

HOCKEY MENTORS

OPPORTUNITY TO EXCEL



**GREAT COACHES
DON'T JUST TEACH
THE GAME.
THEY SHAPE PEOPLE**



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OUR JOURNEY

THE HISTORY OF HOCKEY MENTORS

EVERY great movement starts with a simple belief. Ours was this: talent is everywhere but opportunity is not.

Hockey Mentors was founded on the idea that state school and/or ethnic minority players are at a comparative disadvantage in the English hockey talent system and need a dedicated, complementary talent pathway to support their progress.

"We saw a need for young girls and boys to have access to guidance from people who had walked the path before them," said founder Jack Childs.

"That meant people who understood the challenges, the sacrifices and the great opportunities that come with the game."

What began as an idea quickly grew into what you see today, a purpose-driven programme of excellence to give talented young hockey players the chance to excel.

Over the years Hockey Mentors has helped more than 1,000 players. And the numbers are growing. But our mission has remained the same.

We have created an environment where players feel connected, confident and committed.

By leading by example, we have built trust, respect and created a culture that the young players believe in.

But we are only just getting started. As the game evolves, so do we. And we believe by increasing the depth of the talent pool, everyone in hockey benefits.



THE FOUNDER

THE MAN BEHIND THE PURPOSE

HOCKEY Mentors was founded in 2020 by someone who has lived and breathed the game for years.

But just like you, Jack Childs, attended a state school. And one, probably like yours, that didn't play hockey.

But he wanted to do something to level the playing field for state school children and those from ethnic backgrounds, because, as a hockey coach, he'd realised that both were in a minority.

Initially, he called on GB international Ollie Payne – a rising star he had coached at Exeter University – and asked him to help put together a team of mentors.

"What started as a small idea quickly snowballed into a team of 24 mentors, including multiple GB internationals," said Jack.

In the first year of Hockey Mentors, about 100 state school and/or ethnic minority players completed an online programme, enjoyed one-to-one mentoring and attended two, one-day training sessions.

"It quickly became clear that what these players needed most was competition, coaching and connection," said Jack.

And that is what he has been offering ever since – a high-performance programme, competitions and junior international training.

And what he has learned over the years is that the right guidance and support can change everything.



A PERSONAL NOTE

WHAT HOCKEY TAUGHT ME

Hockey taught me the power of belief. Someone believed in me as a young coach and I progressed further than I could have ever imagined. I now want to help young players believe in themselves.

WHY I STARTED HOCKEY MENTORS

I wanted to do something to level the playing field for state school and ethnic minority children, because I could see both had overt and hidden barriers that sometimes hindered their progress.

WHAT KEEPS ME MOTIVATED

Seeing the progress of the players. Not just in their technical and tactical development as hockey players but also growth in their mindset, inter-personal skills and belief in themselves.



ENGLAND SQUADS & TRIALS | PRIVATE SCHOOL SPONSORSHIPS

OPPORTUNITY KNOCKS

WITH THE RIGHT SUPPORT,
EXTRAORDINARY THINGS CAN HAPPEN

IN just five years, Hockey Mentors has become one of the most successful talent development programmes in the country, helping young players to get a fair shot at reaching elite, high-level hockey.

More than 1,000 players have participated in Hockey Mentors' programmes, all drawn from state schools and/or ethnic minority backgrounds.

The results have been remarkable. A total of 82 players have gone on to gain selection for England and Wales age-group squads or trials at U16, U18 and U21 level, demonstrating the programme's ability to identify and nurture talent.

The impact extends far beyond the hockey pitch.

So far, 30 players have secured hockey scholarships to independent schools, worth about £1.5 million. These life-changing awards have opened doors for talented young people and their families, helping them access outstanding academic and sporting environments.

What makes Hockey Mentors truly special is its mission. The programme is dedicated to breaking down barriers and ensuring

that talent, ambition and hard work - not background or circumstance - determine opportunity.

Every player selected, every scholarship awarded and every success story created, is proof that when young people are given the right support, extraordinary things can happen.

Hockey Mentors is not simply developing better hockey players, though. It is changing lives, and creating pathways to futures that many young people never thought possible.

“WHAT MAKES
HOCKEY MENTORS
TRULY SPECIAL IS
ITS MISSION TO BREAK
DOWN BARRIERS”



FROM POTENTIAL TO PERFORMANCE

Three pathways. One dream
Endless possibilities.

