring that athletes play an important role in determining the future of hockey. Departing Chair Michael Green from Germany will be replaced on the Board by incoming Joint-Chair Annie Panter from England.

Rio 2016

Rio

**PITCH  
PERFECT**



When it comes to Olympic performances, there have been few more consistent performers than Dow Chemicals, the company behind the hockey pitches at both London 2012 and the Deodoro Stadium in Rio 2016.



The relationship between Dow and the Olympic movement is more all-encompassing than purely pitch provision. In 2010 Dow signed a 10-year deal with the International Olympic Committee and became the Official Chemistry Company of the Olympic Games. The sponsorship extends to 2020, and, as part of the agreement, Dow's aims are to use "its chemistry, technology, and science" to help make the Olympic Games "more sustainable, higher performing, and safer" for participants. Dow sponsored the Olympic Stadium wrap during the 2012 London Olympics, and was involved in carbon footprint mitigation programmes for the Sochi Winter Olympics, and the 2016 Rio Olympics.

The pitch at Rio 2016 was the product of a partnership between Polytan STI, a manufacturer and supplier of outdoor and indoor sports surfaces and Dow – a partnership that has seen multiple pitches being supplied across the globe.

But it is the pitch at Deodoro that has been at the heart of the action in the past months and it was certainly an eye-catching sports stadium. Earlier in the year, test events had included an unveiling of an important component of Rio 2016's "Look of the Games" visual identity: the colours of the field-of-play. This was a much-anticipated feature since the success of London 2012's Riverbank Arena and its iconic blue and pink pitch. For Rio, the Rio 2016 Organising Committee and the International Hockey Federation (FIH) opted for a blue pitch with green sidelines – a colour pattern that matched Rio 2016's visual identity and reflected the vivid spirit of the first-ever Brazilian Olympic Games.

The Rio 2016 hockey competition was played on a synthetic turf system which involved Dow's linear low density DOWLEX™ Polyethylene Resins in the yarn component as well as Dow's polyurethanes technologies. The system is designed to deliver enhanced durability for increased pitch life, and a higher-performing and consistent field-of-play throughout the busy Olympic competition schedule. A key attribute of the yarn was its ability to be customised – allowing the turf surface to be designed and coloured as the organisers wanted.

The playing performance and quality of the pitch were a primary concern when developing the hockey turf system for Rio 2016. The tufted samples were inspected by the Rio 2016's

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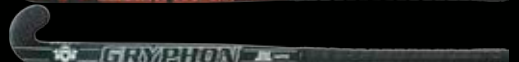
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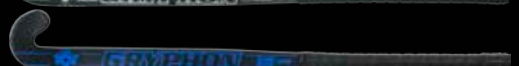
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Venues Management and Look of the Games teams, as well as the FIH and the Olympic Broadcast Service (OBS), to ensure the selected colours met the specific requirements for players, officials, spectators and broadcasters alike.

This latter point was an important one as Nathan Wiker, global marketing director for Dow Packaging and Speciality Plastics explains: "Hockey is a fast game. The colours of the pitch allowed the spectators in the stadium and on television to follow the action more clearly because of the deeper contrast between the ball and the pitch."

The two key factors for the Rio Olympics organisers were the quality of the pitch for the players and the look of the pitch for the millions of television and online spectators around the world. Behind these two headline qualities are other, equally important, factors.

David Lopez is technical sales and development engineer for Dow and he says: "one of the biggest drivers for any artificial hockey turf today – not just in Rio – is

Once Dow has won the contract to supply the turf, then it is a two to three year process before the pitch is playable. Lopez says: "Behind everything we do is sustainability. That is our key driver. We start to develop a product internally for anything between one and two years, then we have a six month period where we take our solutions to the customer and iron out any issues. Then it is all go on the build."

The build for the pitches and warm-up area at Deodoro, as well as two additional pitches at the Federal University of Rio, was a huge project. And, according to feedback from the players and coaches, a successful one. All the pitches benefit from a playing surface that consists of specific high-performing materials formulated together in multiple layers. The surface system is designed to deliver enhanced durability for increased pitch life, and a consistent field-of-play throughout a busy competition schedule – such as the Olympics.

The production of synthetic turf is a highly elaborated process. The system begins with the production of the



water management. We have to produce a turf that is as efficient in its water usage as possible. We are working on artificial turfs all over the world and water management is desperately important in many of these areas."

With more demand for pitches in India, across the wider Asia region and Africa, it is also important that the pitch solutions meet the brief for cost effectiveness too. Again Lopez expands the point: "It is important that we provide solutions that are durable. Pitches in these areas need to last a long time in quite often difficult environments, so we are always looking to develop yarn and backing that has a long lifetime – our aim is to modify the depreciation of the turf."

"Another factor, alongside water management, in many parts of the world is heat management. Through the use of the correct resins and infills we can absorb more water and conserve the temperature on the pitch."

While laying a turf is an expensive affair, Lopez says that Dow and its partners are always seeking to offer cost-effective solutions to clients. "We have a broad portfolio so we can offer different solutions to meet the needs of customers. It is obvious that a new turf being laid in Europe is always going to have very different demands to a turf that is being laid in sub-Saharan Africa. One of our skills lies in thinking about all aspects of the challenge and then finding the best solution."

master batch and the yarn for the turf. The subsequent tufting and backing process provide a strong turf bind, even when the surface is wet. For the upper surface layer, the polymer yarn provides wear resistance and energy absorption, combined with softness and speed.

The complete turf system, including embedded shock pad properties, provides stability, durability, shock absorption and force reduction properties for the benefit of the players and the game.

"Injury prevention and impact are elements we work on with our customers," says Lopez. "One of the things that we are improving all the time at Dow is how we work with our customers to deliver on all aspects of a project. It is no longer just about our product, with its own specific purpose, we help customers to deliver faster and with better value. We have become solution providers."

Work on the Tokyo pitches for the 2020 Olympics has already started in the labs of the chemical giant. "Even more sustainability is the focus for Japan," says Lopez. "After London, our aim was to improve playability and softness of the pitch, now we are looking at improving on all those aspects once again, but with high levels of sustainability. Tokyo will be two years in development and two years in construction."

It seems Dow and Polytan STI are nailed on for a third Olympic success. ●

A photograph of an artificial turf field with several yellow balls scattered across it. The field has white markings, and the background is a solid green color.

## ARTIFICIAL TURF, HISTORY AND DEVELOPMENT

### 1970S

Artificial grass based on polyamide/nylon material was introduced on field hockey pitches in the 1970s. It was ideal for field hockey as the synthetic turf pitches provided a flatter playing surface than natural grass. This in turn provided better ball control as it prevented the ball from shooting off into various directions. Sand was spread between the fibres to create enough firmness and stability for the players. These key characteristics resulted in artificial turf being used for field hockey games in the 1976 Olympics and the Eight Nations field hockey tournament.

### 1980S

Since the 1970s "sand based" pitches were favoured as they dramatically sped up the pace of the game. However, water based turfs were seen as more beneficial to the game as it enabled the ball to be transferred more quickly than on the original "sand based" surfaces. Water based surfaces proved also to be less abrasive than the "sand based" variety and hence reduce the level of injury to players when they came into contact with the surface. In 1983, the Women's World Cup Hockey games were played on artificial turf. However, despite positive results from the pitch, field hockey clubs were reluctant to accept artificial turf as a substitute for grass because it was still relatively unknown. It took ten years before the adoption process really started.

### 1990S

The acceptance by the field hockey industry of synthetic playing surfaces has led to the use of artificial turf for top level field hockey competitions worldwide. In 1992, the field hockey competition took place on artificial turf at the Barcelona Olympic Games in Spain.

