

YOUR OFFICIAL EXETER HOCKEY MATCH DAY PROGRAMME



EXETER

2nd/3rd October 2021



2nd October 2021 12pm Isca & Exeter Uni v Reading
3rd October 2021 12pm Exeter Uni 2s v Chichester
2pm Exeter Uni v Old Georgians

www.exeteruniversityhockeyclub.com

CLUB SPONSORS

Exeter University would like to thank all of our sponsors and suppliers, without whom none of our success would be possible

Official Sponsors



eighteen



Official Suppliers



Next Game at the Sports Park

23rd October

12:00pm – Women's 1s vs Trojans

14:30pm – Men's 1s vs Wimbledon

24th October

12:00pm – Men's 2s vs Isca

www.exeteruniversityhockeyclub.com

Message from the Men’s Club Captain

Good afternoon, and welcome back to the Nando’s! After a long 18 months without supporters pitch side, we are so excited to see many club members and visitors on the first EHL Sunday of the year.

After all of our teams kicked off their weekend league campaigns last week, today marks the 1st team’s first competitive match of the season. Having narrowly missed out on away points to Brooklands MU last Sunday, today we welcome Old Georgians to the South West for another tough fixture. OGs arrive in strong form after beating Beeston in their first match, but the return of the good lads to the Snakey promises to provide a different challenge. The 2s will kick off today’s matches against Chichester having picked up a point away from home against Fareham last time out.

While the wait for the return of National League hockey is only just about to end, it has been fantastic to see so many club members – returning and new – putting in the hard yards in preseason since August and some extremely competitive trials. The easing of COVID restrictions has allowed for the resumption of some of the best parts of EUHC, but the chance to welcome supporters to the Nando’s once again is certainly the cherry on top for the boys in green.

Although today’s focus is on the 1st Team’s Premier League campaign, I want to take this opportunity to thank all club members, supporters and partners for their efforts and dedication to EUHC in recent months. I don’t doubt that today will serve as a fantastic advert for the club both on and off the pitch.

Welcome back, and enjoy the game. On my EG,

Jack Taylor

Club Captain, Exeter University Hockey Club.



Message from the Director of Hockey

Men’s Committee

Club Captain:
Jack Taylor

Vice Club Captain:
Will Graver

Performance Director:
Ben Fox

Treasurer:
Ben Entwistle

Welfare Officer:
Leo Thompson

Women’s Committee

Club Captain:
Lydia Wright

Vice Club Captain:
Charlotte JP

Performance Director:
Emily Drysdale

Treasurer:
Rosie Williamson

Welfare Officer:
Ami Robinson

I would like to extend a warm welcome to all the players, coaches and officials visiting the Sport’s Park today. We are extremely happy to be able to resume the sport we love and do so in a relatively normal fashion considering the year we’ve had. Our Performance Squads have had a good training block during pre-season with plenty of matches allowing for key development.



Last weekend saw narrow defeats for our Men’s and Women’s 1s against Brooklands (A) and Slough (A). Our Men’s 2s were able to take home a valuable point at Fareham after coming back from being 3-1 down. This weekend we host three EHL teams over the weekend with our Women’s 1s playing Reading, our Men’s 2s playing Chichester and our Men’s 1s playing Old Georgians. All three teams will provide challenging opposition and hopefully an exciting weekend of hockey.

Players to watch: Taylor Seager-Green - Taylor is now in his 3rd year playing for Exeter and this year takes the joint role of vice captain. He has come into particularly good form recently and has caused recent oppositions a great deal of grief in between the posts. His organisation of his defence and communication at the back is excellent.

Millie Holme - Millie has joined us this year from Buckingham where she has been playing in their Premier League side. Millie is an excellent addition and certainly one to watch this season. She has just come back from a Europeans in Prague with Wales Senior Women having gained valuable experience at Senior International level.

I must take this opportunity to extend a huge thank you and gratitude to our sponsors, especially our primary sponsors Sideshore and FirstPoint Equity. We are extremely grateful for their support this year. A big thank you must also go to Ocean Physio who continue to support our players with their injury management and enable us to keep players on the pitch.

During today’s games please can I ask you to respect the players, the officials and the staff whilst the games are going on. We would like today to be an extremely positive experience for all involved.

Harry Jones
Director of Hockey

Message from the Women's Club Captain

Welcome back to the Nando's for another weekend of hockey!