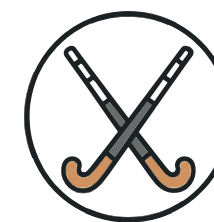
Hockey Mentors provides first-class training programmes and additional opportunities for talented young players from state schools and / or ethnic minority backgrounds.

Wherever you are on your journey, we have a pathway to help you reach your potential.

1000+
PLAYERS SUPPORTED
in the last five years

82
ENGLAND & WALES TRIALS / SELECTION
at U16, U18 & U21 levels

£1.5 MILLION
IN SCHOLARSHIPS SECURED
30 players awarded places in private schools



TRAINING OPPORTUNITIES

01

FOUNDATIONS PROGRAMME

Three, two-day camps combining the best of indoor and outdoor hockey. Each camp focuses on developing strong technical foundations, equipping players with the core skills needed for long-term success.

02

HIGH-PERFORMANCE PROGRAMME

Five, two-day camps combining the best of indoor and outdoor hockey. With a strong focus on technical skills and small-unit play, players develop the confidence to thrive in a Talent Academy.

03

JUNIOR INTERNATIONAL

Four, two-day outdoor hockey camps led by ex-international coach Jamie Cachia. Designed to equip aspiring players with the technical, performance and tactical skills needed to succeed in junior international hockey.

ADDITIONAL OPPORTUNITIES

01

DOMESTIC COMPETITION

An opportunity to compete against some of England's leading independent schools and hockey clubs while taking part in national indoor tournaments. Open to players in the U12–U18 age groups.

02

INTERNATIONAL FIXTURES

An opportunity to compete against some of the world's leading club teams in prestigious international tournaments. Designed for players in the U12–U18 age groups.

03

MENTORING PROGRAMME

An innovative online programme providing players with a holistic understanding of performance. Topics include nutrition, strength and conditioning, mindset, and life as an international player.



IMPORTANCE OF STRENGTH & CONDITIONING & NUTRITION

BEYOND THE PITCH

How Hockey Mentors is building the complete elite young athlete



“STOPPING QUICKLY IS JUST AS CRITICAL AS SPRINTING”

FOUNDER Jack Childs' focus may be on the hockey pitch.

But what happens off the pitch matters to him too.

That's why players, invited to join Hockey Mentors' junior international programme, are also exposed to the importance of strength and conditioning.

Jack works with Kieran Wright, Head of Women's Performance S&C at the prestigious Loughborough University.

During JI classroom sessions, players are taught how to run faster, stay injury-free, and build the endurance needed to reach their potential. They are shown drills that

specifically build explosive leg power, enabling them to sprint faster to loose balls, beat defenders off the line, and execute quick breakaways.

And they are shown how to slow down safely from top speed so they can change directions faster and dodge opponents with minimal lost momentum.

“Stopping quickly is just as crucial as sprinting,” he said.

Kieran offers bespoke, one-to-one S&C programmes to Hockey Mentors players to help them be ready to compete at junior international level.

“Everything is designed to get players into peak physical shape,” he said. “It

is fantastic to work with such committed players and share age-appropriate insights from working with multiple junior international players at Loughborough University.”

There is help too on managing fatigue, balancing school/club play, and staying sharp through winter breaks and off-seasons.

Hockey Mentors also reminds players that sports nutrition is not just a question of eating healthily.

“For an elite hockey player, sports nutrition is about fuelling strategically so they can run fast, think fast and play day after day,” said Jack.

During JI training sessions at

Loughborough, a nutritionist is on hand to show them what and when to eat before, during and between matches.

“Eating the wrong food or timing meals poorly can lead to sluggishness, stomach cramps, or running out of energy in the third period,” said Jack. “Easy-to-digest carb schedules keep fuel levels maxed out without heavy stomach distress on the field.”





ENGLAND

THE SUCCESS OF HOCKEY MENTORS

FOUR CASE STUDIES OF PLAYERS WHO HAVE MADE IT INTO ENGLAND

CASE STUDY

01



ALLEGRA
BAZZOLO
MIDFIELD / SCREEN

FROM: Sevenoaks, Kent

CLUB: Sevenoaks Hockey Club

PATHWAY: Hockey Mentors – England U16s and now trials for England U18s

“ I have been with Mentors since I was in under 12s and it has hugely improved my hockey. It is a community of players who enjoy the same sport and want to be the best they can be.