### TODAY AND TOMORROW

At the beginning of 2006, it was announced that the International Hockey Federation (FIH) Equipment Committee had begun working towards developing a water-free synthetic turf for top level field hockey and a multi-sport surfaces for other levels (i.e. domestic). Developing a water-free turf is an important development for field hockey as a worldwide sport as it recognises environmental concerns about water usage. It is hoped that the multi-sport turf will also facilitate improved levels of access to the wider community and increase the number of shared facilities at a reasonable cost. Since the 1970's field hockey has become the driving force for the installation of artificial pitches. The FIH today mandates all international field hockey competitions be played on artificial turf.

HOLLAND  
CUP

FINALS  
CLOSE  
OUT

HONG KONG

WINTER  
SEASON





# The winter hockey season in Hong Kong closed in the traditional way on 15 May with the finals of the Holland Cups, the knockout competitions for the men and women's premier teams.

**T**he men's Holland Cup was initiated in the 1955-1956 season and has been held every year since. The Cup was donated by the then President of the Hong Kong Hockey Association, Dutch national Mr. E. Brandt. The Dutch Hockey Club in Hong Kong was a proud sponsor of the event for more than five decades and it is customary for the Dutch Consul General to be the guest of honour and present the trophies. Unfortunately, on this occasion, the 61st Holland Cup, he was unable to be present.

Club de Recreio was the inaugural champion and won the cup again in the following two years. They repeated that achievement in 64, 65 and 66. Nav Bharat has been champion more than any other team, lifting the trophy 14 times between 62 and 89. Recent winners were Pakistan Association (2011), Khalsa Sports Club (2012 and 2014), Singh Sabha Sports Club (2013) and Punjab Hockey Club (2015).

For many years the top Women's teams played for the Gremlins Cup but in 2013 a Holland Cup for Women was introduced and for the past few years the two Holland Cup finals have been played on the same day to provide a fitting finale to the season.

A full day of hockey kicked off at 9am with the finals of the Hong Kong Hockey Association knockout competition, the equivalent Women's finals having been played on the previous weekend.

The Police team and Antlers contested the bowl final in the first match of the day with Antlers emerging as 2-1 winners after a tightly fought contest.

The Plate final followed with Shaheen C taking on Valley E. Valley managed to score in the first five minutes and then spent the next sixty-five minutes defending wave after wave of attacks from Shaheen. Valley used the hot conditions to their advantage, trying to exhaust their opponents by repeatedly putting the ball back to Shaheen's defensive zone, causing them to have to re-build their attack each time. In the end, that one goal at the start of the match was enough for Valley to claim the victory. The valley captain described the match as "a case of older experience winning out over youthful exuberance" adding "We leave the field with a huge amount of respect for our opponent's never say die attitude."

In the last event of the Association Cup matches Khalsa B played KCC B for the Association Cup itself. Khalsa B had a fairly easy victory putting five goals past KCC B who were unable to score.

Throughout the morning, hockey supporters from all over Hong Kong slowly filled the stadium at King's Park Hockey Ground and by 2:30pm a good crowd was in attendance for the start of the Women's Holland Cup final



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## HKHA BOWL

between the top teams from Valley RFC and the Hong Kong Football Club

The Football Club team has dominated women's hockey in Hong Kong for many years, topping the Premier Division for six of the last seven years and winning the Holland Cup in 2014 and 2015.

The Valley team known as the "Angels" is the only team that has prevented the Football Club from having a clean sweep of the major events in recent years, having lifted both the league title and the Holland Cup in 2013.

This year's final was a repeat of last year's and once again the Hong Kong based husband and wife coaching team from New Zealand, Mark Kake and the former New Zealand player Tina Bell, found themselves in opposite camps with Tina coaching the Footballers and Mark the Angels. The Football Club took to the field as clear favourites, based on this season's form, but it was their opponents who got off to the best start with a cracking goal. The league champions were not flustered and gradually found their winning form with good set plays and coordination, which eventually led to them putting five goals past their opponents. The final score was 5-2 to Football Club. Valley fought to the very end making it an exciting game, but despite strong vocal support and encouragement from the crowd, they struggled to find a way through the slick defence of the Football club.

A delighted captain of the Football Club team, Charlotte Rees, said: "This marks the end of another successful season for our A team; winning both the league and the cup competitions without losing a match. Having gone down 1-0 to an early goal from Valley, the team exemplified their fighting spirit to come back and win 5-2. It's always a great day out at King's Park for the cup finals and we must thank our dedicated supporters for coming to support us, not only at the final but throughout the season – it really makes a difference! We're anticipating a few changes across the squad in the 2016/17 season and are looking forward to the challenge of trying to complete the double once again."

Valley coach, Mark Kake, said "I think the women's final was played in great spirit with both teams playing attacking hockey and showcasing the much improved standard in the premier league. Many of the spectators commented on how much they enjoyed this final. Valley A team will be losing a lot of players over the summer so will be rebuilding next season, but we will still be looking to maintain our position in the league".



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PLATE





## HKHA PLATE



The final match of the day, the men's Holland Cup final between league winners Khalsa and third ranked Singh Sabha Sports Club (SSSC), started at 4:30pm as the day started to cool, making playing conditions a little easier.

Eddie So of the Epoch Times was at the pitch and he sent this report of the match: "League winners Khalsa had to be the favourites following their domination of the Premier Division throughout the season, but SSSC are a team that should never be underestimated and from the opening whistle they showed the crowd why by storming into the lead, with some awe-inspiring hockey. Their initial goal came from a Kulvinder



HKHA  
PLATE





HKHA  
PLATE



A male field hockey player with a long beard and a white ball balanced on his head is captured in motion on a green field. He is wearing an orange jersey with 'tsunami' and 'Maxwell's' logos, white shorts, orange socks, and black and orange sneakers. He holds a hockey stick with 'atlas' written on the blade. A white ball is on the ground in the foreground. In the background, another player in an orange jersey is visible, and a large orange circle contains the text 'HOLLAND CUP MEN'S FINAL'.

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FINAL





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Singh deflection and this was followed by a Salman goal, for a 2-0 lead going into the break. Khalsa battled to overcome this rude awakening and managed to pull one back through Inderpal Singh, the first of a brace, only for SSSC to take a 3-1 lead through Saman for his double. Inderpal then netted his second of the evening for Khalsa but it was a case of too little too late.

The Singh Sabha club continued to dominate as they pressured Khalsa and did not allow them any leeway to impose their influence or get back into the game. Their tactics worked. Khalsa's game became error prone as the pressure was applied and SSSC added a 4th goal through Abbu to make the final score 4-2.

Much of the credit for SSSC's win must go to former captain of the Pakistan hockey team, defender Mohammad Imran, who motivated SSSC to bring its best hockey to the Holland Cup competition after their disappointment at finishing third in the league standings. His influence on the team was evident as his side played with boosted confidence compared to their previous games this season.

"After realising we had no chance of the league title, we spoke about winning a title and the only one available was the Holland Cup so I told our players we are more than capable of doing this," Imran said.

His charges all worked hard as a team pouring over videos and other information on their previous games with Khalsa in their search for chinks in their opponent's armour. They also watched videos of international matches to develop how best tactically to take on Khalsa, and all their hard work paid off handsomely.

"We spent more than two months in hard training, concentrating on the physical as well as tactical elements of our game as we know who our opponents are, player for player," Imran said.

Captain of Khalsa, Dev Dillon commented "We weren't as ruthless as normal. We had plenty of opportunities but lacked our usual conviction. SSSC took their chances and we didn't. That was the main difference between us. Overall it's been a good season for Khalsa. We won the league by 9 points - that's a fantastic achievement. At Khalsa we always go full out to win everything we compete in so we have a great record, but once a new season starts records don't matter. We have to give everything to be successful again. Today it was not to be. It was SSSC's day. Congratulations to them."





