

NEWSLETTER

Issue 4

July

2026



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**ARE YOU FEELING THE CHILL?
GET YOUR ST PAT'S BEANIE &/OR SCARF NOW!**



FUN



RESPECT



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PRESIDENT'S CORNER

“It is hard to believe we are now over half way through the season. There are only around 8 or so more rounds of hockey to go, so competition is heating up as we head into the finals. Best of luck to all teams during these chilly winter months. It may be tempting to skip trainings and stay home in the warmth, but if you do the work now and keep your eye on the prize, you give your team the best chance for success at the end of the season. Eye on the prize!



A new St Pats Beanie and Scarf may help with the cold – see below for how to order yours!

CONGRATS TO BOTH OF OUR U10 TEAMS!!

Congratulations to both of our U10 teams for being such great ambassadors of St Pats. Many of the players in these teams have come from our Hook in2 Hockey Program or are brand new to hockey. They are learning a lot, improving with each game, having fun, being positive, are great sports and loving their hockey.

In particular congrats to the U10 boys – they have come against some very strong opposition and just recently scored their first goal for the season! **WAY TO GO!!**

Thank you also to coaches Paige, Annika and Charlotte who are doing a great job with the teams and to the parents and supporters of our U10s.

THANK YOU TO OUR TEAMS

Thank you to those teams that celebrated the 2026 Pride Round. It was great to see you wearing your rainbow socks, ribbons and sweatbands

with
PRIDE!



THANK YOU ST PAT'S PARENTS

Thank you for all you do to get your kids to hockey and playing each week. We appreciate that this is a BIG commitment for your family and it requires a lot of organising and time with drop-offs/pick-ups for trainings & games. We also acknowledge that it is not easy leaving your child with people you may not yet know well and appreciate that you trust us to look after your child.

Thank you also for continually encouraging your child and supporting their efforts – it is not always easy to keep them positive and focused – we appreciate all you do to keep them enthusiastic and positive. Hopefully by working together your child will learn to love their hockey for many, many, many years to come.

THANK YOU!

		RESPECT	
PLAYERS		• Show respect to your coaches, managers and club volunteers. • Accept the Referees decisions and move on with the game, Always! • Play fair in both your actions and words.	
COACHES		• You are the role model - accept decisions, be positive and respect the game • Remember that young people participate in hockey for fun and enjoyment and winning is only part of their motivation. • Unsporting behaviour has no place in our game. Promote respect for all competitors.	
SUPPORTERS		• Respect the decisions of the coach and referees and teach young people to do likewise. • Applaud good performance from players of both sides. • Passion and encouragement make our game great, but technical instruction should only ever come from the coach.	

Just a gentle reminder we're here for the love of hockey, and we couldn't do it without each other – our players, our coaches and managers, our supporters and officials. Please show **R.E.S.P.E.C.T.**



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PLAYER MILESTONE RECOGNITIONS

We know that many members enjoy the posts and notices we publish that celebrate players who achieve a milestone number of Capital League 1 games. This is important and we will continue to do this. But what about players from other teams that play a milestone number of games for St Pats? We want to recognise you too and show our appreciation for your loyalty and dedication.

In the coming months St Pats will roll out a Player Milestone Recognition Program. A sub-committee has been formed to work on this project and get it off the ground.

Details on this new initiative are still being decided with our sub-committee meeting later this month. So stay tuned – we hope to get more information to our members as soon as possible.

**STAY
TUNED!**

DONATE TODAY!



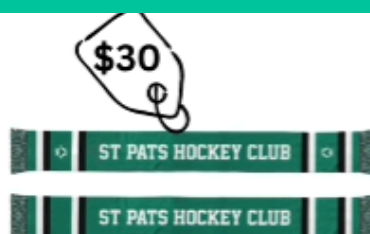
Our 2nd-hand clothing basket is located in at The Hockey Centre next to the lost property bin. THANK YOU!

FROM HACT

LIVEHockeyACT is now delivering consistent, high-quality coverage of senior competitions across the region. You can subscribe today via [LIVEHockey](#).



**GET YOUR ST PATS BEANIE & SCARF NOW!
GO TO THE ST PATS ONLINE SHOP
AND PLACE YOUR ORDER TODAY.
AND STAY WARM AND COZY (AND STYLISH)
THIS WINTER!**



Scarf



Scarf & Beanie Bundle

DID YOU ORDER A HOODIE OR POLO FROM THE HOCKEY SHOP? IF SO THEY ARE READY FOR COLLECTION.



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SPONSORSHIP SPOTLIGHT 1: SOUTHSIDE PHYSIO

With clinics in Tuggeranong, Woden and mobile therapists servicing all of Canberra and the ACT, Southside Physio has an experienced team of highly regarded professionals offering a broad range of skills and treatments to keep you active and playing hockey. Their mission is to provide passionate and excellent healthcare and they aim to be the most trusted healthcare provider in the community.

CL1 St Pats player Simon Kragh is a Director at Southside Physio and we thank him for his sponsorship of St Pats.