CASE STUDY

02



CHRIS
BYRNE
HALF BACK / SCREEN

FROM: Cheltenham

CLUB: Cheltenham Hockey Club

PATHWAY: Hockey Mentors - England U16s

“ The coaching offered on the high performance programme, and particularly the J1 programme, is at a really high level. They work with small groups to really focus on developing the individual.

CASE STUDY

03



RITA
BOX
SCREEN / HALF BACK

FROM: Skipton, England

CLUB: Leeds Hockey Club

PATHWAY: Hockey Mentors - England U16s

“ Hockey Mentors is an amazing programme which supports players to grow. The camps are so much fun because you can improve as a player while doing drills that are unique and exciting.

PRIVATE SCHOOL SCHOLARSHIPS

SCORES of boys and girls whose talents have been nurtured by Hockey Mentors have won hockey scholarships to private schools, worth more than £1.5 million.

The boys now attend either Repton School in Derbyshire, Framlingham College, near Woodbridge, Suffolk, Whitgift School in South Croydon, King's School in Chester or Clifton College in Bristol.

The girls won hockey scholarships to Scarborough College, Haileybury School in Hertfordshire, Repton, Framlingham College and Clifton College.

CASE STUDY

04



LATIF
KHAN
GOALKEEPER

FROM: London, England

CLUB: Holcombe Hockey Club

PATHWAY: Hockey Mentors - England U16s. Now U18s trials

“ I've gained a deeper understanding of goalkeeping. I now know how to maintain focus during high-pressure situations and have strategies to effectively communicate with my team.

INVESTING IN CHAMPIONS

SCORE WITH PURPOSE:

The next generation of hockey players is waiting. They just need a teammate. Every year, thousands of talented young hockey players miss out. Not by a lack of skill, but by a lack of access, funding, and mentorship.

At Hockey Mentors, we are changing the game. But we can't do it alone. We need you.

THE BENEFITS OF PARTNERSHIP

BRAND AWARENESS

Hockey Mentors builds character, resilience, and community. By supporting one of our camps and/ or competitions' programmes, you will be buying into that ethos, and aligning your organisation with high-performance sport and excellence.

IMPACT

You will be helping young people to access life-changing opportunities and build brighter futures.

LEGACY

Your organisation will be supporting programmes – both at home and abroad – that create long-term change and leave a lasting legacy.

LEARN MORE

www.hockeymentors.org
jack@hockeymentors.org

SPORTS BUSINESS AWARDS 2026

IN ELITE COMPANY

WHEN Jack Childs founded Hockey Mentors, he set out to level the playing field for talented state school and / or ethnic minority hockey players – and give them the opportunity to excel.

And that is what he has done for more than 1,000 young players to date.

In honour of that achievement, Hockey Mentors has been shortlisted for one of this year's prestigious UK Sports Business Awards.

"We feel incredibly honoured just to be among the eight shortlisted for this year's award for innovation," said Jack. "To win it would be amazing."

The awards celebrate commercial excellence, leadership, and visionary thinking across 25 distinct categories. Being named a finalist highlights how Hockey Mentors' disruptive, inclusive model is catching the attention of industry leaders across the country.

If Hockey Mentors wins the award for innovation in November, Jack will follow in the footsteps of global media giant Warner Bros. Discovery which clinched last year's innovation award for its ground-breaking live coverage of the Paris Olympics.

Viewers were able to watch every minute of the 2024 Games live – all 3,800 hours of it – thanks to its Max streaming platform which was launched in 25 European countries right before the Opening Ceremony.

Other winners include England Golf's iGolf, which provided non-club members access to official handicaps, and Fulham Reach Boat Club's Boats Not Bars, founded by World Champion rower Imogen Walsh to reduce reoffending through prison rowing programmes. Both initiatives proved that true innovation in sport isn't just about hi-tech solutions. It's about opening doors where none existed before.



By building complementary talent pathways that equip state school and / or ethnic minority athletes with top-tier coaching, tactical development, and vital support, Hockey Mentors is doing exactly that.

TRIUMPHANT

Jack Child's U16 squad edges out Hurley 2–1 to clinch trophy as all four Hockey Mentors teams reach the World Hockey Youth Festival semi-finals



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**I CANNOT
QUITE FIND THE
WORDS TO TELL
YOU HOW I FEEL**

JACK CHILDS

FOUR teams entered, four reached the semi-finals, and one ultimately walked away as world champions.