The 2020/2021 season certainly had its highs and lows, however the relentless efforts and commitment from last year's committee has encouraged us to approach the new season with enthusiasm and opportunity, and I'd like to thank our new committee and coaches for ensuring a safe return to play.



This season, we have proudly expanded membership to include our new development league, in which more players will be given an opportunity to represent the club at an intermediary level between BUCS and the ever-popular 'Bleed Green' intramural league. In doing so, our aim is to produce greater competition and flexibility amongst teams, whilst boosting the club's presence across campus with a large membership base.

Words cannot describe excitement within the club for the season ahead, and I look forward to seeing old and new faces competing on the pitch! #bleedgreen

Club love,

Lydia Wright

Club Captain, Exeter University Ladies Hockey Club.

Em Drysdale – Women's 1st Team

Stick?:	Gryphon Deuce II	
Former Club?:	Cheltenham HC	
Best Moment in Hockey?:	Scoring a deflection past Gear in the bleed green summer league.	
Game day superstitions?:	Morning coffee and cuddles in 24 Culvy.	
Worst chat in the team?:	Burno	
3 Things to Take on a Desert Island?:	Venoms, a fishing net and rave shades.	
Ideal Dinner Party Guests?:	Lando Norris, Molly Mae and Harry Jones.	
Perfect Sunday?:	Watching men's hockey at the Nandos or some women's hockey on Hudl	

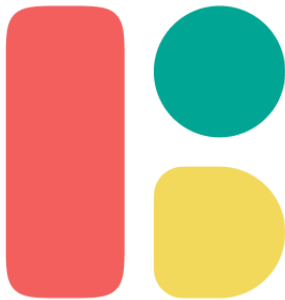
Charlotte JP– Women's 1st Team

Stick?:	TK Total One	
Former Club?:	Southgate HC	
Best Moment in Hockey?:	Playing varsity in first year.	
Game day superstitions?:	Has to be Jpizzle's eggs on toast.	
Worst chat in the team?:	Milly D.	
3 Things to Take on a Desert Island?:	EULHC bucket hat, EULHC shorts and EULHC slides, obviously.	
Ideal Dinner Party?:	Beef, Bucky and Ben (the sexiest one).	
Perfect Sunday?:	Supporting the men's club because we #backthemerger.	

Jake Phillips – Men’s 1st Team

Partner of the Week

Stick?:	Y1 LBX
Former Club?:	Wimbledon HC
Best Moment in Hockey?:	Making my prem debut vs Durham for Wimbledon and winning
Game day superstitions?:	Preferably always play #19, right foot crossing the line first.
Worst chat in the team?:	Shwan Mata.
3 Things to Take on a Desert Island?:	Just need one, a boat to get me off.
Ideal Dinner Party Guests?:	Jordan, Messi, Nadal, Brady #GOATs
Perfect Sunday?:	3 points, West Ham winning a game and my Nan’s Sunday roast.



BASH Social is the official event management partner of Exeter University Hockey Club. Off your feed, on your feet. BASH is here to bring people together in real life. EUMHC is proudly using BASH as the platform for organising our fantastic social calendar.

Freddy Esplen – Men’s 2nd Team

Stick?:	Grays GR8000
Former Club?:	Guildford HC
Best Moment in Hockey?:	U12 National Finals scoring top left with 30 seconds to go to win the championships
Game day superstitions?:	Left before right with everything.
Worst chat in the team?:	Tristem.
3 Things to Take on a Desert Island?:	Plastic vessel, mint tingle shower gel, TikTok
Ideal Dinner Party?:	Amy Winehouse, piano player at timepiece, Gary Player
Perfect Sunday?:	Team breakfast, 3 points, match tea pints.



Sponsorship Benefits

- Exposure on our YouTube channel
- An Invitation to Varsity and Headline Premier League fixtures.
- Sponsorship of Matchday Attire including shorts, warm-up tops and playing shirt sleeves.
- Inclusion in tweets every game day.
- Stickers on the players sticks.
- A pitch side banner.
- Inclusion in programmes.
- Logo being included in posts on our social media.
- Shoutouts to our club members.
- Exposure on our website.
- Exposure on our players’ personal socials.

For more information or to further explore becoming either an individual or club sponsor please email hockeymens.captain@exeter.ac.uk





Jack Taylor



Jake Payton



Jake Phillips



Fergus Wootton



Charlie Taylor



Nick Nurse

TENZING®



Max Lowrey



Exeter University Hockey Club are proud to announce we have started our own YouTube channel where we will be posting highlights, interviews and other content over the course of the year. Head over now to check out interviews with Jack Taylor, Max Lowrey and Jake Payton and make sure to subscribe!