They even have their own podcast! For more info contact: Southside Physio via 02 5116 2575 or hello@sspg.com.au



Southside Physio

SPONSORSHIP SPOTLIGHT 2: PROACTIVE LABS



Proactive Labs is a boutique cyber security company, offering a different perspective on cyber issues. They aim to help clients in their domain, by offering their experience and expertise. Proactive Labs have highly skilled and experienced cybersecurity professionals offering comprehensive, yet boutique cybersecurity services to businesses and organisations.

Their mission is to help protect our client's critical assets and sensitive information by identifying vulnerabilities in their networks, systems, and applications. With extensive professional experience, Proactive Labs possess an in-depth understanding of the dynamic Canberra market. We thank Ethan Long, CL player and committed club man for sponsoring St Pats. For more info contact Proactive Labs via info@proactivelabs.com



THANK YOU TO ALL THE ST PATS SPONSORS FOR YOUR SUPPORT IN 2026

FOR MORE INFO ON ALL OUR SPONSORS VISIT: [SPONSORS](#) | [STPATSHOCKEYCLUB](#)



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Congrats!

Congratulations to all our juniors playing representative hockey through June and July.

Congrats **Shay, Rory, Jonte, Jarrah, Olivia and Lani** – proudly representing St Pats and the ACT at the U18s National Championships.

Well done also to the **MANY** St Pats juniors selected in Canberra Regional teams. They have been competing in various carnivals & State Champs during the season.

Congratulations to those Juniors taking part in the School Sports Competition at the end of July. St Pats Juniors are well represented, with our juniors taking part as both players and umpires.

Best of luck to our junior boys competing at the NSW State Championships in Tamworth from 17–19 July. This follows a successful competition for our girls at the NSW State Championships in Newcastle, 19–21 June.

We are proud of you all and wish you every success and enjoyment in your competition.

EXCITING CHILL NEWS!

Great job to the following St Pats players who have been selected in the 2026 **Canberra Chill Squads**



Mikayla Evans
Naomi Evans
Ash Seivers
Zara Seivers
Ozzie Cameron
Ryan Cartwright
Jack Evans
Jake McCarthy
Jacob McGregor (train-on)

CL PLAYER MILESTONES

Congrats to **Finn Leonard** who is due to play his **150th CL1 matches** this weekend

Congrats also to **Emma Taylor** – she is due to celebrate **600 CL1 matches** – yes 600 CL matches – on 24 July 2026. So much to celebrate!

PLAY BY THE RULES

Have you checked out the [Play by the Rules](#) (PBTR) website? It's FANTASTIC!

You will find information, resources, training opportunities and more on a range of topics in relation to safe, fair and inclusive sport for community sporting clubs.

Why don't you check out:

- their posters on positive sideline behaviour
- their e-learning courses – so many topics!
- their 'Let kids be kids! campaign, or
- their guidelines on dealing with common issues.



SURVEY: MENTAL FATIGUE IN SPORT



Do you struggle to stay motivated throughout the season?

When you have a lot on do you struggle to be enthusiastic about hockey?

Are you over 18 years of age?

If these questions have got you thinking, please consider helping UC PHD student Yelda with their research project on mental fatigue in team sports.

For more information on the research project have a look at this [article](#)

You can access the survey via the [survey link](#)



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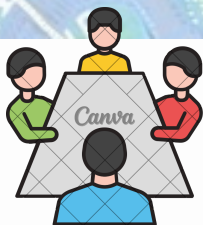
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EXECUTIVE & COMMITTEE UPDATE

Welcome Rhonda Smyth - our new VP-Development. Rhonda has excellent experience from her time in Sydney hockey circles at club, regional and HNSW committee levels from which we can learn and grow. Welcome Rhonda and thank you for joining the St Pats. Executive and Committee.

Club Goals

Each year the Executive sets annual goals to ensure that we are working to fulfill our Strategic Plan. Want to know what our 2026 Club Goals are

1. Appoint a volunteer/volunteers to provide strategic direction and oversee the development of players, coaches and umpires.
2. Provide opportunity for identified umpires and coaches to access training and accreditation opportunities.
3. Provide clarity around the St Pat's approach to player development.
4. Provide targeted opportunities for identified players to develop and improve their skills.
5. Review and propose changes to the St Pat's Club Rules.

Thinking of You

We continue to keep Michelle Ridley in our thoughts following her passing last month. We send sincere condolences to Michelle's family and friends, including her SL3 White teammates here at St Pats.



Congratulations!!

Congratulations to Josh and Ash Chivers on the birth of Rhys and Harry. Two boys!! Josh is long-standing and current CLI St Pats player and Club sponsor. Ash is also a very good hockey player and plays in the Vikings CLI team.

Review of Club Rules

The Executive has commenced a review of the St Pat's Club Rules (Constitution) with the intention of providing a revised version for members to consider at the next AGM. The purpose of the review is to simply the document so it is easier to read and make changes to better reflect the way we operate and current environment. When we have a draft ready for consideration we will send it out to members. In the meantime we will continue to keep you updated. Thank you to the St Pat's Committee and Life Member Peter Elliott for his assistance with this project.