Khalsa coach and player Arif Ali, echoed Dillon's sentiments saying "We have beaten them 4 times this year and it was close the 5th time, but their finishing was better than ours; that cost us the game. In the coming season we will include more youngsters to give us more energy and depth in the squad so we can start and finish strong.

And so concluded a great day and a great season of hockey in Hong Kong with two fantastic finals that had the crowd alight. The Summer mixed league is now underway and the top teams are already in training for the 2016/17 league which starts in September and promises to be very competitive, particularly in the Men's Premier Division. ●

# Cambridge City

improving  
by degrees



PHOTOS BY  
DAVID AND SIMON WEBB  
CAMBRIDGE CITY HOCKEY CLUB





**C**ambridge City Hockey Club has spent a long time in the middle echelons of English Hockey but half-way through a 10-year plan and things are looking good, even if space remains a missing dimension.

When Andy Richardson joined Cambridge City Hockey Club five seasons ago, he saw a club with loads of potential but very little in the way of achievement. Based in the academic city of Cambridge, home to one of the best-known universities in the world, Cambridge City had always been a middling club. Both the men's and women's first teams flirted with National League status, but had never cemented a spot, while the youth teams were successful at county level but rarely got to national finals. It says something when the most successful team at that point was the women's Master's side.

Arriving at the club after a move to the city, Richardson, who is brother to Great Britain star Helen Richardson-Walsh, got chatting to the men's first team coach, former international and Olympian Nick Thompson. The former Great Britain striker had been at the helm for two seasons at that point. "We had a conversation," recalls Richardson. "It went like this:

**AR** – "A club like this has the potential to play in Europe within 10 years.

**NT** – "I have been trying to explain this. Finally, someone else who can see this as a possibility..."

**AR** – "Let's set ourselves a long term goal and then decide on the small steps we need to take to reach that goal."

Five years on and the goalposts have moved considerably closer. Richardson is club chairman and, with the help of a small but growing number of volunteers, is driving the club forwards. Both the men and the women's first teams now play in the National League and, in the 2014-15 season, seven of the teams secured a promotion. And proving that this is a club for all ages, in 2015-16 both the Boys U18s and the women's O45s were crowned National Champions.

Richardson and Thompson had the necessary pedigree to move the club forwards. Richardson had played for top National League sides Canterbury, Cannock and Reading, while Thompson's heyday had been spent at Old Loughtonians.





What Richardson doesn't mention, although his wife Sarah does, is his own, almost obsessive, determination to drive hockey forwards. "When it's the hockey season we can go days without seeing each other, ships passing in the night," is her verdict.

While the personnel matters, the environment and timing has played a huge part in the club's recent development. A sponsorship deal with Anglia Ruskin University meant that there was both money in the pot and a new pool of players to draw upon – 24 from ARU last season. Then there are inevitably some players who choose club hockey over university hockey – quite often post-graduates who have earned their university blue – so Cambridge City picks up a number of Cambridge University-based players.

Cambridge itself is an affluent city. It is a 45 minute train journey from London and, as a high-tech city, there are plenty of well-paid jobs available. There is no denying that hockey remains a sport that is largely played by the better-off members of the community, and the presence of several private schools in the city provides a fertile source of young hockey talent. The thriving junior section at the club is testament to this.

The meeting between Thompson and Richardson cemented the club's vision. "We wanted to create a club where all ages and abilities could enjoy playing hockey in a safe and welcoming environment," says Richardson, "But the driving force was the desire for our men's and ladies elite teams to play in the highest National League and compete regularly in European Competition.

Essentially you have to offer good quality coaching, facilities and matches to keep people happy and wanting to come back for more. We are very lucky to have Nick Thompson. The quality of his coaching naturally brings in high quality players. It is because of Nick that we have attracted players of the quality of Darren Cheesman, Warren D'Souza and Ali Wilson..

"We are still a long way off achieving our goals but we have made some big strides towards reaching them over the past few years. The biggest and most important thing



**THIS IS ELLEN'S RITUAL**





we have done is to integrate junior players into our senior section. We now have a clear path for the juniors in both the women and men's section. Last season the ladies first team played five U18s, including three internationals while the men played four U18s, of which two were internationals. This can only happen if they have come through the rest of the club and can cope with the demands of senior hockey."

While a lot of clubs promote youngsters through the ranks, not many allocate a mentor figure to their juniors. Richardson explains that this is not just about performance on the pitch, but understanding team etiquette generally. "We have tried to make sure there is a 'senior pro' in each of the teams the juniors will progress through. This person is expected to act as a mentor, which includes making sure the junior players understand the importance of staying for food and a drink after the game."

Five years on and progress has been rapid. Richardson says the next steps will be much smaller, he calls it looking after the one 'percenters', those little steps that all combine to make a big change.

No amount of small changes however, will solve the biggest headache facing Richardson and the club. A lack of a pitch to call their own means they play at a number of venues around the city, leaving the club susceptible to booking issues, rises in the cost of venue and potential to lose a booking slot. With seven men's teams, five women's teams and a number of age group teams, pitch availability is the biggest bugbear. Richardson reveals there are plans in place to try to secure a home, but with development and land use a real hot potato in the space-hungry city, this is not something he can talk about. "We are hitting what could be a fairly sensitive period in developments, but essentially it is very difficult. Funding is not so much an issue, it is more about location. We do feel that we need to be in the City for ease of access for all those cyclists within the club - otherwise we could lose membership to other local clubs."

Despite the lack of a permanent home, the club has managed to grow a sense of community. Again, this is something that has improved over the past five years. "Our membership were happy to allow others to do things, now we have about 40-50 people contributing in some way to the senior section, either by being on the committee, coaching, captaining, umpiring or volunteering to help with socials. This helps to give a feeling of community."



The junior section is a success story in its own right. Mike Mitcham is the man in charge and he has seen the numbers rise exponentially, from 20-30 juniors 10 years ago, to more than 350 juniors currently – and a sizeable waiting list. Success breeds success and the past few years have seen all the junior age groups reaching regional finals, with the U14 girls twice finishing second in the National Finals.

Richardson pays tribute to Mitcham and his wife Teresa. “They have been instrumental in the development of the junior club. As you can imagine this takes a huge voluntary contribution from many members and parents – all of it is orchestrated by Mike and Teresa. They make sure every age group has enough coaches and that those coaches are of high quality.”

As a footnote, a club like Cambridge City is clearly giving something back to the community but in the summer a new level of inclusivity was reached when the club combined forces with Cambridge University Sports Department (CADMuS) and John Willis, founder and CEO of Power2Inspire, to hold an inclusive Festival of Hockey.

John Willis himself is an inspirational figure. Born without forearms or lower legs, he has never let his disability stand in his way. When John contacted Andy Richardson and explained that he was taking his own Road2Rio, by playing every sport that would feature in both the Olympics and Paralympics, the club chairman jumped at the chance of getting involved. The Festival of Hockey would provide a great opportunity for Willis to tick the ‘hockey box’ on his Road2Rio.

The serious aim of Power2Inspire is to use sport as a vehicle for inclusion and integration, no matter what your ability. Power2Inspire organises, runs and funds the Powerhouse Games, which delivers adapted sports in schools, organisations and local community groups. Any money raised through the Road2Rio challenge is being channelled into the Powerhouse Games.

