



Working Towards a Self-Determination Charter

Why this matters

At Wimbledon Hockey Club, we want our values to be something we live, not just words on a page. This work is rooted in our three core values: Self-Determination, Belonging, and Inclusivity.

While this project focuses specifically on Self-Determination, the process itself will help bring all three values to life across our club.

We recognise that coaches, parents, and players do not always have the time or space to come together and openly discuss expectations, experiences, and roles. A Self-Determination Charter gives us a shared reference point — a way of being on the same page about questions such as:

- *How do young people want to be coached?*
- *How do they want to be supported by parents?*
- *What does a positive, motivating playing experience look like for them?*

At its heart, this charter is about reminding us that the playing experience comes first. As adults, our role is to facilitate, support, and protect that experience, while helping young people grow as confident, capable, and motivated individuals — on and off the pitch.

What do we mean by Self-Determination?

Self-Determination Theory is a well-established approach to understanding human motivation and wellbeing. In simple terms, it tells us that people thrive when three basic psychological needs are supported:

- Autonomy – feeling a sense of choice and ownership
- Competence – feeling capable and able to improve
- Relatedness – feeling connected, valued, and understood

When these needs are met, young people are more likely to enjoy their sport, stay involved longer, cope with challenge, and develop confidence that carries into other areas of life.

At Wimbledon Hockey Club, our aim is not only to develop hockey players, but to help develop self-sufficient, self-determined young people. Whether a player progresses through performance pathways or simply enjoys hockey as part of a balanced life, these skills matter far beyond sport — in education, work, relationships, and wellbeing.

This charter is one way we can be intentional about supporting that development together.

Being part of the process

This charter will be co-created, not imposed.

Towards the end of March, we will host an education evening featuring international coaches and pathway professionals, all of whom are also parents themselves. The evening will help build shared understanding around:

- Supporting young athletes
- Balancing challenge and enjoyment
- Roles and responsibilities within youth sport environments

Consultation and working parties

Following this, we will begin a period of consultation with coaches, players, and parents.

To support this process, we are looking for volunteers to join working parties representing each group. These working parties will:

- Gather views and experiences from those they represent
- Help shape the content of the charter
- Ultimately sign the charter on behalf of their group

You do not need to be an expert — just willing to listen, reflect, and contribute thoughtfully.

Any questions?

If you would like to know more, get involved, or ask any questions at all, please use the form above.

We welcome curiosity, challenge, and conversation — this charter will be stronger because of it.