Fees are now due

If you have not paid your outdoor fees in full they are now due, unless you have made arrangements with the Treasurer. For more info on fees check out our [Outdoor Fees Policy](#). If you need a bit more time to pay your fees or would like to discuss payment of fees with our Treasurer we would love to hear from you. Please email: treasurer@stpatrickshockey.com.au



TELL US ABOUT YOUR TEAM GET-TOGETHERS & WIN!!

Got a team event coming up? If you share pictures of your event via a St Pats socials page you go into the draw to win. Seniors can win an \$80 AFC voucher and Juniors a 'team treat' at the junior preso night. You must have a minimum of 8 team members at your event to go into the draw. And if your event is at The Lakes Gungahlin or the Ainslie Footy Club your team receives two tickets in the draw! Send your pics and the details of your event to socials@stpatrickshockey.com.au



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JUNIOR UPDATE

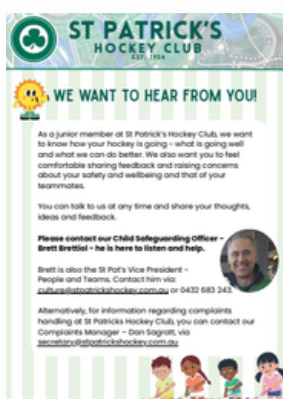
Congratulations to all of our junior players on a fantastic season so far. It has been wonderful to see teamwork, skill development, & a genuine enjoyment of the game on display across all teams. The commitment & enthusiasm shown at training & on game day are a credit to our players & reflect the positive culture of our club.

A special thank you to our coaches & managers for their ongoing efforts in supporting the development of our junior players. The time, energy, and dedication you invest each week play a vital role in helping our young athletes grow both on and off the field. Your commitment is greatly appreciated by the Club and our hockey families.

We hope everyone enjoys a well-deserved break over the school holidays and takes the opportunity to rest and recharge. Training will resume on Tuesday 21 July / Wednesday 22 July, with competition recommencing Friday 24 July.

INFO FOR JUNIORS ON CHILD SAFEGUARDING

The St Pat's is committed to providing a safe environment for children, one where they feel supported and confident speaking up. We recently published updated information specifically for our junior members that outlines what to do if they have concerns or would like to speak to someone. The document is written in simple language that children can understand. We have also appointed a Child Safeguarding Officer (Brett Bettiol) who has undertaken Child Safeguarding training and is familiar with the Hockey Australia National Integrity Framework, particularly the Safeguarding Children & Young People Policy. For more info, please do not hesitate to contact Brett via culture@stpatrickshockey.com.au



BALL CREW – PLEASE HELP OUT

Thank you to all of our Junior Ball Crew who have volunteered at our Men's and Women's CL1 games this year. Your support has contributed to the smooth running of these matches and we hope you've enjoyed watching these games from the best "seat" in the ground.

There are still opportunities to participate as part of the Ball Crew through to the end of the season, so please sign up via our [SCHEDULE](#) or contact a committee member for more info: Tash juniors@stpatrickshockey.com.au or Sarah girls@stpatrickshockey.com.au

JUNIOR SEASON DRAW UPDATES

Hockey ACT are currently finalising the draw for the remainder of the season. Once the updated draw is released, the remaining fixtures will be added to Spond and communicated to families as soon as possible. Thank you for your continued support throughout the season. We look forward to seeing everyone back on the field after the holidays.



CHECK OUT

- [St Pat's Child Safeguarding Statement](#)
- [Child Safeguarding – Info for Juniors](#)

And did you know. St Pat's has a Child Safeguarding Working Group that undertakes an annual review to ensure that our values, leadership, process and practices all align with the National Child Safeguarding Standards. The Working Group has also developed an 'Action Plan' for the Club.



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JOIN ST PATS ON SOCIALS

CHECK US OUT ON SOCIALS

If you join us on Spond you will receive reminders and info direct to your phone via the app. Many of our teams are using it and find it easy and convenient to use. Scan the qr code to the right and enter the code TYOAG when prompted.

But we also have you covered on Facebook and Instagram!

Not on socials? - recent feeds are also published on our webpage at <https://www.stpatrickshockey.com.au/>.

And remember

ACTION SHOTS ARE NOW ON FACEBOOK



KEY DATES FOR 2026



Event	Date	Details
Livin for Hockey Round	24 July 2026	Make sure you get your sticker & support mental health
Chris MacKinnon Weekend	21 Aug 2026	It's alla bout breast cancer awareness
Grand Finals Weekend	18 Sept 2026	Lets' see how many Green & White Teams we can get!
Junior Presentation Function	23 Sept 2026	Save the date - more info to come
HockeyOne kicks off!	8 Oct 2026	Visit Hockeyone.com.au for more
Senior Presentation Night	16 Oct 2026	Save this date too!
Indoor Hockey Starts	23 Oct 2026	The best format of the game some might say 😊



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