



**École Intermédiaire  
Middle School  
3910 Cedar Hill Road, Victoria, B. C. V8P3Z9**

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Cedar Hill Girls Grade 6-8 Field Hockey                      Spring 2017

Welcome to field hockey! Cedar Hill is very fortunate to have the skillful coaching of Ms. Kate Knappett from Reynolds High School again this year. Our season is just beginning, practices have started and game dates are set so here is the info you need to know!

1. Practices/games will be Thursdays, meeting in the gym. We will be driving to the UVic turf for games. Rides are provided by Ms. Knappett and Mrs. Reid to the turf, students will need rides home afterwards from the turf. Both Ms. Knappett and I drive back down McKenzie, at least to Cedar Hill (I live by VGH) and we are happy to give students a lift back this way if needed.

2. For each practice and game, players will need: a full water bottle, a mouth guard, shin guards, running shoes and gym strip. Please note that soccer cleats are not allowed on the UVic turf (turf shoes are fine but not necessary, runners are fine). Field hockey sticks and balls will be provided.

3. Players will need long black sport/soccer socks to cover shin guards and black shorts. A uniform top will be provided.

4. No experience is necessary! This is an opportunity for everyone to try the sport and/or further their skills. Gaining this experience at middle school encourages involvement and confidence at the high school level. Middle School field hockey is all about the players learning the game and getting the opportunity to play and have fun. There are no results kept and the emphasis is all about skill development and team work!

5. Games will be played at the UVic field hockey turf. The starting time is 3:45 but we will leave the school by 3:00. Games will go until approximately 5-5:30 pm. The first game date is Thursday, April 13<sup>th</sup>. Game days are organized by four 20 minute games with 10 minutes in between for water/bathroom/rest breaks. Each team plays 3 out of the 4 games (rotating schedule, one 20 minute game rest break).

6. If you have any questions or concerns, please email or contact me at Cedar Hill. [kreid@sd61.bc.ca](mailto:kreid@sd61.bc.ca) Kari Reid 250-477-6945 (school)

7. We look forward to a fun and exciting season! K. Reid/K. Knappett