Richardson mobilised the club and Willis found himself being coached by former



Great Britain and England player and FIH High Performance Coach Darren Cheesman and Great Britain team manager Andy Halliday as well as playing alongside some of the stars of the ladies first team – Welsh international Emma Griffiths, Hannah and Becky

While preparing for the Festival, John had a hockey stick clamped and taped to his right arm socket, however he soon discovered the stick twisted as he hit the ball, so some emergency engineering was carried out and a thin metal rod inserted into the middle of the stick and glued in place.

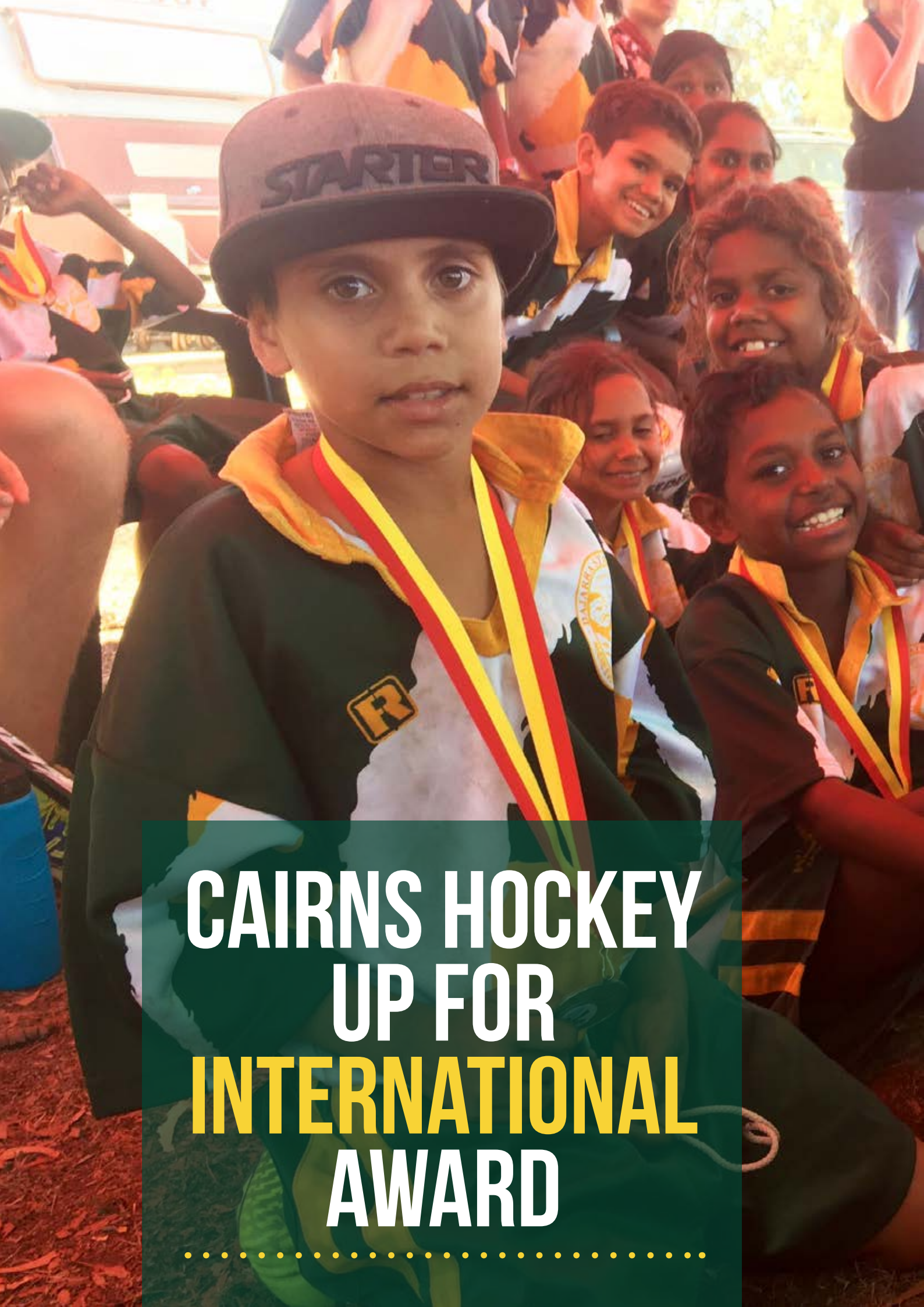
Talking of his experience, Willis says: “One my stick was sorted, we had an inclusive game. There were former internationals on both sides and also novices and me. It was great fun. My team tried their hardest to put me in position to score. I did twice, though I accidentally followed through on one and scored a direct hit on one of my own players. My teammates tried so hard to put me clear but if they pushed it left I went right and if I went forward, it went behind me! It was almost telepathic how accurately wrong I was.

“But I did improve, in fact Darren Cheesman was heard to say: “He can generate some real power with that!” which chuffed me enormously.

“Andy Richardson, chair of the club and in my mind a modest superstar, has championed inclusion at the club. He is passionate that a club can push its elite players at the same time as encouraging all to join in. His views so thoroughly reflect our goals at Power2inspire, we can but applaud and support him every step of the way.”

After the match, Willis was presented with a club shirt. With Rio 2016 just around the corner, there are a few sports left on his ‘to-do’ list, but the determined sportsman is certain that come the start of the Paralympics he will have nailed them all.

With a new season approaching, it is time for Sarah – a keen hockey player in her own right – to say goodbye to her husband for a few months as he continues to drive the club to be all things to all players. ●



**CAIRNS HOCKEY  
UP FOR  
INTERNATIONAL  
AWARD**

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JUNIOR HOCKEY CHAMPIONS

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NORMANTON  
JUNIOR HOCKEY CHAMPIONS

2014  
KARUMBA FESTIVAL OF SPORT  
JUNIOR HOCKEY CHAMPIONS

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A regional hockey association in Australia has been shortlisted for an international award just 12 months after it started its social enterprise program.



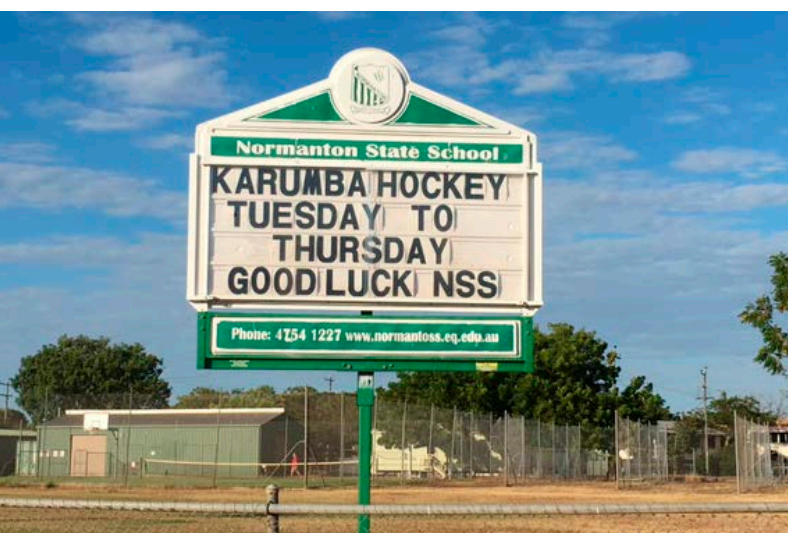
**F**or the girls and young women living in indigenous communities in northern outreaches of Australia, sport – mainly football – was something the boys did. Not for them the life lessons offered by sport – lessons in team work, problem-solving, winning, losing, competing and making life-long friends.

A new programme however is changing all that. Aspire to be Deadly is a project initiated and run by Cairns Hockey that offers mentoring and opportunities to indigenous populations, particularly in remote regions such as Torres Strait Islands, Cairns and Cape York as well as communities in the Gulf of Carpentaria.

