



COWICHAN FIELD HOCKEY ASSOCIATION *Club Philosophy*

Sportsmanship

We pride ourselves in being a very sportsmanlike and friendly club and make every effort to uphold these standards. In the event of unsportsmanlike conduct on the field, the team captain or the umpire has the right to advise an offending player to leave the field.

Commitment

It is important that every member understand that upon joining a team a personal commitment is expected regarding availability for all league games and for maintenance of personal fitness. In order that team spirit and team play be positive, consistency in team personnel is a must.

Umpiring

By VILFHA regulations, all teams must have at least two (2) designated umpires or umpires-in-training. These umpires may be scheduled to umpire some games throughout the season. All members are encouraged to attend local umpiring clinics in an attempt to improve their skill and ratings as umpires as well as their understanding of the game.

Uniforms

All active outdoor playing members will be issued a club skirt and a club shirt for their use during the season. Active playing members must purchase their own socks from the club for approximately \$8-10/pair. Team captains will issue complete uniforms to spare players at the game site for use during that game only. Players are expected to be in full dress for each game (club skirt, club shirt, matching socks). Shirts must be tucked inside skirts, shorts must not be seen below the skirt length and socks must be worn as knee highs.

At the end of the season each player must return her uniform to her Team Captain. In the event of a lost or damaged skirt or shirt, the player's uniform deposit cheque for \$100 will be cashed to cover the cost of the replacement uniform.

If laundering of the skirt is necessary, please either wash by hand or on gentle cycle in lukewarm water in a washing machine. Hang to dry or partially dry on delicate cycle in a dryer. If pressing (ironing) is necessary, use a pressing cloth to avoid scorching. Club shirts may be laundered and dried according to the care label inside the shirt.