Christmas Cup

On Wednesday 6th October, the club will be travelling to Reading to compete in the Christmas Cup. This is a set of friendly fixtures against the University of Nottingham Hockey Club and is sure to be a great day with 7 of our teams scheduled to play against our good friends from Nottingham.

University of Exeter Hockey Club



Head Coach: Harry Jones
Performance Analyst: Tom Elliot
Manager: Simon Tyson
S&C: PJ Dundass
GK Coach: Ed Jones

1	Taylor Seager-Green (GK)
2	Luke Brown
3	Matt Simonds
4	Seb Ansley
6	Rhys Bradshaw
7	Max Lowrey ©
10	Jacob Payton
11	Louis Ridge
13	Joe Mallet
15	Ben Fox
16	Nick Nurse
18	Sam Armitage
19	Jake Phillips
20	Charlie Taylor
21	Sam Taylor
22	Paddy Hunter

Match Official: Richard Hill

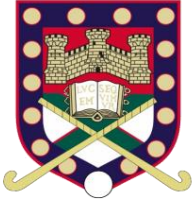
Old Georgians Hockey Club



Head Coach: Mike Hughes
Assistant Coach: Leigh Maasdorp
Manager: Jonny Stevens

1	George Pinner (GK)	18	James Albery
2	Andy Bull	20	Ashley Jackson
3	Henry Weir	21	James Cunningham
4	Liam Sanford		
5	Nick Page		
6	Kyle Marshall		
7	Tom Doran ©		
8	Tom Carson		
9	James Carson		
10	James Tindall		
11	Dan Shingles		
12	Elliot Messem		
13	Sam Ward		
15	Lee Morton		
16	Ed Carson		
17	Chris Griffiths		

Umpires: Mason Wright and Nick White



Head Coach: Jack Smith
Performance Analyst: Tom Elliot
S&C: PJ Dundass
GK Coach: Ed Jones

- | | |
|----|---------------------|
| 1 | Matt Whiteside (GK) |
| 2 | Sam Hill |
| 3 | John Whitfield |
| 4 | Jack Taylor |
| 5 | Cameron Ede © |
| 6 | Ferg Wootton |
| 7 | Freddy Esplen |
| 8 | Ben Entwistle |
| 9 | Theo Bancroft |
| 10 | Billy Collins |
| 11 | Jake Litchfield |
| 12 | Ollie Shelton |
| 13 | Ben Galloway |
| 14 | Hugo Askaroff |
| 15 | Will Tristem |
| 16 | Alex Beckett |



Coach: Mark Pacey

- | | |
|----|--------------------|
| 1 | Chris Bristow (GK) |
| 2 | Matthew Sewell © |
| 3 | Callum Peyman |
| 5 | Matthew Bell |
| 6 | Alex Thakore |
| 7 | Oliver Baxter |
| 8 | Alex Holton |
| 9 | Alex Baxter |
| 11 | Adam Bloomfield |
| 12 | Joe Budgen |
| 13 | Oscar Pacey |
| 14 | Elliot Scott |
| 16 | Rannoch Foster |
| 18 | Will Leleu |

Match Official: Richard Hill

Umpires: Alex Bandurak and Dave Merrell



Head Coach: Matt Way
Performance Analyst: Tom Elliot
S&C: PJ Dundass
GK Coach: Ed Jones



Coach: Soma Singh
Manager: Richard Dixon
Physio: Pete Lion

1	Amy Gear (GK)
2	Ella Burnley
3	Ami Robinson
4	Jess Ramsay
5	Martha Taylor
6	Liv Berry
7	Millie Holme
8	Emily Drysdale ©
9	Caroline Spence
10	Imogen Lea
11	Saskia Lawrence
12	Flo Fletcher
13	Caitlin Polley
14	El Stevenson
15	Molly Fairbairn
16	India Shakespeare

1	Amy Tennant (GK)
5	Abbie Dixon
7	Emma Thomas
8	Lorna Bennell
9	Beth Marriott
13	Fran Clements
14	Jen Crossley
15	Ellie Emo
16	Lizzie Gittens
17	Tess Hannah
20	Star Horlock
21	Lucie Daman ©
22	Mia Moore
23	Liv Saligoi
29	Phoebe Nixon
30	Eliza Chippendale

