

UWLHC FRESHER PACK

2019-2020

WWW.UWLHC.CO.UK





WELCOME TO THE UWLHC!

a message from your vice-president

Hello Freshers!

First of all, welcome to Warwick - I hope you're all excited to start your first year! I'm Vicky, your Vice President for the year. My main role is making sure you all settle in, so if you have any questions about training, matches, socials, or even just about uni, I'm the person to ask.

The UWLHC is an inclusive, friendly club with girls of all hockey abilities. We have 3 competitive teams who play in the BUCs league and a local Saturday league every week and a 4th team who take part in a friendly Sunday league. The 4th team is more focused on the social aspect of hockey, aimed at those who haven't played much (or any) hockey before, or those who just want to have a bit of fun.

But it's not all about the hockey! We organise a huge range of different socials throughout the year (sober and non-sober!) as well as running socials with other clubs, giving you every opportunity to build friendships both within the club and with other clubs.

The UWLHC is so much more than I can express in this short message. Everyone you speak to will say that their university experience has been shaped by joining this club. The best way to find out is to jump straight into it - come to tasters and trials and let us show you why we're the best club on campus!

If you have any questions at all just drop me an email or a message on facebook. I can't wait to see you all soon!

Love Vicky xxx



**Vicky
Wynne**

v.wynne@warwick.ac.uk



WHERE TO FIND US!



Facebook

**WARWICK UNIVERSITY
LADIES HOCKEY**

Keep up to date with the club
with posts, results and events!



Website

WWW.UWLHC.CO.UK

Take a browse at our blog
posts, information and the
calendar



Instagram

@UWLHC

Have a look at our team
photos and action shots



Twitter

@UWLHC

Follow to see our match
updates, results and
reminders!



Snapchat

UWLHC

Watch our stories and use the
filters!



LinkedIn

**UNIVERSITY OF WARWICK
LADIES HOCKEY CLUB**

Check out our alumni contacts,
sponsorship news and
opportunities.

MEET THE EXEC!



Emma Hampton
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Vicky Wynne
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Rhiannon Holt
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Lara Wildenberg
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Ols Upson
2nd XI Captain
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Phoebe Badcock
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Annette Simpson
Communications Secretary
annette.simpson@warwick.ac.uk



Ume Smith
Tour Secretary
ume.smith@warwick.ac.uk

These girls will be running the club this year, and will be on hand to answer any and all of your hockey or uni related questions - don't hesitate to ask!



A WEEK IN THE LIFE OF THE UWLHC

MON	TUE	WED	THU	FRI	SAT	SUN
	FITNESS 7:30-8:30					
		BUCS MATCHES			1s-3s WWHL MATCHES	4s WWHL MATCHES
TRAINING 6:00-8:00				TRAINING 7:45-9:30		
		CIRCLE AND POP!				

IMPORTANT DATES:

PRE-SEASON: 16th - 19th SEPTEMBER

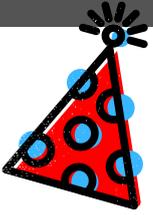
SPORTS FAIR: TUESDAY 24th SEPTEMBER

TRIALS: WEDNESDAY 2nd OCTOBER (TBC) @ WESTWOOD
ASTROS

TASTERS: FRIDAY 4th & 11th OCTOBER @ WESTWOOD ASTROS

Make sure to follow our Fresher's Page on Facebook to keep up to date with all the important events that are taking place!

WHAT TO EXPECT THIS YEAR!



Adoptions



Dom Tour



Hockey Ball



CMD Dance



Fresh Factor



Varsity



Circle



Exec Elections

Foreign Tour



Skool Dayz



Bar Crawls



Sports Ball



Family Charity Month



Charity Hockey Tournament

Hockey Christmas Meal



UWLHC 1s vs UWMHC 4s



FAQS!



What is Circle and Pop?