In a stunning display of talent, grit, and tactical discipline at the World Hockey Youth Festival in Holland—an official youth side event of the 2026 Hockey World Cup - Jack Child's Hockey Mentors proved beyond doubt that English youth hockey can stand tall alongside some of the giants in hockey.

Across three days of high-intensity

competition, all four Hockey Mentors squads - spanning the U16 and U18 girls' teams as well as the U18 boys' squad - battled through elite international fields to secure semi-final spots.

But the crowning moment of an already extraordinary campaign belonged to the U16 boys, coached by Alex Williams, who plays for Belgian side Royal Orée.

En route to the final, the U16s had pulled off a monumental victory by knocking out Holland's reigning under-16 na-

tional champions, Leiden. That set the stage for a championship clash against Hurley, another giant in Dutch hockey, at Houten Hockey Club, near Utrecht, after pitch-watering bans in northern Holland had forced a change of venue.

In a thrilling final, the English side delivered a tactical masterclass, edging out their Dutch rivals 2–1 in a tense finish to claim the ultimate prize - thanks to a penalty stroke converted by James Clewlow in the dying minutes. Watching his players lift the coveted trophy against

top-tier European opposition left Hockey Mentors founder Jack Childs briefly lost for words. "I cannot quite find the words to tell you how I feel," he admitted after the final whistle.

INSPIRING WORDS: Alex Williams, who plays for Belgian side Royal Orée, coached the U16 boys



SEMI-FINALISTS: Hockey Mentors' U16 girls



SEMI-FINALISTS: Hockey Mentors' U18 girls



CHAMPIONS: Mentors' U16 boys celebrate after beating Hurley



BRONZE MEDALLISTS: Hockey Mentors' U18 boys



Hockey Mentors: Talent is everywhere. Opportunity is not.

FOR many young athletes, representing England is the ultimate dream. But in hockey, state school pupils face an uphill battle compared to their privately-educated peers for a multitude of reasons.

New independent research, though, shows how Hockey Mentors is closing that gap by helping state school students and players from ethnic minority backgrounds break down those barriers to reach the national stage.

The research – entitled Hockey Mentors Players and Their Journeys to England Squads: a qualitative exploration – was conducted by Cathy Wardle, who holds a Master of Philosophy from the University of Cambridge.

That research, carried out between January and March 2026, revealed six key ways that Hockey Mentors has helped players reach England junior level. They are:

An England-focused approach with training tailored specifically to what national selectors look for.

High-level hockey to give players experience in top-tier, competitive matches.

Expert coaching with access to top coaches who know how to refine elite skills.

Priming minds to develop the mental toughness and confidence needed to perform under pressure.

Social connections so players can build a strong support network with other ambitious players.

And hockey connections to open doors to key figures and opportunities within the sport's network.

“Succeeding is not just a case of being a talented player, but providing our demographic with high-level opportunities, the mindset and crucially the network to help them make it,” said founder Jack Childs. “Cathy’s research reveals the details behind our success in getting 82 players to England trials.”

Cathy interviewed nine Hockey Mentors players – five girls and four boys – who made it to national trials. Eight attended state schools, and two were from ethnic minority backgrounds.

The players had spent varying amounts of time with Hockey Mentors. Four had been with the programme since it started, while another joined just within the past year.

Cathy found that Hockey Mentors had become an effective alternative route into England’s talent development system, by providing vital support for young players who face barriers through standard channels.

Jack said he would welcome further independent research into both Hockey Mentors and England Hockey’s wider talent system.

“This will help us better understand the barriers players face, the experiences of those who don’t make the national squads, and how parents navigate what is often a complicated process,” he said.

He is also keen to work closely with England Hockey. “Ultimately, Hockey Mentors is one part of the solution to the challenges to access in the talent development system,” he said. “It would be good to share our insights to develop new, practical ways to make the sport accessible to every talented player.”

Hockey Mentors is about far more than hockey. It is about creating opportunities, building confidence, inspiring ambition and helping young players to realise their potential.