The programme aims to link mainstream hockey through a development programme that is educational as well as sporting.

In recognition of its work, Cairns Hockey recently learnt that it has been shortlisted for the prestigious international Beyond Sports Awards, which will be presenting to the winners in London. Cairns Hockey is one of four nominated bodies for the Sporting Federation or Governing Body of the Year Award, the others in the frame are: European Club Association with it's 90 Minutes for a Hope programme; Major League Baseball, a USA and Canada based group; and National Rugby League's (Australia) School to Work Program.

The Beyond Sports Awards have attracted entries from more than 160 countries since 2009, when they began awarding enterprises that used sport for positive change.





To demonstrate just how much impact the Aspire to be Deadly programme is already having this is an extract from the Cairns Hockey website explaining why they have initiated an U11 Festival of Sport in the northern town of Karumba.

“The Gulf Savannah Region has a special significance to Cairns Hockey Development Programs. This region was where Cairns Hockey in partnership with RIHP Hockey was first invited to develop its programs and invited by the community to assist in the development of hockey across the region. No-one in the region was aware or had any passion for female sport, in particular hockey. There were no facilities, no equipment, no awareness, no resources and certainly no hockey programs and no reason to think a competition would ever be established.

“As the hockey program involved itself and engaged with the community, the realisation and recognition that growth and advancement of the region as a whole was dictated to by nature’s balance. Too much rain – devastating floods, too little rain, devastating droughts, the right balance of rain and the region thrives.

“Indigenous culture is strong and the respect and recognition shown through culture and traditions reinforce the importance of balance in all aspects of life in the region. It





● was a natural progression that the development of hockey as a community support program needed to recognise and understand the importance of this state of balance.”

● Hockey has now been delivered by Cairns Hockey for more than 10 years and the association and the community has found a balance that works. This year, 13 teams from schools in the region, plus two teams from Cairns, contested a three-day competition played on two grass pitches marked between the tee and green of the first hole at Karumba Golf Club.

● The success of the venture was highlighted by the Cairns Hockey facebook page: “It’s official, it’s the biggest Karumba Festival of Sport ever with 15 teams including the Muddies and Barras (from Cairns). Two fields across the first fairway from tee to green, tents for all the school teams, hats, sunscreen and water to be sun safe and hydrated. It’s healthy competition and the smiles stretch for miles. Cultures converge and understanding grows, families, parents, supporters are all here to help and celebrate the positive messages. Everyone involved should be proud.” ●

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# CLUBBING TOGETHER

As the international season gives way to club hockey across Europe, **Stephen Findlater** provides the low-down on the domestic hockey front.

PHOTOS BY FRANK UIJLENBROEK/WORLD SPORT PICS







**“MY CLUB, MY HOME, MY FAMILY”** – Hugo Genestet on what being part of the Saint Germain club in Paris means to him. One of the talents of a French team on the rise, his sentiments are echoed across Europe as the leaves turn brown and the weather cools.

Thoughts turn from the international summer to seven months when the club game takes centre-stage. It is a landscape that is becoming ever more varied as hockey straddles the lines between professional, semi-pro and fully amateur, sometimes even occurring within the same leagues.

For Genestet, the lure of home and the venue where he grew up, learning his skills proved strong enough to bring him back to France after a couple of seasons in the Belgian professional league. There, he links up with his brother Tom and Martin.

Speaking about being back with the club, Hugo says: “I am enjoying a lot playing again with my brothers and my friends. I found back the spirit that I left a few years ago. The average level is lower than in Belgium but it’s my home, my club, my family!”

It is a similar story for English superstar Ashley Jackson who, in late September, decided to move back from the professional set-up at Holcombe to the club he considers home, East Grinstead.

“Moving away from my home club [initially] was a big decision but one I needed to do for my own development,” he said of his move between the clubs. “My heart has always remained with East Grinstead and the personal draw back was one that I could not ignore.”

Going the other way, the rise of more professional clubs is also offering more and more top players the chance to earn a crust either as full-time players or to supplement their income while studying.

It has opened the doors for the likes of Helen and Kate Richardson-Walsh to agree terms with Dutch giants Bloemendaal while Germany’s Mannheimer HC has attracted Argentinian boyfriend and girlfriend duo Gonzalo Peillat and Florencia Habif.



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Real Club de Polo, meanwhile, showed an extra level of opportunism. The Spanish club already has Olympic gold medalists Lucas Vila and Matias Rey on their books but – with direct sponsorship from the EXIN Group – were able to add Pedro Ibarra. Then, a week before the Honor Division began, Polo were able to offer Dutch international Sander Baart a route back into hockey after he was left without a club for the season.

He had been set to join his brother and coach Jeroen at Antwerp but an administrative error left Sander ineligible to play in Belgium's Audi League. With the Spanish league starting two weeks later, he could still be registered there and was soon being unveiled by EXIN at a press conference.

It shows the evolving nature of the leagues around the continent with options for elite players changing year on year.

We take a look at the nature of the different leagues that are in their embryonic stages at this stage

## **NETHERLANDS** **THE HOOFDKLASSE (12 TEAMS)**

The mecca for club hockey around the world. No country has as big an appetite for the club game and there is a reason why the women's EuroHockey Club Champions Cup – the elite continental club championship held each year – has been won by a Dutch club every years since 1999. Similarly, the men's Euro Hockey League has had five Dutch winners in five seasons.

The women's league is usually dominated by Den Bosch with SCHC, Amsterdam and Laren pushing them for the crown. This year, there is the potential for a new face to enter the stage, however, with Oranje-Rood – an amalgamation of Eindhoven clubs Oranje-Zwart and EMHC – making waves, especially with the signing of a potential Dutch superstar in Yibbi Jansen.

The men's Hoofdklasse has six big names usually – Bloemendaal,



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*"Scored a goal  
in my first  
international game,  
thanks to  
the Black Cat."*

– Loren Shealy



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Amsterdam, Rotterdam, Kampong, HGC and Oranje-Zwart. Like the women, OZ are now Oranje-Rood. Each side is awash with a mixture of homegrown talent, dovetailing with Olympic imports in the race to breach the top four in the regular season and earn a top four playoff spot.

## **BELGIUM**

### **AUDI HOCKEY LEAGUE (MEN) / ATHLON CAR LEASE HOCKEY LEAGUE (WOMEN) – BOTH 12 TEAMS**

The young upstart, the Belgian “Honour Division” now boasts over 50 foreign imports in a league that has Dragons’ Felix Denayer – a silver medalist in Rio – saying the men’s competition is closing in quickly on the Dutch league.

“The general level is actually really high. I believe this season will be the toughest ever played in our country,” he says of the current campaign. “Most of the top teams are very close to each other. Some clubs have managed to attract excellent foreign players. This is a positive trend but only if such transfers have real added value for young people.”

His Dragons side has won the last two competitions but this is perhaps the most open league in Europe with any number of clubs able to emerge. KHC Leuven, Racing Club de Bruxelles, Braxgata, Waterloo Ducks, Royal Leopold and Daring have all made the playoff places.

The women’s league has not quite caught fire in the same way but still attracts its fair share of Irish, Spanish and South African internationals while the arrival of Georgie Parker from Australia (Antwerp) and Argentina’s Agustina Albertario (KHC Leuven) shows the ambition. Indeed, since investing in the

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league, Belgium's women have risen from 27th in the world in 2005 to flirting with the top 12, showing its importance. The top four league sides contest end of season playoffs.

## **GERMANY** THE BUNDESLIGA (12 TEAMS)

The sheer size of Germany means that hockey's top clubs now exist around a number of hubs, around Hamburg, Mannheim, Berlin and in the industrial west. It means that the season has a pronounced split with a glut of games in autumn and then another in the spring after a lengthy lay-off for indoor hockey.

