

# MHC Amstelveen



## Welcome to MHC Amstelveen!

**Founded 65 years ago, the club has lived and breathed hockey and helped improve the vitality and wellbeing of the young and old alike in our region. We would like to continue this legacy for the next 65 years. In July 2018 a new 7-member board took office and together they formulated clear pillars which underpin who we are as a club and what we stand for. These 3 pillars are Image, Quality and Involvement / Connection. We would like to tell you more about our club, our values and ambitions / goals.**

### Image

When we ask our members, what makes our club special, our unique atmosphere immediately comes to mind for them. MHC Amstelveen is a "gezellige" hockey club where everyone is welcome and can be themselves. Our membership base is circa 500 members and vary from the young to old, super talented to recreational players, parents with child / children, Dutch and Internationals / Expats. We all know each other and can provide focused attention for each individual player. The club provides in a socially safe environment, challenging and recreational team sport from top competitive level to recreational level. In short, it is a club based on the values of traditional club life. Our ambition is to become a sporting and central heart for a broad and varied group of people. We want to grow our membership to 800 members. The club does not have a waiting list and has space on its' fields and in the club house during the week and weekends which means we can support this growth ambition without eroding the quality of training or our members enjoyment levels. With new initiatives, a clear communication and PR plan, the new board will give a clearer face to the club and this in turn will help it to realize its' ambitions.

### Quality

When it comes to quality, MHC Amstelveen is distinctive compared to other clubs in the area.

- Our training sessions are longer
- We have smaller groups for the training sessions, to ensure more individual attention is given to players
- All trainers from the D youth are qualified hockey trainers
- Video summaries are made of competition games to enable each team to perform a post mortem analysis
- Educational and personal guidance is provided on the field and during our 4 trainers' evenings for the younger youth trainers
- Indoor hockey for all youth members and seniors from the E 8s upward (regardless of if you are playing a top level in each grade or another level)
- Our selected teams do not pay a supplement for field hockey
- We don't have waiting lists

Personal attention to the sport and to the player is central to us and is clearly reflected in the results on the field. We participate in the top competitive divisions. Ladies 1 plays in the top 46 ladies' teams in the Netherlands, Men's 1 was advanced to the 1st division and the 1st youth teams play at top, sub-top and 1st class levels. Last but by no means least,

we have a Code of Conduct which is fully integrated into our organization. Through clear protocols, household regulations, the existence of a contact person and the obligatory independent statements of good behavior required for all trainers and coaches, this aspect is very professional.

### Involvement / Connection

#### Involvement and Connection within our Club

MHC Amstelveen stands for Mixed hockey club Amstelveen. Young, old, player, trainer, parent, volunteer, member or visitor of our club, they are all important to us. Love for the team sport hockey, attention to movement, motivation through fun are the connecting factors. The association has no right to exist without volunteers who are committed to the club day in and day out. Within the board we share the tasks over 7 people instead of a 3-person header team. This board is supported by the knowledge and guidance from the MHC Amstelveen foundation, which consists of 5 people. Next to that a lot of members and parents also volunteer in other activities that are needed to have a safe, qualitative, well organized and 'gezellige' hockey club

#### Involvement and Connection outside the Club

Our involvement / connection ambition goes beyond the connection within our club. Our ambition is to become a sporting and central heart for a broad and varied group of people. We provide the following activities in 2019;

- Organize expat family hockey. A fun way to provide hard-working expats with quality time with the whole family. At the same time, they can meet other new residents from the area which means new connections, friendships, acquaintances and reinforcing community spirit. In order to set up this new program.
- Continue company hockey on Monday and Wednesday evening
- The provision of our clubhouse for social events (neighbourhood Barbecues for new residents at the Startbaan, events for the elderly, cooperation with BSO care, homework support institutions and / or elderly disabled care combined with a physical activity).
- Organize information evenings by our sponsors for our members
- The provision of a treatment room and exercise room for a physio practice

**See you soon @ MHC Amstelveen**