

The Benefits of Back2Hockey by Elain Gwilym, Porthmadog HC!



This is a short note to explain the benefits that I received through participating in Back2 Hockey sessions in Porthmadog.

I had just returned home following a period at University and I was keen on returning to the game. Due to the fact that I hadn't looked at a hockey stick in the past 5 years I didn't have the confidence to venture down to Porthmadog Hockey Club to join the Ladies training session.

Back 2 Hockey was a great opportunity for me and others as it was targeted to reach out to people who didn't have the confidence to join their local team. The fact it was informal, uncommitted, inexpensive (as the equipment was supplied) and social was very attractive. It was lovely to attend training sessions that were joyful and where nobody felt any shame in missing the ball. Due to the fact that there was some of the Porthmadog Ladies Team present it gave us a chance to receive guidance and practice new techniques which will be useful when Back 2 Hockey participants join a club.

At Porthmadog it was nice to see a range of ages participating and many enjoyed hearing the tales of the team back in the 80's and 90's. Through participating in Back 2 Hockey others and I have gained the confidence that was needed to enable us to join Porthmadog Hockey Club.

I am now a full member and the captain of Porthmadog Hockey Club!



Is your club looking for more members like Elain? To find out how you can get involved in Back2 Hockey or if your club is interested in delivering Back2 email

back2hockey@hockeywales.org.uk