



*COWICHAN JUNIOR INDOOR FIELD HOCKEY
2009 - 2010 SEASON
Newsletter*

November 4, 2009

Welcome to all new and returning players, and their parents, to Indoor Hockey for 2009-2010. This is a great opportunity to learn indoor stick skills and to use these skills when playing outdoor field hockey on the turf field.

Once again this year we have a **large** group of interested players therefore we will be holding 2 sessions - Rookie and Intermediate (basically by age). If you decide to withdraw from the sessions, please advise me as I have a waitlist. Due to the gym size and limited time available these sessions are limited to the number of players.

Sunday mornings - Island Savings Centre Gym

November 22, 29, December 6, 2009

January 10, 17, 24, February 14, 21, 28, 2010

- 9:00am - 10:30am - Intermediate - Coaches: Teresa Gregus & Courtney Campbell
- 10:30am - 12:00pm - Rookie - Coaches: Kendra Toth & Kyla Pronk
- Indoor sticks are provided
- Remember to wear shin guards, mouth guard, clean indoor runners and bring a water bottle
- Any player without a mouth guard will not be able to practice (players under the age of 18 not wearing a mouth guard are not covered by FHBC insurance)

Reminder: All players must be registered with FHBC from September 1, 2009 to August 31, 2010. If you registered with FHBC in the spring of 2009 you will need to update your child's registration. This is your child's insurance coverage and designates the region for any FHBC/FH Canada funding in the Cowichan Valley.

Intermediate Parents/Players - Please arrive at the gym 10-15 minutes early on Sunday mornings to assist in setting up the boards. All players and parents need to take an active role in setting up the playing surface.

In the event of snow - please check your emails in the morning! Last year we cancelled a session due to the white stuff!

I am looking for a parent volunteer to take on the junior indoor role next year. If you are interested please send me an email or give me a call to discuss.

Happy Hockey!

Anne Smith - anne_madelyn@shaw.ca or 746-4966