

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  
(including Sunderland satellite club)**

**Youth, Junior and Mini Vikings**

**Welcome Pack 2023/24**



[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 community development through sport. We are affiliated to both the England Handball Association (EHA) and Scottish Handball Association (SHA) and have teams playing in league and cup competitions. Our long-term goal is to be more than a handball club, establishing sustainable handball teams in different age groups and genders to take part in the leagues while enhancing our community links.

















Youth and junior handball for girls and boys, together with our fun mini Vikings sessions for the little ones, 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		TEAM HANDBALL TERMS	
<p><b>RUN</b></p> 	<p><b>3 STEP WITH BALL</b></p> 	<p><b>3 steps</b></p> 	<p><b>Dribble Step Sequence</b></p> 
<p><b>SHOOT</b></p> 	<p><b>PASS</b></p> 	<p><b>SAVE GOAL</b></p> 	<p><b>PENALTY THROW</b></p> 
<p><b>CATCH</b></p> 	<p><b>BLOCK</b></p> 	<p><b>CORNER THROW</b></p> 	<p><b>FOUL</b></p> 
<p><b>SAVE</b></p> 	<p><b>DRIBBLE</b></p> 	<p><b>THROW-IN</b></p> 	<p><b>HAND BALL COURT</b></p> 
		<p> - Team Hand Ball</p>	

# Training Sessions for Youths, Juniors and Mini Vikings

Our youth, junior and mini-Vikings handball sessions take place from September to June during school term times (subject to Covid-19 restrictions), both in Newcastle and at our 'satellite club' in Sunderland – see our website [Training](#) page for venue location maps. Please wear suitable clothing for indoor sport (t-shirt, shorts/leggings and trainers), no jewellery, long hair tied back, and bring a water bottle. In the summer we continue to have lots of fun outdoors playing beach handball, usually at Sandhaven Beach in South Shields.

## Youths and Juniors

**Tuesdays:** Junior (aged 7-14): 7:00-8:00pm Beacon of Light sports centre, Stadium Way, Monkwearmouth, Sunderland SR5 1SN

**Wednesdays:** Youth: 6:45-8:10pm Benfield Centre for Sporting Excellence,  
Junior: 6:00-7:00pm Benfield Road, Newcastle upon Tyne NE6 4NU

## Mini Vikings

**Wednesdays:** 6:00-6:45pm Benfield Centre for Sporting Excellence, Benfield Road, Newcastle NE6 4NU

## Club Membership 2023/24

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. Your membership fee will depend on which training group session is attended: youth, junior or mini. Please complete our [Membership Form](#) online.

<b>Annual</b>	Pay once and be worry free! Due by 8 October 2022. Attend all training sessions, matches and beach handball – indoors training season is 10 months September to June.	<b>Youth - £130</b> <b>Junior - £120</b> <b>Mini - £110</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>Youth - £111</b> <b>Junior - £102</b> <b>Mini - £93</b>
<b>Termly payment plan</b>	Spread your membership cost over 3 termly payments - due by 8 October, 31 January and 30 April. Includes match days and beach handball sessions. <i>Please speak to our Treasurer for alternative payment arrangements.</i>	<b>Youth - 3 x £53</b> <b>Junior - 3 x £50</b> <b>Mini - 3 x £47</b>
	<b>Discounted payment plan 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>Youth - 3 x £46</b> <b>Junior - 3 x £43</b> <b>Mini - 3 x £40</b>
<b>Casual per session</b>	Pay for training, matches and beach handball – by bank transfer or card reader at each session (small extra charge per transaction for using the card reader). No cash!	<b>Youth - £7</b> <b>Junior - £6</b> <b>Mini - £5</b>
<b>Vikings Crew</b>	For non-playing club members regularly coaching, officiating, volunteering or on the club Board. Ideal for parents/activators and supporters regularly helping out at training sessions and other club activities.	<b>£5</b>

\* **New players joining mid-season** – a pro-rata amount of the termly payment plan option will be agreed with our club Treasurer.