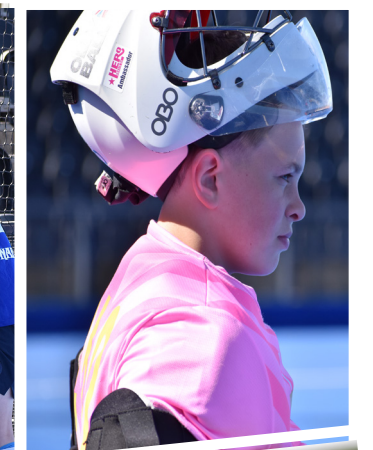
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Hockey Mentors gave me the belief that I could compete with anyone. It helped me dream bigger and achieve things I never thought possible.

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MORE THAN A GAME



DEVELOPING PLAYERS



BUILDING CONFIDENCE



CREATING OPPORTUNITIES

FIT & HEALTHY ATHLETES CAN GET TESTED BY CRY FOR FREE

SAVING YOUNG HEARTS

For competitive athletes, peak physical fitness can mask hidden cardiac risks. Here is why proactive heart screening is becoming essential for every hockey player



“IN ITALY IT IS MANDATORY FOR ANYONE ENGAGED IN ORGANISED SPORT TO BE TESTED”

AN ORGANISATION has been championing the importance of heart screening among fit and healthy young athletes for the past 21 years.

CRY, as it is known, believes the test is the best way to diagnose heart conditions, and, in doing so, potentially save lives.

“It is not safe to simply wait for the young person to collapse and then try to save them when we have the ability to prevent it,” said Dr Steven Cox, Chief Executive of Cardiac Risk in the Young. “And we know that cardiac screening works.”

In countries like Italy, where cardiac testing has been mandatory for organised sport since 1978, the incidence of young sudden cardiac death has dropped by 89%.

Hockey Mentors is encouraging all its young players to get tested. “The health, safety, and long-term well-being of our young players is our top priority,” said founder Jack Childs.

“Taking a few minutes to complete a quick

test would offer invaluable peace of mind for a player’s family.”

Sport can significantly increase a young person’s risk of sudden cardiac death if they have an underlying heart condition.

In 1997, Andrew Gard, a supremely fit county player from Clacton Hockey Club, collapsed and died of a heart attack in his bedroom just two days before his 18th birthday.

Robert Tolley, a 15-year-old who enjoyed hockey and cricket, collapsed and died on a bike ride along the River Severn in 1996.

CRY was founded in 1995 by Alison Cox to raise awareness of sudden cardiac death in young, apparently fit and healthy individuals.

In addition to championing research, the charity has developed a support network for bereaved families and also runs a mobile cardiac screening programme.

Its screening programme is overseen by

the charity’s consultant cardiologist, Professor Sanjay Sharma, one of the world’s leading experts in inherited heart conditions.

The regional community screenings are free to the individual and funded by families who have been affected by a young sudden cardiac death.

Debbie Dixon recently paid for more than 100 young people to be screened in Cheshire in memory of her son Aaron, a keen footballer who died of an undiagnosed genetic heart defect in his bedroom on September 4, 2011.

Indeed, to date, Debbie has raised well over £800,000 which has led to more than 10,000 young people having their hearts tested.

“As parents we bring children into this world and our job is to love and protect them,” she said. “I couldn’t protect Aaron from something I knew nothing about and that is why I am driven to try and save as many young people as I possibly can.”

Every week, 12 young people, aged 35 and under, in the UK die suddenly from a previously undiagnosed heart condition.

“In around 80% of cases, there are no prior symptoms or warning signs,” said Dr Cox.

Since CRY was founded, more than 360,000 young people have been tested, and more than 1,200 diagnosed with potentially life-threatening conditions.

Among them was an 18-year-old student whose doctor had first diagnosed her with asthma and later depression. She attended a screening as a walk-in patient and within weeks had undergone a heart transplant.

CRY’s screening programme involves a simple and painless ECG (an electrical tracing of the heart) which is reviewed by a specially-trained medic.

Anyone found to have an abnormality is referred for an echocardiogram (ultrasound) on the day.



There is sadly currently a huge waiting list of young people wanting to be screened by CRY. At the last count, it was over 150,000.

For more information or to book / register interest in a local screening, please visit: www.testmyheart.org.uk

LEARN MORE

www.c-r-y.org.uk

“
**WE DON'T JUST
DEVELOP PLAYERS.
WE HELP SHAPE
WHO THEY BECOME.**
”



www.hockeymentors.org