

***BACK TO HOCKEY CASE STUDY***  
***ANGELA ROBERTS***



ENGLAND  
HOCKEY

## ANGELA'S STORY

Angela Roberts went back to hockey last year having not picked up a stick since she was at school. At 52, Angela owns her own hairdressing business and has two children who are 12 and 14 years old. This is her story about how she got Back into Hockey!

Life took over after I left school and concentrating on my career and raising two children left little time for me to think about hobbies and sport.

Both my kids play hockey at a local club and I'd been helping out at the weekends. One of the coaches asked whether I'd like to play again and suggested a Back to Hockey session which was running at a club just down the road from me. I wasn't sure at first, but I liked the idea that it wasn't at the same club as my kids so I wouldn't be imposing on them.

One of the first things I realised was how poor my fitness had become and doing the Back to Hockey sessions has really helped. I absolutely love it. My kids even come to watch sometimes and think I'm quite good! It's been brilliant getting to know the other ladies that play and I've made some really great friends.

I go to the sessions once a week, although it's really flexible in terms of commitment. We always start with some warm-ups and then go through a few different practices before finishing off with a friendly game.



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# TELL US YOUR BACK TO HOCKEY STORIES...

Is your club running Back to Hockey sessions? Tell us your Back to Hockey story and it could feature as one of our Back to Hockey case studies!

- Perhaps you have a great story about an individual player who's joined your Back to Hockey sessions?
- Maybe you've found a unique way to promote your sessions which other clubs could replicate?
- Have Back to Hockey sessions increased the number of women at your club?

Send us your stories and accompanying photos, videos and press clippings to:

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