



NAVAN Hockey Club

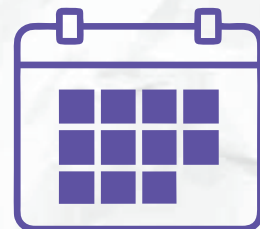
Newsletter



GENERAL INFO

Welcome to the Third Edition of the Navan Hockey Club Newsletter!

We're excited to share another round of updates and news from every corner of **Navan Hockey Club**. This month's newsletter is packed full of action—both on and off the pitch! On the Ladies and Men's side, you'll find match **highlights, results**, and upcoming fixtures. From friendlies to the first official league games of the season, it's been a busy and exciting start, and there's plenty more to look forward to as October rolls in.



Our Juvenile Section continues to grow from strength to strength.

This year marks a special milestone as, for the first time ever, we are fielding **two Inter teams**, along with a brand-new **1st Year team**. Our **primary** school children till 5th class and **Boys** are also thriving, with training sessions full of energy every **Sunday** at **Aura**. We'll keep you updated on matches as soon as dates are confirmed.



In Club Stories, we're delighted to thank **PCI Pharma Services** for sponsoring new Junior girls' club tops, represented by **Justyna Palonka**. We're also putting a call out for **volunteers** to help with **training sessions, matches**, and umpiring in the Juvenile section—every extra pair of hands makes a difference. Plus, we've details on **Hockey Ireland's** new coaching initiative, "**Stepping Stone**", which the club is covering for anyone interested in developing their coaching skills, as well as information on upcoming Junior Skills Camps in Abbotstown. With so much happening—matches, training, new opportunities, and community support—it's shaping up to be a fantastic season ahead. Thank you to all our **players, coaches, parents, sponsors**, and **supporters** for making Navan Hockey Club what it is today. Here's to another month of hockey, teamwork, and fun!



GENERAL INFO - TEAMS

Womens

September has been an exciting start for our **Navan Ladies**, and it's been wonderful to see so many familiar and new faces on the pitch. On **10th September**, our Ladies traveled to Dublin for a friendly against Trinity. This was a great run-out and gave many of our newest senior players the chance to stretch their legs, settle into the squad, and get into rhythm ahead of the season.



The big moment came on **20th September**, when our Ladies 1sts played their first official League Match of the season at our home pitch in St. Joseph's Mercy Secondary. We welcomed **Portrane 2nds**, and while they were a strong side, our Ladies showed huge spirit. **Zuzanna**, our goalie, made some fantastic saves, and the defense worked tirelessly. We're especially proud to welcome the younger girls who have stepped up from the Inter Team to join the Seniors—you are the future of our club, and it's great to see you in action! Although the final score wasn't the result we were hoping for, the effort, energy, and teamwork on display made us all proud.



The Navan ladies were away to **Old Alex** this weekend (**27th Sep**). While the ladies lost the game after a hard battle with just one sub, they came away with a lot of positives for such a new team. Our first goal of the season came from a well won short corner by **Bronagh**. The ball came out to **Mags** who kept her cool and slipped it forward to **Niamh** who fired it home into the corner. The first goal of the season for Navan. Our defensive efforts were **outstanding** throughout the game. **Rhona** leading the charge with some impeccable hit outs through the middle, and great slips left and right to both **Roisin** and **Pen** who withheld the pressure and carried the ball forward well. While **Old Alex** took advantage of a tired squad at times, **Zuzanna** rallied in the second half and pulled off some very solid saves under pressure. Her confidence continues to grow each week between the posts as she settles quicker into each game. Some positive attacking play came through from some great carries through the middle from **Niamh**. She worked tirelessly as a pivot between defence and attack, with **Eppie**, **Danielle**, **Sinead**, and **Sarah** linking up with her to spread the ball wide and send in some clever passes to Nicolene and **Bronagh** that exposed gaps in the **Old Alex defence**. There were some close calls and a lot more shots on goal this week that will bring great optimism to the squad for next week.

We can't wait to see more of our community supporting the Ladies this season—your encouragement really makes a difference. Good luck to the team in the weeks ahead, we're all behind you!

