

The Waves Cities
Hockey Club
presents your:



»»» **GUIDE TO** «««

HOCKEY

YOUR JOURNEY TO HOCKEY STARTS HERE!



INTRODUCTION



Hockey is a wonderful sport to be a part of! Many people think that the sport creates many injuries, but that is not true! Hockey is a **SAFE** sport, safer than what you would think!

There is a reason why hockey is so safe, the game is taught by experienced, qualified coaches who know just how fun it is to play!

The sport (run through Hockey Australia, Hockey Queensland and Bundaberg Hockey) ensures that safety is paramount to all else, with rules, regulations and equipment to keep the players safe.

The sport is so safe that it is enjoyed by players of all ages, from 4 to 94! How many sports can boast that you can play it your entire life?

Hockey can! We even have Championships for those who are 70+!

www.wavescitieshockey.com



WHY PLAY HOCKEY?

There are many positive reasons to playing a team sport like hockey. It is for all people, with different levels of experience or fitness.

We have dedicated coaches who understand how to coach all types; from the shy kids, to those with too much energy! Hockey is good for everyone!

LEVEL ✓ BEGINNER ✓ INTERMEDIATE ✓ EXPERT




**GROWS
CONFIDENCE**



**GROWS
SELF
ESTEEM**



**LOWERS
STRESS**



**GIVES A
SENSE OF
BELONGING**



**DEVELOPS
SOCIAL
SKILLS**



**INCREASES
FRIENDS**



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FREQUENTLY ASKED QUESTIONS

I'm worried about my child... how will they fit in?

Hockey has wonderful people involved, all who love the sport with a passion. All coaches are trained to coach the sport and will work individually with your child to get them engaging with the team!

I'm a busy parent. What time does hockey play?

Bundaberg Hockey schedules all games at the same time each week. This means you can make plans about your weekend without watching for a draw to be released!

I'm worried about the cost?

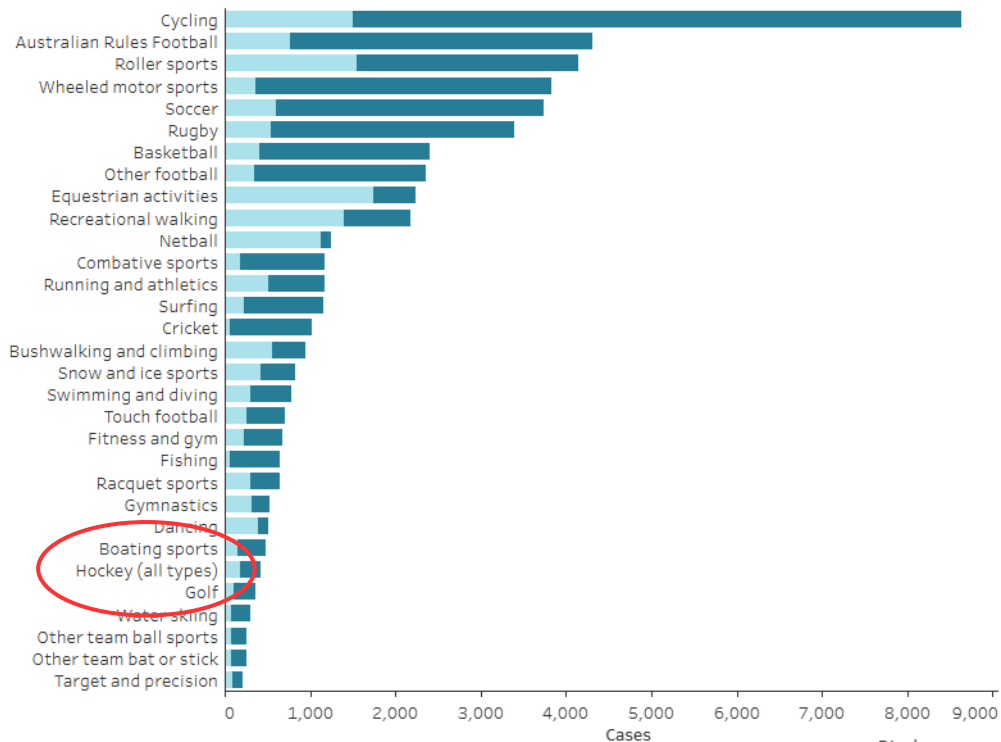
The Waves Cities Hockey Club keeps the fees as low as they can go. Fair Play Vouchers can be used and some subsidies are available within the club! Just ask us! Hockey is one of the cheapest sports to play in Bundaberg!

How safe is it truly?

Hockey is one of the safest sports in Australia. This is because the sport has strong rules, regulations and equipment to keep your child safe. Take a look at the next page if you want to see more data!



Figure 7: Numbers of sports injury hospitalisations by activity, by sex, 2021-22



Title: Sports injury hospitalisations by activity, by sex, 2021-22.

Notes

1. 'Rugby' includes both major codes.

2. For other category inclusions, see Appendix.

Source: AIHW National Hospital Morbidity Database.

www.aihw.gov.au

Display

Male

☒ Male

Female

☒ Female

As reported by the Australian Institute of Health and Welfare

<https://www.aihw.gov.au/reports/sports-injury/sports-injury-in-australia/contents/sports-participation-and-injury-rates>

That surprised you, didn't it?

Why not come along, and give it a go?



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