

N E W C A S T L E

VIKINGS

H A N D B A L L C L U B



# Newcastle Vikings Handball Club

## Welcome Pack 2019/20



[www.newcastlehandball.co.uk](http://www.newcastlehandball.co.uk)

# Welcome to the Vikings!

A warm welcome to all members of Newcastle Vikings Handball Club, whether you are a continuing past member or are newly joining our friendly multi-national club!

Please take the time to read through this Welcome Pack and complete the online [Membership Form](#) carefully, even if you have filled in a similar form in previous seasons.

NVHC was established in September 2012, the first developmental community handball club in North East England. We are a fully constituted amateur club, and welcome beginners and experienced handballers of all ages as we work to grow and develop handball in and around Newcastle and the wider North East region whilst contributing to the development of the community through sport. We are affiliated to the England Handball Association (EHA) and currently have senior men's and women's teams playing in the English regional leagues, looking forward to another enjoyable season ahead. Our long-term goal is to establish sustainable handball teams in different age groups and genders to take part in the English Leagues.

Junior handball for girls and boys aged 8-15, together with our fun mini-Vikings sessions for 4-7 year olds, is a great way for kids to get active, being an exciting and different way to encourage children's physical development, improving coordination, essential motor skills and teamwork.

## What is Handball?

Handball is an action-packed, high-scoring Olympic sport and the fastest team ball-sport in the world!

Indoor handball is a 7-a-side team game involving a goalkeeper and six outfield players with rolling substitutions, while mini handball for the little ones is played 5-a-side. There's also summer beach handball which is a brilliantly fun 4-a-side version with rush keepers and full of acrobatic trick-shots. Goals are scored by passing the ball around the team to make space to shoot into the goal at the opposite end of the court.

So come and Try Handball with the Vikings!

### TEAM HANDBALL SKILLS

<b>RUN</b>	<b>3 STEP WITH BALL</b>
<b>SHOOT</b>	<b>PASS</b>
<b>CATCH</b>	<b>BLOCK</b>
<b>SAVE</b>	<b>DRIBBLE</b>

### TEAM HANDBALL TERMS

<b>3 steps</b>	<b>Dribble Step Sequence</b>	<b>Free Throw</b>
<b>3 seconds</b>	<b>SAVE GOAL</b>	<b>PENALTY THROW</b>
<b>CORNER THROW</b>	<b>THROW-IN</b>	<b>FOUL</b>
<b>CROSSBAR</b>		
<b>NET</b>	<b>POST</b>	<b>-Team Hand Ball</b>

# Training Sessions for Juniors and Mini Vikings

Our junior and mini-Vikings handball sessions take place from September to June during school term times, both in Newcastle and at our 'satellite club' in South Shields – see our website [Training](#) page for venue location maps. Please wear suitable clothing for indoor sport (t-shirt, shorts/leggings and trainers), no jewellery, hair tied back, and bring a water bottle. In the summer we continue to have a lot of fun outdoors playing beach handball.

## Mini Vikings (ages 4-7)

**Wednesdays: 6:00-7:00pm** Benfield Centre for Sporting Excellence, Benfield Road, Walkergate, Newcastle upon Tyne NE6 4NU

## Juniors (ages 8-15)

**Mondays: 7:00-8:00pm** Temple Park Leisure Centre, John Reid Road, South Shields NE34 8QN

**Wednesdays: 6:00-7:00pm** Benfield Centre for Sporting Excellence, Benfield Road, Walkergate, Newcastle upon Tyne NE6 4NU

## Club Membership 2019/20

For new players to the club, your first 2 'taster' training sessions will be FREE! We then have a choice of club membership options to suit your circumstances – please complete our **Membership Form** online.

<b>Annual</b>	Pay once and be worry free! Non-refundable – due by Week 5 (Mon. 30 <sup>th</sup> Sept.). Attend all sessions, Mondays/Wednesdays or both – indoor training season is September to June.	<b>£100</b>
	<b>Discounted annual membership:</b> 15% off for children who have a close family member also playing for the club, or other special dispensation (eg. child in care) at the club's discretion.	<b>£85</b>
<b>Half-season payment plan</b>	Spread your membership cost over 2 payments - due by Week 5 (Mon. 30 <sup>th</sup> Sept.) and Week 19 (Mon. 6 <sup>th</sup> Jan.). <i>Please speak to our Treasurer for alternative multi-payment options.</i>	<b>2 x £55</b>
	<b>Discounted half-season membership:</b> (see above discounted annual membership)	<b>2 x £45</b>
<b>Casual pay per session</b>	Pay in cash to the coach at the start of each session.	<b>£4</b>
<b>Vikings Crew</b>	For non-playing club members regularly coaching, officiating or on the club Board. Ideal for parents/activators regularly helping out at training sessions and other club activities.	<b>£5</b>

\* **New players** joining mid-season, or part way through a half-season payment period, you can discuss agreeing a pro-rata amount of your preferred payment plan with our club Treasurer.

All membership fees go towards the club's running costs, hall hire and handball equipment.

It is very important that you pay us on time and by bank transfer (club account details below). Please set up a standing order for payment plan options so we don't have to chase you for late payment.

**Account Name:** Newcastle Vikings Handball Club

**Account Sort Code:** 20-59-43

**Account Number:** 40016276

**Payment queries?** Contact our Treasurer, Blessing Ogbée: 07570-558883 / [blessing.ogbee@gmail.com](mailto:blessing.ogbee@gmail.com)

# Supporting You and Your Interests

By joining and becoming a member of Newcastle Vikings Handball Club, you agree to abide by our Code of Conduct, rules and regulations and other policies. You can view these important club documents under the 'About Us' section of our website <http://newcastlehandball.co.uk/club-documents/>.