New players are always welcome and training are every Wednesday night from **8pm to 9:30pm**.

GENERAL INFO - TEAMS

Mens

The men's season has experienced a **delayed start**, with both September fixtures unfortunately cancelled. Please keep an eye on the calendar for rescheduled dates for the postponed matches against **Monkstown** and **Avoca**.

The team has made excellent use of this downtime, meeting regularly to work on team tactics, **game positioning**, short corner setups and overall fitness levels. This preparation ensures we're as ready as possible for our first official match of the season.

Upcoming fixtures:

4 October: Navan 1st XI vs Dublin University 2nd XI (Home)



11 October: Navan 1st XI vs Kilkenny 2nd XI (Away)



18 October: Navan 1st XI vs Rathgar 3rd XI (Home)



Training information:

Men's hockey training takes place every **Tuesday** at the **Aura pitches** in Navan from **8pm** to **9:15pm**. New players are always welcome to join us – come along and be part of the team!

GENERAL INFO - TEAMS

Juveniles

What a fantastic start to the season for our Juveniles! We're delighted to see the section growing across all age groups, showing just how much hockey is thriving here in Navan.



This year marks a very special milestone for the club as, for the **first time ever**, we are fielding **two** Inter teams. We're also excited to welcome a brand-new **1st Year** team into the mix. Alongside this, our **primary** school children up to **5th class** and **Boys** are all training hard and full of energy—it's wonderful to see the pitch buzzing with young talent every **Sunday**. Training is well underway, and every session at Aura is packed with enthusiasm. We love welcoming new faces, and it's always inspiring to see the friendships, skills, and team spirit growing week after week.

Inters and **1st Years** train from **10am** to **11am** at **Aura**.

Primary school children up to **5th class** and **Boys** train from **11am** to **12pm** at Aura.



We're still waiting for the official match dates for the **Inters** and **1st Years** but we'll be sure to share them as soon as they're confirmed. It's brilliant to see our Juveniles section getting stronger every season. A huge thank you to all the **parents**, **coaches**, and **volunteers** who make Sundays such a success—we couldn't do it without you.

Here's to another exciting season of hockey, teamwork, and fun! Membership Registration is now open! Visit the Navan Hockey Club Membership Page at navanhockeyclub.ie to register for this season. New players are always welcome!

Finally, don't forget there are some brilliant Junior Skills Camps coming up, hosted by **Hockey Ireland** at the Abbotstown pitch in Blanchardstown. These are a great way for our young players to sharpen their skills, meet new friends, and enjoy extra hockey time.

To find out more, visit **Hockey Ireland > Upcoming > Skills Camp** on their website. (Please note: these camps are at your own cost, and the club will not be covering fees.) We will have the Link up on the Juveniles section on the website as well

Club Stories

This month, we'd like to extend a big thank you to **PCI Pharma Services** for their generous sponsorship of new club tops for our Navan HC Junior Girls! The sponsorship, represented by **Justyna Palonka**, means so much to our young players and helps build that special sense of pride and belonging every time they step onto the pitch.



At Navan HC, our Juvenile Section continues to grow—and with growth comes the need for **extra helping hands!** We're always looking for volunteers to support our coaches during training and matches. This might be as simple as helping set up **cones**, **escorting** little ones to the bathroom, or lending a hand **during matches**. We're also on the lookout for umpires for Juvenile games. You don't need to be a coach—just a willing **parent, sibling, or supporter!** Please note that all volunteers must be Garda Vetted. If you're interested in getting involved, even just occasionally, please email **secretary@navanhockeyclub.ie** so we can send you the Garda Vetting form.



We're also delighted to share that **Hockey Ireland** is running a new initiative: "**Stepping Stone – Support the Development of Your Coaches**" This is a series of short, workshop-style coaching sessions designed to support continuous coach development. Whether you're a parent looking to get more involved, or simply curious about what coaching involves, this is a fantastic opportunity. Even better—the club will cover the costs for those who'd like to take part. If interested, please email **secretary@navanhockeyclub.ie** to sign up.



