



Instonians Hockey Club

COME AND PLAY HOCKEY IN IRELAND!

PLAYER DEVELOPMENT SCHEME 2010-2011 SEASON

WHO SHOULD APPLY

- Talented, motivated players wanting a new hockey experience
- International/provincial/high level club players
- Ideal for those taking a gap year/career break

ABOUT US

- Location - Belfast, Northern Ireland at the stunning Shaw's Bridge sports complex.
- Compete in the Irish Hockey League, Irish Senior Cup and Ulster Premier League.
- About our team - 4 senior internationals, 5 junior internationals.
- About our coaching staff:
 - Head Coach - former Irish men's coach and current provincial coach.
 - Goalkeeping Coach - ex-Irish international goalkeeper.
- One of Ireland's most successful club sides - 7 European Cup entries in the past 15 years

DEVELOPMENT PROGRAM PACKAGE-

- Accommodation close to the club's facilities
- Assistance in finding suitable employment

In addition to the weekly 1st XI training program we can offer-

- One to one coaching sessions with a former Ireland coach to develop specifics of your game
- Gym membership
- One to one strength and conditioning coaching and a personal training program
- Physiotherapy screening, treatment and a rehabilitation package specific to your needs.

Visit our website - WWW.INSTONIANS.ORG

Apply now - limited places available, season begins September 2010!

Contact – steven_redpath@hotmail.com for an application form