For the most part, games are played on double-weekends with teams from Hamburg, say, travelling together to Mannheim to play two games back to back on a Saturday and Sunday.

It is usually the preserve of primarily German players with talented Austrian, Swiss and Czech players taking part to raise their game but this summer saw something of a sea-change with some huge additions. Mannheimer coaxed gold medalist Gonzalo Peillat to move to them along with Florencia Habif, while they also signed Irish captain Megan Frazer.

Rot-Weiss Koln have been the dominant force in the men's competition. Harvestehuder and UHC Hamburg are usually the main challengers but the latter has seen a large amount of retirements, opening the door for Mannheimer, Krefeld and Uhlenhorst Mulheim to take up the mantle.

On the women's side, UHC are the champions with Munchner SC the runners-up in a hugely competitive league. The good news for hockey fans is many German games are now being live streamed on the club's Youtube channels.

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## **SPAIN** DIVISION DE HONOR (10 TEAMS)

The men's stronghold is in the east around Barcelona and Terrassa while the women's game is biggest in Madrid. For the men, indeed, Terrassa, is an incredible city of 215,000 that boasts more Olympians than any other area in Spain due to its love of hockey.

From the area, Club Egara won last season's competition while Athletic Terrassa reached the EHL FINAL4. They are perennial contenders alongside Real Club de Polo, who have three Olympic gold medalists in tow. Club de Campo from Madrid are the only side who realistically try and breach their dominance.

On the women's side, Complutense and Club de Campo from the capital are the leading lights of late. Polo apart, the Spanish competitions are largely indigenous but for the odd Erasmus student.

## **ENGLAND** PREMIER DIVISION (MEN) / INVESTEC WOMEN'S HOCKEY LEAGUE (BOTH 10 TEAMS)

The location of England's training camp to Bisham Abbey has seen something of a migration of players to the outer ring of London in the south, leading to many of the recent national champions from the area.

This is more pronounced on the men's side with Wimbledon attracting plenty of top talent to win two titles in a row with East Grinstead, Reading and Surbiton recent contenders. Holcombe is the wildcard, rising quickly from the Conference East as they have made no bones of their wish to pay players to help raise their level. They brought in a wealth of top stars to become

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hugely competitive with Barry Middleton, George Pinner and South African Jonty Robinson.

On the women's side, Surbiton are the queen-pins with Canterbury their foil. A number of English gold medal winners have emigrated to the Dutch league, notably Helen and Kate Richardson-Walsh, Maddie Hinch and Sophie Bray, to dilute the quality a little this season.

## **IRELAND** EY HOCKEY LEAGUE (10 TEAMS EACH)

Ireland's national league was only introduced on a full season basis last year in a bid to provide a higher standard of hockey to their players. With little money for players, most top stars – often encouraged by national coaches – left the island in this pursuit with David Harte (with Kampong in the Netherlands) and Megan Frazer (Mannheimer, Germany) indicative of this. Monkstown and Lisnagarvey dominate the men's side; Hermes-Monkstown (a new amalgamation team) and Pegasus the women's.

## **FRANCE** ELITE DIVISION (EIGHT TEAMS)

The French top tier has been regularly changing in recent years but seems to have settled on a top eight on the men's side. Racing Club de France have held sway while Saint Germain are the other big dog. Like Ireland, their best players are usually co-opted by foreign shores but that trend seems to have been arrested this season.

## **POLAND** THE CHAMPIONSHIP (10 TEAMS)

The men's division is based primarily along the corridor between Poznan and Torun with Gniezno in between, a hot-bed for hockey. WKS Grunwald Poznan are the dominant force with 20 regular season titles in succession, Pomorzanin Torun breaking the run of national titles in the playoffs on one occasion. ●

# SINGING OUT ABOUT HOCKEY IN THE CANARIES





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Hockey on the Spanish mainland has long been a popular sport and Spain has enjoyed enormous success at both international and club level. Both the Spanish men and women are regular medal contenders at the major championships and the main clubs from Barcelona and Madrid regularly appear in the EuroHockey League top-level competitions.

**A**s an outpost of the mainland, the Canary Islands could be forgiven for not attempting to compete with these giants but, as Julio Vareles, from the Canarian Hockey federation explains, this is far from the case.

Back in 2014, Las Leonas said an emotional farewell to their iconic captain Luciana Aymar, widely recognised as one of the best female players the world has seen.

The Canary Islands are one of those perfect locations – in terms of temperature – where you can comfortably play sport, even a high octane sport like hockey, all year around.

For people whose geography is a little hazy, the Canary Islands are an archipelago just off the southern coast of Spain. They comprise seven main islands – Tenerife, Fuerteventura, Gran Canaria, Lanzarote, La Palma, La Gomera and El Hierro – and are located in the Atlantic Ocean, north of Africa, near to the coastline of Morocco and the Sahara Desert. The geographical location means the Canary Island is like a continent in miniature, with coastlines, mountains, lakes and flat-lands. There is even a volcano: Mount Teide in Tenerife, the third largest volcano in the world. More than 40 per cent of the Islands have been declared UNESCO Heritage sites.

In Gran Canaria the Canarian Hockey Federation, works on the development of the hockey on the island. Despite a smaller population and far fewer hockey players than the hockey-mad Spanish areas of Madrid and Catalonia, the Federation, its clubs and players have been working consistently over the past few years to develop hockey from grass roots to elite level.

As a result of this work, Gran Canaria now has teams who compete in the first division of the men's hockey league, the Division de Honara A, competing against sides such as Egara and Club de Polo, as well as in the comparable







women's B league. In addition there are several successes at lower levels at club level for the Canarian hockey community.

It is our work with the young players that has helped us achieve success and is providing a sustainable base for the future. We see this as the base of hockey development on the island, and the top teams are encouraged to provide opportunities for young players to play, train and compete at the highest level possible. It is this player nourishment that will allow our teams to compete in the future.

The time we spend with our youth is paying off. Several young players have received call-ups to national squads and several players have gone on to play for top domestic clubs abroad, for example in Belgium. This is great for these players as it gives them experience of a high level of club hockey, as well as the chance to experience life in a different culture.

Over the past five years, Gran Canaria has become an ideal destination for teams from the hockey-playing northern European nations to come and do some mid-season winter training or pre-season training. This is where our climate is such a bonus. For us, it once again offers the chance to play against or train alongside elite players from other nations.

The weather (16-25 degrees all year round), the proximity of our club to the city centre, easy access to the beach, mountains for some altitude training, plus the obvious tourist attractions that can occupy downtime, these are all reasons why hockey players will flock to Gran Canaria for a bit of training and team bonding. There is a reason Gran Canaria is known as "the European island of sport".





In a few weeks, we are playing host to Olympic silver medallist Tom Boon, the hotshot striker from the Belgium Red Lions. He is running one of his Tom Boon Hockey Camps, which will raise the profile of hockey on the island even higher. The camps provide training for local young hockey players as well as players from Belgium and the Spanish mainland. It is these sorts of activities that opens the eyes of our own young hockey players to just what they can achieve through this sport.

Thank you to the Planet Hockey Magazine for the opportunity to tell our story in your pages. It is fantastic to know that our passion for hockey is shared across the globe and that we can connect with like-minded people through our mutual love for hockey.

Visit: [www.grancanaria.com](http://www.grancanaria.com) to know more than our island, or our profile of Facebook: FCAnh Hockey to know more than the hockey in Canary Islands. ●

# MAKING HOCKEY A VIABLE BUSINESS

The Kadish Foundation was born four years ago when Gijs Hardeman came to the end of a five month contract with the Dutch Hockey Association (KNHB), during which time he had been working as a development coach in Lusaka, the capital of Zambia.

