

- 1) Please complete a separate registration form for each child.
- 2) Player registration fee: Cheque made out to Cowichan Jr Field Hockey Assoc:
 - * \$70.00 if born in 2000, 2001, 2002, 2003 (Grasshoppers & U10's)
 - * \$60.00 if born in 1998 or 1999 (U12's)
 - * \$40.00 if born in 1993, 1994, 1995, 1996, or 1997 (U14 – U18's)
- 3) Uniform Deposit cheque (\$50.00) a separate cheque for each child is required.
Postdated for June 30, 2010 made out to Cowichan Jr. Field Hockey Assoc.

4) **Each Player Must** have a current BCFH membership. This membership covers insurance and other programs that Field Hockey B.C. provides. Please go to <http://www.fieldhockeybc.com/> and then go to "Become a Member" (located in the left menu) to make your BCFH membership current.

Registration will close after Feb 11, 2010. Registrations received after this date will be placed on a waiting list. The registration fee will include a mouthguard, team picture, field rentals, Cowichan Sportsplex membership and a returnable team t-shirt. (Grasshoppers will also receive a ball)

Please Send Completed Form(s) & Cheques (registration fee & uniform deposit) to:

Cowichan Jr Field Hockey c/o Heather Goodman, 2201 Rosewood Ave., Duncan, BC V9L 3E6

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New Registrations:

Registration will be held on Sat. Jan 30th 2010 at the Island Savings Centre in the hallway near the multipurpose gym 10:00 – 2:00pm. Every child will be expected to start their first practice with all their equipment, (stick, shinguards & proper footwear). If more registration forms are required, please print them from our website using the links outlined above.

Season: April 12th - June 19th, 2010 Practices start the week of April 12th at the Cowichan Sportsplex's John Ferreira Field.

All practices will be held on Mondays to Thursdays between 5:00 and 9:00pm.

Grasshoppers to Under 14 Girls will have Saturday games. **Games will start on April 17th.**

No practice May Long weekend Monday May 24th.

No games scheduled for the May long weekend May 22nd -24th.

Teams:

The Grasshopper's level (minimum 6 yrs old - 7yrs) play on mixed teams.

Under 10, Under 12 and Under 14 play on same sex teams.

Seniors (ages 14 - 17) play on mixed teams with games during the week.

Teams have a 1 hour weekly practice and a weekly game.

Permanent Email Address:

A parent's email address is preferred over a child's email address for all the little items that need to be checked or changed. Please write legibly and tic the box on the registration form if you do not want to receive field hockey information.

Parent Help:

Please volunteer to help and note if you have a preferred day. Become involved and enjoy the experience. Junior field hockey is a great success due to family participation. Be a coach, assistant coach or team manager.

Coaching:

Coaches are a must for any program! Parents and "Senior" junior players are encouraged to be coaches or assistant coaches. You will be called if you mark the correct box on the registration form. A coaching clinic will be available.

Team Manager:

This person will help with uniform distribution and collection, help with handouts (tournament info), notify each player of possible schedule changes, and liaise with their teams' manager for entry into their appropriate tournament.

2010 Tentative Calendar of Tournaments

Jan 30-Jan 31st BC Under 18 Indoor Championship – Duncan – Cowichan Centre

Apr 12th Monday, Practices begin at the John Ferreira Field

May 7-9 Under 16 Women's High Performance Jamboree – TBA

July 22-25 BC Under 14 Women's High Performance BC Summer Games – Town of Langley

Apr 16-18 BC Under 18 Women's High Performance Championships - TBA

May 28-30 Under 16 Women's Club Championships – TBA

June 4-6 Under 18 Women's Club Championships – TBA

June 5-6 Under 14 Men's Club Championships – Victoria

June 13-19 Cowichan Junior Program Windup Week

June 12-13 Under 12 Girls Festival – Burnaby Lakes

June 12-13 Under 12 Boys Festival – Hamber, Vancouver

June 18-20 Under 14 Women's Club Championship – North Shore

Please remember: No Soccer Boots, Food or Spectators allowed inside the fenced field areas. This includes all drinks except water. No gatorade, powerade or coffee. Running shoes or multi-studded rubber turf shoes are the best options for footwear. Our club must be diligent about keeping this field clean and setting an example to other user groups that wish to use it.

Lastly I would like to thank Sue Fraser for all of her many years of hard work and service with the Cowichan Junior Field Hockey Program!

Questions: Heather Goodman 250.748.5611 email: goodie95@telus.net

Please continue to use our website for updated information

www.cowichanfieldhockey.ca