Finally, there are some brilliant **Junior Skills Camps** coming up, hosted by **Hockey Ireland** at the Abbotstown pitch in Blanchardstown. These are a great way for our young players to sharpen their skills, meet new friends, and enjoy extra hockey time. To find out more, visit **Hockey Ireland > Upcoming > Skills Camp** on their website. (Please note: these camps are at your own cost, and the club will not be covering fees.)

Together, with the help of our community, sponsors, volunteers, and families, Navan HC continues to grow stronger every season. Thank you for being part of our story!

MEET YOUR COMMITTEE



Shane Dooley Chair

As Chairperson, Shane Dooley leads the club by guiding the committee, supporting coaches, and helping the club grow both on and off the pitch. His role ensures everything runs smoothly and that Navan Hockey Club continues to thrive each season.

Helen Heany Vice-Chair

Hi, I'm Helen (55), living in Kilberry just outside Navan. I first joined Navan Hockey Club in 1989, took a long break to raise my family of three, and returned to rejoin the madness and mayhem.

I am a dairy farmer in partnership with my husband Martin and daughter Tara. I still play (despite my advanced years) with the ladies' team. I also coach one of our juvenile teams and I'm a member of our committee.

I enjoy mixing with all the different age groups in the club, especially our junior members. My greatest pleasure is spending time with my four grand kids, reading books, singing songs, jumping on the trampoline and generally living my best life.



John Dooley Treasurer

As Treasurer, John Dooley takes care of the club's finances, making sure everything adds up behind the scenes. But his contribution goes far beyond the numbers — John also helps keep the Aura pitches clean and ready for play, and makes sure the club has the equipment it needs to thrive. His hard work and dedication play a big part in keeping Navan Hockey Club running smoothly.

Róisín Byrne Secretary

Playing on the ladies' team since 2021, I really enjoy being part of the team and look forward to this coming season. Outside of hockey, I enjoy farming and arts and crafts



Jenny Dunne Assistant Secretary

Hi. I'm Jenny (51), I live in Trim. I joined Navan Hockey Club four years ago. I'm married to John.

I enjoy watching soccer and I'm a huge Liverpool fan.

My other interests are singing, reading, baking and just enjoying life.

OUR LOVELY SPONSORS

PCI Pharma Services

Navan Hockey Club would like to give a big shoutout and thank you to PCI Pharma Services for their generous sponsorship of new jerseys for the younger girls' team.

The players were absolutely delighted to receive their fresh kit, and they wear it with pride every time they step onto the pitch.

Your support helps us grow the sport and inspire confidence in our younger players — and they're now looking sharper than ever! Thank you for being part of our hockey journey.



The Central Navan

Navan Hockey Club would like to extend a heartfelt thank you to The Central Navan for their incredible support and generosity. From sponsoring events and providing vouchers, to hosting a previous ABBA Disco Bingo night and celebrating with the lads after their previous league wins — you've been there every step of the way and deserve a massive thank you from everyone in Navan Hockey Club!

52 For You

Navan Hockey Club would like to extend a warm and heartfelt thank you to 52 For You for their generous jersey sponsorship. While some time has passed, we haven't forgotten your support — and we're truly grateful!

The jerseys you provided have been worn with pride by our players, adding a real boost of team spirit and unity. Your contribution has made a lasting impact, and we're so glad to have you as part of the Navan Hockey Club family.



Bannon Auctioneers & Valuers

A heartfelt thank you to Bannon Auctioneers & Valuers for their generous and ongoing support of Navan Hockey Club. Not only did they sponsor a fantastic prize for our family fun day event, helping to make the day even more memorable, they also provided jackets for the ladies' team — which are still proudly worn to this day!

Your support has made a real difference to our club, both on and off the pitch. We're incredibly grateful to have you as part of the Navan Hockey Club community.

NAVAN Hockey Club

Newsletter



Thank You For Reading!

Come Back Next Month For More Club Related News



Written By: Ciaran & Nicolene & Bronagh



GOT SOMETHING TO MENTION OR BRAG ABOUT?

 **@navanhockeyclub**

 **www.navanhockeyclub.ie**

 **NavanHockeyClub**

newsletter@navanhockeyclub.ie 

See You Next Month!