PHOTOS COURTESY  
KADISH FOUNDATION/  
HOCKEY DREAMS FOUNDATION







“I knew that when the funding stopped the sport would stop, the equipment would wear out, all the work on developing people to become coaches would be wasted.”

GIJS HARDEMAN

**T**he KNHB had become involved in the first place to promote a sustainable hockey culture in the African country, Hardeman knew that, for the plan to succeed, a more permanent organisation was needed.

The key point about the Kadish Foundation is that it is all about developing the local people and giving them the skills to organise, administrate and coach hockey. Hardeman and his team are very much there to support, guide and question but, for the vision to be realised, the ownership has to be in the hands of the Zambians. While guidance and support might come from the sponsored office in Amsterdam, the work is being delivered on the ground by Zambians who are keen to make sports coaching and sports administration their career.

“Looking back on the four years since we started the Foundation, one of the things I am most proud of is that we now have an organisation that is sustainable. We have four people running the office in Amsterdam and I know if any of those four were to leave, or if I were to say I was going, then the work would carry on.”

Not that Hardeman is thinking of hanging up his boots yet. The Dutchman has taken a back seat from the day-to-day running but still questions, offers advice and criticism and keeps a watchful eye on the organisation.

And there are some more exciting developments in the pipeline. The Kadish Foundation has spread its reach to Malawi, Uganda, South Africa and, in a geographical quirk, Colombia. To mirror this international spread the name of the Foundation will soon be changing and Hardeman sees this as the next step in the organisation's growth.

“We are essentially a business and our aim has always been to grow internationally. Within 10 years we want

to have 10 coaches in 10 countries, that is 100 coaches offering top quality hockey coaching to hundreds of children.”

So how does the Kadish Foundation work? The first thing to point out is that this is no easy ride for the would-be coaches. As we talked, Hardeman revealed he was on the point of throwing three coaches off the programme because they were failing to meet the criteria.

“We ask three things of our coaches,” he explains. “They must be in education and trying to develop themselves. We have guys who are stuck in grade 12 and we try to help them get over that, but they have to do the work.

“Then we ask them to start their own hockey promotional programme. This could be coaching at a school; starting their own club or running umpiring and coaching courses. We bought a bike and trailer for one coach so he could go to coach in a school in the afternoon but get back to go to evening school himself.”

The third requirement is for the coaches to take responsibility for a project within the larger Kadish Foundation programme. This could mean running the Hockey 5s league, coaching a girls only club or working on equipment donations.

When the programme started, Hardeman realised that the only way he could get coaches would be to pay them. The levels of poverty in Lusaka were so great that relying on volunteers would not be an option. He worked out that €6,000/month would be enough to pay 10 coaches the equivalent of the minimum wage. It is an investment in people that is already seeing benefits.

The oldest coach on the programme is a 35-year-old woman who was illiterate when she joined the



programme. She is now working her way through evening school while coaching during the day. A few more years catching up on her schooling and she will be able to get on a course or start her own business.

Samuel is another member of the Kadish Foundation. He is the first Zambian to play for a Dutch club. Hardeman hopes the 90 days he spent at Baarn Hockey Club will turn into a regular slot each year.

The ethos behind the Kadish Foundation is very much one of connections. Hardeman has been in lengthy talks with the Zambia Hockey Association. For the straight-talking Dutchman, a collaboration between the two organisations was a no-brainer. He had some difficulty persuading the ZHA that this was the case, but a promise to provide affiliated clubs for the ZHA had the desired effect.

“We asked each of our coaches to form a club and affiliate to the Zambia Hockey Association. Of the 10 active coaches, six did just that. The Kadish Foundation paid the first year’s affiliation fees and provided 20 pieces of hockey equipment as part of a package. We also tried to connect local business people to each club, so they could offer support and business advice. It is a way of

starting to build a sustainable structure from which to operate a hockey club.”

When Hardeman first touted the idea of the Foundation, he was keen that this was not about elite hockey. “That would have meant hockey for just a few, the huge expense of a pitch and not something of universal benefit. We believe that by getting the grass roots structure strong and correct, then the excellence will follow.”

It is an idea that is working. Zambia, through the work of the Kadish Foundation, started its own Hockey5 league – the only country to do so in the run-up to the Youth Olympics in Nanjing. Both the boy’s and girl’s team qualified for the Youth Olympics and the boys team even ran into a 3-0 lead over the continental champions South Africa.

Currently, the Kadish Foundation is working in four African countries. As Hardeman points out, each has its own issues. Malawi, for example, has a problem with getting equipment. Its coaches tend to be educated and in work already so they do not need financial support to the extent of Zambia, what the Malawans need is hockey







equipment and coaching materials. "We have to see each country in an individual way. There is not one universal way to develop the coaches. But we do have to run each as a business because the funding is always a challenge."

Hardeman says that in the early days of the Foundation, getting funding was relatively easy. Hockey clubs and business contacts were keen to help but, as time has drawn on, so funding needs to come from different sources. "I can't keep asking the same people to help. Now we are in a situation where fewer but larger companies are getting involved."

The ultimate aim, 10, 15, 20 years down the line, is for the Kadish Foundation, under its new name, to be a

wholly African organisation, self-funding, well run and totally sustainable. Referring to Argentina's recent gold medal in the men's Olympics, Hardeman says: "Our aim is to uplift hockey in these small but beautiful countries so that one day they can also cause an upset at the Olympics." ●

The Kadish Foundation is in the process of relaunching as the Hockey Dreams Foundation. The official launch is December 2016 and we will publish updates on the organisation in the next issue of Planet Hockey. Visit [www.hockeydreams.nl](http://www.hockeydreams.nl) for more information.



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Rio 2016

GREAT BRITAIN



Argentina and Great Britain were crowned men and women's champions respectively at the Rio 2016 Olympic Games at the end of an event that had everything – last minute goals, against-the-odds victories, heroic performances, mesmerising skill.

**B**oth Belgium and the Netherlands will see the final as matches they lost rather than their opponents won. For Belgium men, who had been excellent throughout the tournament, Argentina just brought too much fire and passion to the pitch and the Red Lions were on the back foot from the start. For the reigning women's champions, coach Alyson Annan's furious expression at the final whistle said it all. Her team should have won in full time, once the match went to shuttles, Great Britain was in with a terrific shout.



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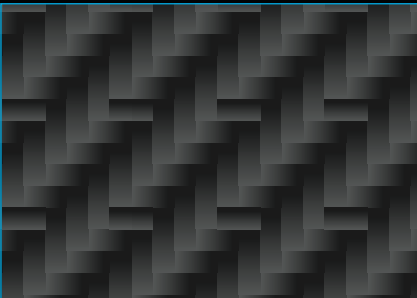
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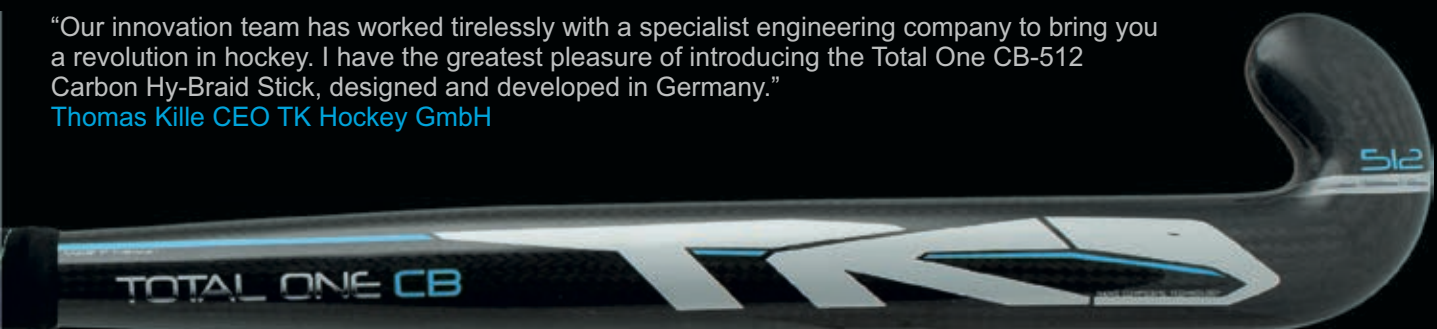


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That the matches were often played out in a stadium that was often only a quarter full was a concern, but the television and online coverage across the world was excellent. The Olympic Broadcast Service did a great job of covering every match – great pictures, not always such great commentators – and the hockey came across beautifully on the screen. Much of this was thanks to the Dutch broadcasters, NOS, and the use of spider cam.