Match Official: Richard Hill

Umpires: Charles Hallows and Andy Lord

Men’s Premier League Table

	P	W	D	L	GD	PTS
Surbiton	2	2	0	0	5	6
Hampstead & Westminster	2	2	0	0	3	6
Old Georgians	1	1	0	0	4	3
Holcombe	2	1	0	1	1	3
Wimbledon	2	1	0	1	0	3
Brooklands Manchester University	2	1	0	1	0	3
Oxted	2	1	0	1	-2	3
University of Durham	2	1	0	1	-2	3
University of Exeter	1	0	0	1	-1	0
East Grinstead	2	0	0	2	-3	0
Beeston	2	0	0	2	-5	0

Men’s Fixtures and Results

Opposition	H / A	Date	Score
Brooklands Manchester University	A	Sunday 26 th September	1-2L
Old Georgians	H	Sunday 3 rd October	-
Hampstead and Westminster	A	Sunday 4 th October	-
Oxted	A	Sunday 11 th October	-
Wimbledon	H	Saturday 23 rd October	-
Surbiton	A	Sunday 8 th November	-
Holcombe	H	Saturday 6 th November	-
East Grinstead	H	Sunday 14 th November	-
Beeston	A	Sunday 21 st November	-
University of Durham	H	Sunday 28 th November	-

Phase 2 dates TBC

Women’s Division 1 South Table

	P	W	D	L	GD	PTS
Sevenoaks	1	1	0	0	4	3
Surbiton 2s	1	1	0	0	4	3
Cambridge City	1	1	0	0	2	3
Reading	1	1	0	0	2	3
Slough	1	1	0	0	2	3
Harleston Magpies	1	0	0	1	-2	0
Trojans	1	0	0	1	-2	0
Isca & University of Exeter	1	0	0	1	-2	0
Canterbury	1	0	0	1	-4	0
Wimbledon 2s	1	0	0	1	-4	0

Women’s Fixtures and Results

Opposition	H / A	Date	Score
Slough	A	Saturday 25 th September	0-2L
Reading	H	Saturday 2 nd October	-
Wimbledon 2s	A	Saturday 19 th October	-
Harleston Magpies	A	Saturday 16 th October	-
Trojans	H	Sunday 23 rd October	-
Canterbury	A	Saturday 30 th October	-
Cambridge City	H	Saturday 6 th November	-
Sevenoaks	A	Saturday 11 th November	-
Surbiton 2s	H	Saturday 20 th November	-
Slough	H	Saturday 5 th February	-
Reading	A	Saturday 12 th February	-
Wimbledon 2s	H	Saturday 19 th February	-
Harleston Magpies	H	Saturday 26 th February	-
Trojans	A	Saturday 5 th March	-
Canterbury	H	Saturday 12 th March	-
Cambridge City	A	Saturday 19 th March	-
Sevenoaks	H	Saturday 26 th March	-
Surbiton 2s	H	Saturday 2 nd April	-

Men’s Conference West Table

	P	W	D	L	GD	PTS
Isca	1	1	0	0	6	3
University of Bristol	1	1	0	0	3	3
Cardiff University	1	1	0	0	1	3
Clifton Robinsons	1	1	0	0	1	3
Fareham	1	0	1	0	0	1
University of Exeter 2s	1	0	1	0	0	1
Ashmoor	1	0	0	1	-1	0
Cheltenham	1	0	0	1	-1	0
Chichester	1	0	0	1	-3	0
Plymouth Marjon	1	0	0	1	-6	0

Men’s 2s Fixtures and Results

Opposition	H / A	Date	Score
Fareham	A	Sunday 26 th September	-
Chichester	H	Sunday 3 rd October	-
Cardiff University	A	Sunday 10 th October	-
Clifton Robinsons	A	Sunday 17 th October	-
Isca	H	Sunday 25 th October	-
Plymouth Marjon	A	Sunday 31 st October	-
Ashmoor	H	Sunday 7 th November	-
University of Bristol	H	Sunday 14 th November	-
Cheltenham	A	Sunday 21 st November	-
Fareham	H	Sunday 6 th February	-
Chichester	A	Sunday 13 th February	-
Cardiff University	H	Sunday 20 th February	-
Clifton Robinsons	H	Sunday 27 th February	-
Isca	A	Sunday 6 th March	-
Plymouth Marjon	H	Sunday 13 th March	-
Ashmoor	A	Sunday 20 th March	-
University of Bristol	A	Sunday 27 th March	-
Cheltenham	H	Sunday 3 rd April	-



Ocean Physio and Rehab
Address: Woodbury
Business Park,
Woodbury EX5 1AY
Phone: 01395 239455
Email:
info@oceanphysio.com



PHYSIO

Our Musculoskeletal Physios have a wealth of experience in managing Back Pain, Sports Injuries, Biomechanics, Work Place Injuries, Persistent Pain and Post-op rehab.