Pop is a weekly club night that is at the SU in the copper rooms. Before POP! starts, some societies meet together in a circle before and chant songs and play drinking games which are organised by our two social secs (Brockly) everyone drinks the same coloured drink (purple) but there is absolutely no pressure to drink alcohol. Each week the social secs come up with a new theme so creativity is key! This is a great way to get to know people in the club and just a fab Warwick experience that every fresher should undergo!

What are adoptions?



This is an eventful night during Term 1 when all freshers officially get adopted into the club! This is so much fun and a UWLHC highlight that you will not want to miss. Afterwards you'll be awarded with your own Social Shirt and will be an official Magwoman!

What are families?



You'll be added to a lovely 'family' of girls from different years and teams with a family head 'mum' who will organise meet ups to help you get to know more members of the club!

You'll also get a 'sister' who's an older girl who does as similar a course to you as we can find to help individually with any concerns you might have.



What is tour?

Each year the UWLHC goes on two social, non-hockey, tours. The first of which is Dom Tour which will be at the end of Term One with the mens club and will be a mystery location in the UK for a weekend. Our Tour Sec organises loads of fun day activities as well as nights out! It's a great experience that you should definitely consider!

In Easter, the UWLHC then goes on foreign tour, this lasts for just less than week - and don't worry, this one isn't a mystery location, you'll know beforehand!



How much does membership cost?

Membership to Ladies Hockey totals to £93 for the year: £55 (Warwick Sport Club Membership), £32 (fed. fee), £6 (UWLHC fee). This gives you access to facilities, and covers insurance, transport and away kit. Feel free to ask our treasurer for a breakdown of costs!

Are there socials without drinking?



Throughout the year we run loads of sober socials, like going bowling or pub quizzes - never feel pressured to drink if you don't want to, at circling and other events a lot of girls drink blackcurrant squash instead.

Who do I go to if I want to talk?



You can talk to Ellie (Welfare), Vicky (VP), or any member of the exec if you have any questions, want advice, or just need to talk! We're here to make sure you have the best possible time in UWLHC, so please don't hesitate to ask if you need help with anything, or have any concerns. NB. All conversations will be kept private. If we can't solve the problem, we'll be able to direct you to whoever can.



FAQS!

I've never played hockey *yes* before, can I join?

YES! We have a 4th XI team which has a variety of abilities from people who have never picked up a stick before to girls who just want to play socially without the pressure of lots of games.

How are the teams picked?



We cater for all abilities, after trials and tasters our captains will decide who provisionally fits best into which team, but there's lots of fluidity so players can move up or down. This will depend on performance, improvement and commitment, but you can always ask to be considered for a higher team, or move to a more relaxed team if that works better for you :)



UNI RESOURCES: WHO CAN HELP?

Student Support Services (Wellbeing) can be used for mental health issues, practical issues, safety issues, etc. – ground floor of University House: <https://warwick.ac.uk/services/studentsupport/> You can also contact Student Support if you are concerned about someone else's behaviour, mental health, or safety.

Mental Health:

University Counselling Service

<https://warwick.ac.uk/services/counselling>

The Mental Health & Wellbeing Team

Your Personal Tutor

GP @ Health Centre

These are just a few ideas about who and where to go to at Warwick - this list is not exhaustive!

Personal Safety:

University Security Office:

- Emergency - 024 765 22222 (If you need to dial 999, you should then dial this number as well)
- Non-Emergency -024 765 22083

Sex & Relationships:

- Coventry Rape and Sexual Abuse Centre (CRASAC) - www.crasac.org.uk/
- Students' Union Advice Centre - second floor of SUHQ - www.warwicksu.com/advice/

Nightline provide pregnancy tests, condoms, lube, tampons, sanitary towels, attack alarms, etc. for free - the Nightline building is located between New and Old Rootes.

Drop-In Sexual Health Clinics offer free, confidential STI testing, sexual health advice, and contraception. These clinics are held several times a year in the SUHQ building.

Disability Services:

Disability services include services such as advice on services in the university, barriers to study related to disability or learning difficulty, Disabled Students Allowance and options if you think you are dyslexic. Located on ground floor of University House, Building number 65 on Campus Map.



IT'S GOING TO BE A GREAT YEAR!