Of course, all the high tech in the world cannot make a sport exciting unless it actually is jam-packed with drama and this Olympics didn't disappoint. Who will forget the German men's team celebrations after they scored with less than 10 seconds on the clock to knock New Zealand out at the quarter-final stage; or the intriguing quarter-final match-up between the world number one women's team The Netherlands and the world number two, Argentina – a match Netherlands won 3-2, but not before Argentina had shown the world just how good they could be.

And what are the implications of the results for the next few years. For Ireland and Canada men and India and Spain women, this has to be a huge step up the ladder of international competition. Just knowing what it is all about and what is needed to get to an Olympics is now part of their knowledge base. For those players who will be in the squad for the next few years, that is an experience that will form who they are. They will now train and play under the moniker 'Olympian'.

Spain and India men must see these Olympics as part of their revival. Both teams have a proud tradition in hockey which has slipped in recent years. Spain is now back in the top 10 of the world rankings after some sterling performances in Rio. They beat the world's number one side, there is nothing more life affirming than that! For India, the Olympics has provided one more step up the ladder. The men in blue started their recovery with a





“When the final whistle blew and we realised we were Olympic Champions, well it was the biggest team effort I have ever been involved in. The support staff were on the pitch too and for a while it was just us – no-one else knows just what we have been through.” ALEX DANSON – GREAT BRITAIN

great performance to win the 2014 Asian Games, then a third-place finish at the 2015 HWL Finals and a silver medal at the 2016 Champions Trophy. Disappointed in Rio, but on the bounce back.

And what of Australia men and Argentina women? Both teams came to Rio with the highest of expectations and left with their tails firmly tucked under. Australia were rocked in their second pool game when Spain's Alex Casayas scored from open play and then the European side shut up shop and stopped the Kookaburras from playing their usual attacking style. From that moment, Australia looked vulnerable and Graham Reid and his men will see Rio as an event to forget. Back in Australia the inquests will be going on for some time.

Argentina women were in Rio on the back of a Champions Trophy and Hockey World League win. They had huge support at all their games and they

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“I think I’m experiencing every single emotion that exists right now. I’m relieved, happy and sad all at the same time because I just won an Olympic bronze medal, it was the last game of my career and I’m standing here with my daughter. It’s just overwhelming.” Moritz FURSTE – GERMANY

have cemented their spot as the most entertaining team to watch – on a good day. Unfortunately for Carla Rebecchi and her team, the good days did not come in the opening matches and successive losses to USA, Great Britain and Australia left them in fourth place in the pool and with the unenviable task of playing the Dutch in the knockout round.

They saved their best until last, but a 3-2 defeat to the Netherlands saw Las Leonas making an unexpectedly early departure from the Deodoro Stadium.

New Zealand men were unlucky not to progress to the semi-finals after they took a 2-0 lead against Germany. The reigning champions can never be written off however, as Florian Fuchs proved when he scored the winning goal with just 10 seconds left on the clock, after a momentous fightback by the 2012 champions.

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“This gold medal is important, it’s going to help men’s hockey a lot in Argentina. The girls have been really, really good for a long time. We need to improve the men’s level so we will have more players at home.” AGUSTIN MAZZILLI – ARGENTINA



“We had so many opportunities in the final, we should have done better. If you don’t score your opportunities you cannot win. It’s simple. But one year ago nobody would bet on us and now we are here,” BELGIUM CAPTAIN – JOHN-JOHN DOHMEN



For the Black Sticks women there was a horrible deja-vu to these Games. In London 2012 they met Great Britain in the bronze medal match and lost on shoot-out. In the semi-final this time around they met their old foe again and were beaten 3-0 to fight for the bronze again. Somehow, you just know the German’s only need a sniff of a medal and they will raise their game and so it was this time around. Two quick goals in the second half and that was the end of New Zealand’s chances of adorning their medal cabinet.

For Argentina men, who spend so much time in the shadows of their women’s team, this was the chance to shine. With their mercurial coach Carlos Retegui playing every shot in every match from the sidelines, Argentina wowed the crowds. In fact, the Olympics was the icing on a cake that had started being made back in 2014. Argentina finished in bronze medal position in the Hague at the 2014 World Cup, despite coming into the tournament ranked 11th in the world. A new face, Gonzalo Peillat, was the catalyst for their success as penalty corner after penalty corner found its mark.



“We had some really good opportunities, and enough corners but we were just not clinical enough up front again. Under pressure, I think some of our players just panic on the ball when they should be a little bit calmer. You could say the Germans defended well, but I think it’s a bit of both - they defended well, and we were not good enough in front of goal.” COACH TO NEW ZEALAND WOMEN – MARK HAGER

Peillat is a little more bulky now – his teenage frame has filled out into the muscular form of a powerful man, but his shots have lost none of their ‘whippiness’ and successive goalkeepers just kept picking the ball out of the net, including Nicolas Jacobi in the semi-final and Belgium’s Vincent Vanasch in the final.

Where it was the men taking the honours and the women departing with nothing for the South American side, the teams of Great Britain had a complete reversal. The men were appalling. There is no other word for it, the women by contrast were outstanding. Unbeaten in all eight games, Great Britain women looked a different side to the one that slunk out of the 2014 World Cup and just failed to turn up at the Champions Trophy. This was a team with huge self belief and a goal-keeper who is probably the best in the

“How beautiful it is to write you [the supporters] a message and to have an incredibly heavy and beautiful bronze medal beside me... As I’m sure any of you who watched our progress in the tournament will have realised, what happened to us was madness and I am still not sure that it has sunk in that we hold an Olympic bronze medal in our hands”. GERMAN CAPTAIN JANNE MUELLER-WIELAND



world. The Netherlands will see this as a match they lost, so many chances did they create. But Great Britain scored the goals they needed to take the match to shoot-out and full credit to the team that did not play the best on the day, but rode its luck to the top of the podium. ●

We played very well during the game. I think we played way better than them, but shootouts are fifty-fifty. They won, we lost, it's tough. Shame it's silver, we were really going for a third gold. But it didn't work out." EVA DE GOEDE – NETHERLANDS



## FINAL PLACINGS

Gold medal match (men)

**Argentina v Belgium 4-2**

Bronze medal match (men)

**Germany v Netherlands 1-1 Germany win 4-3 on shoot out**

Gold medal match (women)

**Great Britain v Netherlands 3-3 Great Britain win 2-0 on shoot-out**

Bronze medal match (women)

**New Zealand v Germany 1-2**



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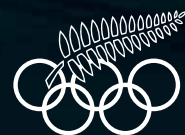
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