NEURO PHYSIO

Our Specialist Neuro Physio has experience treating Stroke, Parkinson's Disease, Multiple Sclerosis, Head Injury, Spinal Cord Injury and Neuropathies.



BLADDER & BOWEL PHYSIO

Our Bladder and Bowel Physio has over 30 years experience in Pelvic Floor Rehabilitation. She has extensive Post graduate qualifications in both Continence & Women's Health.



ORTHOPAEDIC CONSULTANTS

Appointments with Specialist Orthopaedic Spinal Consultants are available every week. Referrals are required from your GP before booking appointments.



PODIATRY

Our highly experience Podiatrist is an expert with foot pain and injury management, foot biomechanics, children's foot problems and Orthotic provision.



CLINICAL PILATES

We have recognised expert Pilates trained Physios within our team, who have all completed extensive post graduate Pilates training.



MASSAGE THERAPY

Massage Therapy can help to aid recovery, reduce fatigue, alleviate swelling, reduce muscle tension, reduce desk based postural tension and encourage wellbeing.



EXERCISE PHYSIOLOGY

Exercise Physiologist Dr Andy Middlebrooke provides the highest level of training knowledge and practical expertise to anyone serious about improving their fitness and performance.



CLASSES

We have regular small number classes at our Woodbury clinic including: Clinical Pilates, Circuits, Yoga, Lower Limb Rehab, Active Body (for over 60s) and Turbo training.

Hockey for HEROES

We are proud to team up with Hockey for Heroes to build a long-term partnership to help raise awareness and money through a range of activities including hosting a H4H Match in 2022



Warriors at Exeter Uni 27-1-19 ©chrishobsonphoto



Workshop

Coaching For Club Players

Supporting Coaches to Inspire
More, Better, Happier Players

University of Exeter Hockey Club

**Coach Development Programme
run by Matt Way Performance Coach
and GB Coach Developer**

Dates and Times TBC



www.hockeyhub.co.uk/coaching-offer



www.EnglandHockey.co.uk/playhockey

NOT PLAYED HOCKEY BEFORE?



**FIND YOUR LOCAL
CLUB FOR FUN, FAST,
SAFE AND EXCITING
HOCKEY SESSIONS.**

WHEN TBC
WHERE EXETER UNI SPORTSPARK
CONTACT HARRY JONES



Your wellbeing at work

- **We're all human:** mental health problems can affect anyone.
- **Connect with others:** just two minutes is enough for a chat or a text.
- **Find out who can help:** what wellbeing support is available near you?
- **Value yourself:** recognise when things go well and the times you've made a difference.
- **Don't bottle it up:** talk to someone you trust - or call the Blue Light Infoline: 0300 303 5999 or text 84999.

Looking out for team-mates

- **What's changed?** perhaps someone's not been themselves recently?
- **Check it out:** ask them how it's going, and be open to listening.
- **Team talks:** include wellbeing in catch-ups.
- **You don't have to be an expert:** you can still start the conversation.
- **Be informed:** check out mental health resources available from Mind's Blue Light Programme

mind.org.uk/bluelight

#mybluelight



Exeter University Hockey Club is proud to support MIND



For more information visit:
University of Exeter Sport
on Facebook

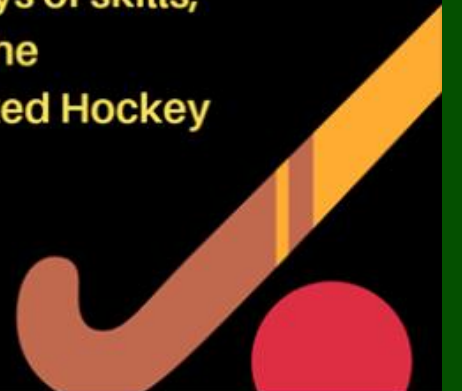
Exeter All-Star Camps



Date: TBC
Time: TBC



Come along for 2 days of skills,
drills and games at the
Country's No.1 Ranked Hockey
University!



Boys and Girls Aged 11-16