- [Club Constitution](#)
- **Fair Play Code of Conduct**
- **Club Rules and Regulations**
- [Safeguarding and Child Protection Policy](#)
- **Social Media Policy**
- **GDPR and Media Consent Policy**
- **Health and Safety Risk Assessment**
- [Accident / Incident \(Near Miss\) Report Form](#)



NVHC is a national **Clubmark** accredited sports club, recognising our high quality standards in club management and promoting best practice in coaching and child welfare. Awarded in 2015, we were the first handball club in the country to achieve this prestigious honour!

## How Else Can I Get Involved?

### Join Our Vikings Crew!

Handball is a developing amateur sport in the UK and our club is only run by volunteers, so we appreciate all the help and assistance we can get from all our players and supporters. We hope you can help us grow handball here in the North East, and if you can spare some time to get involved and help us out we offer various opportunities to volunteer with our club, whatever your skills and interests!



- Coaching and refereeing (EHA qualification courses available).
- Table officiating (scoring and time-keeping) at home matches and local schools competitions.
- Photographers and video producers to promote the club across our social media and in the local press.
- Sports journalism to help with writing articles for our club website and local newspapers.
- Sports marketing to help raise greater awareness of handball in the community and securing funding.

We are always open to new ideas too, so if you are passionate about sport, proactive, enthusiastic and want to try something new, please don't hesitate to get in touch!



### Easyfundraising with your Online Shopping

Help us raise **FREE** funding donations for NVHC whenever you go shopping online with many popular retailers at <https://www.easyfundraising.org.uk/causes/newcastlevikingshandballclub/>.

Simply select to raise funds for Newcastle Vikings Handball Club and then go via the Easyfundraising website to link to the retailer websites that you wish to buy from, and they will gift a small percentage of what you spend to the club. Find out more on our website [Fundraising](#) page.



### Support Us at Kafeneon

Our club sponsors Kafeneon, in Newcastle's Bigg Market, have kindly agreed to donate to us a proportion of the food and drink charges whenever Newcastle Vikings players, family and friends visit the restaurant. Just mention the Vikings or Handball whenever you visit.

## We're a Friendly Bunch! Who Will You Meet?

Marlen Slinning Goulty, our Chairperson and Head Coach, is the founder and driving force behind the club. Hailing from Norway with years of experience playing and teaching handball, she is passionate about developing young people in the art of handball. Marlen is supported by our enthusiastic team of Board members (our club committee) and qualified handball coaches, as well as a growing mix of volunteer helpers.

If you have any queries or any issues regarding the welfare of any player, or of the club in general, please contact our Welfare Officer, Caroline Snell: 07824-447026 / [carolinejhsnell@icloud.com](mailto:carolinejhsnell@icloud.com). Holding DBS, safeguarding and medical certifications herself, she is also responsible for ensuring that all club coaches and activators hold the necessary qualifications and certifications too.

## Introducing our Junior and Mini Vikings Coaches and Activators



**Marlen Slinning Goulty**  
Head Coach  
and Club Chairperson



**Katerina Gibson**  
Mini-Vikings Coach



**Caroline Snell**  
Welfare/Safeguarding Officer  
and Activator



**Andy Smith**  
Activator



**Rowena Carr**  
Activator



**Emily Cass**  
Activator



**Blessing Ogbee**  
Club Treasurer

## Club Shop – Get Kitted Out Vikings Style!



Club kit and merchandise are available to buy from us, including Newcastle Vikings logo-branded t-shirts, track-suits, hoodies, beanie hats, baseball caps, bags, wristbands, keyrings, mugs and glasses.

If you would like to buy any of our club kit, please get in touch with either club secretary Sandra or head coach Marlen at training, or contact us at [info@newcastlehandball.co.uk](mailto:info@newcastlehandball.co.uk) for an order form.



## Keeping in Touch

You can contact us via our website, or by e-mail or phone:

[www.newcastlehandball.co.uk](http://www.newcastlehandball.co.uk)

[info@newcastlehandball.co.uk](mailto:info@newcastlehandball.co.uk)

07838 - 542601

For our juniors and mini-Vikings and their families, we also publish our **Go Vikings! Juniors Newsletter** every few months during the season.

Our end-of-season **Annual General Meetings** are also a great opportunity for you to find out more about our club, look back at what we've achieved over the previous year and ahead to the forthcoming season. The AGM is also when we elect our Board, the committee who oversee the running of the club. If you are interested in getting involved on the Board please don't hesitate to contact us!



## Follow Us on Social Media

 Newcastle Vikings Handball Club

 newcastlevikingshandball

 @NVHandball

If you have any **Media enquiries** relating to the club, please contact [media@newcastlehandball.co.uk](mailto:media@newcastlehandball.co.uk).

## Sponsor the Vikings

We are keen to secure more [Club Sponsors](#), whether on our club playing kit, brand-naming tournaments, players of the match, etc. Please contact [sponsorship@newcastlehandball.co.uk](mailto:sponsorship@newcastlehandball.co.uk) for further details.

## Vikings History

Newcastle Vikings Handball Club was established in the immediate legacy of the London 2012 Olympic Games. Our debut 2013/14 season saw our senior men's and women's teams compete in the Scottish Handball leagues, before joining the England Handball regional leagues from 2014/15. Our Tyne & Wear girls team made their debut in the English under-16 regional league in 2017/18. Our senior women's and men's teams won their first English Regional League North titles in 2017/18 and 2018/19 respectively. Find out lots more about our Vikings history, successes, player stats and more on our website [About Us](#) and [Teams](#) pages.

