

Henry Frost - (Pelicans Hockey Club) - Futures Cup

After being selected for the Futures Cup squad, I had to report to two separate training sessions in Tonbridge in Kent. These sessions were of a super high quality, involving some top coaching from some of England's finest coaches. The sessions were long, intense and designed to keep us working hard, involving game based situations, theory and matches. It was nice for me to be able to play with other players of such high quality.

The tournament itself, held at Cannock Hockey Club, was an amazing experience. To play at this level for the Saxon Tigers, competing against some of England's best players gave me a great challenge and to win the tournament itself was brilliant as well as getting myself a goal. It wasn't just the playing that I enjoyed so much, but also staying with my team over the tournament, analysing each game and the tactics needed before and after each day and looking at my diet as an athlete. These were some of the new experiences that the tournament brought to me as a player who has only ever played club hockey. It is certainly a level of hockey I aspire to reach again being someone who wants to reach the top.