



Promoting Field Hockey in the Cowichan Valley Home Turf ~ John Ferreira Field

FIELD HOCKEY FACT: 2nd largest team sport in the world played in over 100 countries



Cowichan Field Hockey – Outdoor Ladies League

Team: 11 aside played on an artificial water-based turf pitch

Season: September to April

Ages: 13 to 99 (*must be turning 14 in playing season*)

Practices: Tuesday evenings 6-7:30pm

Practice Location: John Ferreira Turf Field, Cowichan Sportsplex

Teams: competitive & recreational

Game Days: Saturdays at University of Victoria & Cowichan Sportsplex

Contact: Cheryl McCreary at cmccreary@shaw.ca

New players welcome - come
and out and join the fun



Cowichan Field Hockey – Indoor League

Team: 6 aside with wooden boards for play deflection

Season: November to February

Ages: 13 to 99

Practices: Thursday evenings 6-7:45pm

Practice & Game Location: Island Savings Centre Gym

Teams: fun - all levels

Game Days: Sundays

Male goalies welcome

Contact: Sharyn Higginson at doughigg@shaw.ca

Focus on stick skill improvement
during the colder months with this
fast-paced game



Cowichan Junior Field Hockey – Indoor

Season: November to February

Boys & Girls Ages: 9 to 12

Sessions: Sunday mornings

Location: Island Savings Centre Gym

Register early as spaces are limited

Contact:

AnneMarie Williams at annemarie@cowichanfieldhockey.ca

An introduction to indoor field hockey
and skill improvement prior to the
outdoor spring league