Please ensure you pay us on time and by bank transfer (state the player's name in the payment reference) or by using our card reader at training sessions, so we don't have to chase up late payments:

**Account Name:** Newcastle Vikings Handball Club      **Sort Code:** 20-59-43      **Account No:** 40016276

**Payment queries?** Contact our Treasurer, Andrea King: 07940-568131 / [newcastlevikings@gmail.com](mailto:newcastlevikings@gmail.com)

All membership fees go towards the club's running costs, hall hire and handball equipment, as well as to cover some of the match day costs. We will also cover the costs of EHA/SHA coaching and refereeing courses, plus DBS, child safeguarding and first aid qualifications, if you remain coaching/refereeing /volunteering with the club for at least a further year.

Pro-rata membership refunds, based on a 10-month season September-June, only apply if handball is cancelled on health and safety grounds for 1 month or more by the EHA/SHA or imposed by national Government or local authority lockdowns. Otherwise membership fees are non-refundable.

## ENGLAND HANDBALL Register with the England Handball Association

**All players, coaches and volunteers MUST also be individually registered with the EHA** for public liability and personal injury insurance purposes, and to take part in competitions – £7.50 fee. Click on Membership at [www.EnglandHandball.com](http://www.EnglandHandball.com) to go to their [GameDay Membership](#) portal.

## 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
- Rules and Regulations
- Fair Play Code of Conduct
- Equity Policy
- Safeguarding and Child Protection Policy
- Appropriate Communication Policy
- Social Media Policy
- GDPR and Media Consent Policy



NVHC is an EHA-accredited Pro-Active Handball Club, recognising our high quality standards in club management and promoting best practice in coaching and child welfare. Awarded by the sport's national governing body in 2019, England Handball's Pro-Active Club Award superseded the former Sport England Clubmark accreditation that we achieved in 2015.

## 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/SHA 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 raise community awareness of handball and securing funding and sponsorships.

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.

## 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, please contact one of our **welfare and Safeguarding Lead officers**, Caroline Snell 07824-447026 or Fabian van der Velden 07498-205004, or e-mail [safeguarding.newcastlevikings@gmail.com](mailto:safeguarding.newcastlevikings@gmail.com). Holding DBS, safeguarding and medical certifications, they are also responsible for ensuring that all club coaches and activators hold the necessary qualifications and certifications too.

If you have any general queries about the club, please contact Marlen Slinning Goulty via our main club e-mail address or phone number.

## Introducing our Coaches, Welfare Officers and Other Volunteers



**Marlen Slinning Goulty**  
Benfield Mini and Youth Coach, Sunderland Coach and Club Chairperson



**Adam Batley**  
Benfield Youth Coach



**Aaron Edmundson**  
Benfield Junior Coach and Sunderland Coach



**Marian Machel**  
Sunderland Coach



**Ginette Cass**  
Youth Coordinator and Mini Coach (Benfield)



**Andrew Parker**  
Young Volunteer



**Brendan Fisher**  
Young Volunteer



**Oli Cass**  
Young Volunteer



**Rohan Perkins**  
Young Volunteer



**Sheila McKeown**  
Youth Activator



**Maryam Haroutunian**  
Mini Vikings Activator



**Caroline Snell**  
Safeguarding Lead and Youth Activator



**Fabian van der Velden**  
Safeguarding Lead



**Andrea King**  
Treasurer and Media

## Club Shop – Get Kitted Out Vikings Style!



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

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 [newcastlevikings@gmail.com](mailto:newcastlevikings@gmail.com) 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)

[newcastlevikings@gmail.com](mailto:newcastlevikings@gmail.com)

07838 - 542601

Newcastle Vikings  
Handball Club Est. 2012



**Download the Spond app** which is our main communication tool for keeping in touch with club members, parents and volunteers – get it on your mobile phone or at [www.spond.com](http://www.spond.com). Please keep a regular check for information posts, messages, events and polls, and notify us ASAP if you will be attending training/matches by accepting/declining each event on Spond.

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 club 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](https://www.instagram.com/newcastlevikingshandball)

 @NVHandball

If you have any **Media enquiries** relating to the club, please contact [newcastlevikings@gmail.com](mailto:newcastlevikings@gmail.com).

## 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 [Newcastlevhcsponsorship@gmail.com](mailto:Newcastlevhcsponsorship@gmail.com) 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, while our under-14 boys/mixed team made their English league debut in 2021/22. 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.

