

Oxford University Octopush Club

Session guide 2007-2008 – 14/06/07

This guide should give you an idea of what to expect at the session and is directed at newbies and regular players.

Before the session / Preparation

- Make sure you know which day the session is on
- Buy your own kit
- Exercise to keep up your general level of fitness

On day of session

- Gather together any kit you have
- Check you can get to the session
- A session confirmation email will usually be sent to the mailing list
- Arrive promptly (the session time is usually at quarter-to the hour). This is so we can have a briefing and introduce new players to key concepts
- If you are under 18 we ask that a parent or guardian be present throughout the session

On arrival

- We will usually wait in a foyer area before getting changed
- A good chance to chat to regular members and sign membership forms
- There may be announcements or session briefing
- Get changed promptly and head to the poolside

The session

Start

- As soon as you are on the poolside, start kitting up
- As soon as possible, get in and start your warm-up. This is important to avoid cramps during the session
- Don't hesitate to ask a committee member if you are unsure what to do or feel uncomfortable with any of the activities

Middle

- The session may be structured by a committee member – we advise that you follow their instructions
- The session will usually consist of fitness exercises (endurance, recovery, speed) and skills exercises (puck skills, manoeuvres and passing)
- Tactics (team and individual level) are sometimes discussed during the course of a game. Further information can be found on the website or at dry sessions that may be held
- Inform another member if you are leaving the session for any reason

End

- Leave the pool promptly (swim slowly to cool down)
- Ensure you pick up all your kit from the poolside – do not leave it to “pick up later”!
- Get changed and wait in the foyer
- There may be announcements or a debriefing

Departing

- Sometimes we head to the pub ;-)
- Have safe trip home

After the session

- Hope you enjoyed it – we’ll see you next week!
- Goto “Before the session”