

The Baltimore Field Hockey Association presents:

2010 Indoor Field Hockey Pick-Up League for Adults!! January 2010 through March 2010

WHEN: on Sundays as follows**:

Jan. 3, 2010	- 3:30 p.m. - 5:30 p.m.	Feb. 14, 2010	- 3:30 p.m. - 5:30 p.m.
Jan. 10, 2010	- 3:30 p.m. - 5:30 p.m.	Feb. 21, 2010	- 3:00 p.m. - 5:00 p.m.
Jan. 17, 2010	- 3:30 p.m. - 5:30 p.m.	Feb. 28, 2010	- 3:30 p.m. - 5:30 p.m.
Jan. 24, 2010	- 3:30 p.m. - 5:30 p.m.	Mar. 7, 2010	- 3:30 p.m. - 5:30 p.m.
Jan. 31, 2010	- Indoor Tournament at CCBC Essex	Mar. 14, 2010	- 3:30 p.m. - 5:30 p.m.
Feb. 7, 2010	- No Hockey - Superbowl	Mar. 21, 2010	- 4:30 p.m. - 6:00 p.m.
		Mar. 28, 2010	- 1:00 p.m. - 3:30 p.m.

** In case of inclement weather, please call the BFHA hotline at 410-558-BFHA**

LOCATION: Comm. College of Balt. County, Dundalk Campus, 7200 Sollers Pt. Rd.- see back for directions.

QUESTIONS: Please contact **Chad Goodnight at (443) 928-1200 or cgoodnight@bcps.org**.

ELIGIBILITY: To participate in BFHA's Adult Indoor League you must be a high school senior or older.

COST: \$55 (paid online at www.active.com) or \$65 in-person registration (bring to the first session)

FORMAT: Each week, teams will be formed at the beginning of the session and pick-up games will be played.

WHAT TO BRING: Hockey sticks (indoor sticks preferred), mouth guards, shin guards, sneakers (no black soles, please), water & whatever else you need to play. Bring completed registration form and league fee, if you did not register online.

USFHA MEMBERSHIP: All players must be a current member of the U.S. Field Hockey Association. **YOU MUST SHOW YOUR CURRENT MEMBERSHIP CARD BEFORE YOU PLAY!!** If you are currently not a member, you will need to sign up on the USFHA's website, www.usfieldhockey.com. Follow 'Membership' links to sign up online. A one-year membership to USFHA is \$50 (\$40 if you are under 19). Please print out your membership card and bring to the first session. Existing members may also print their cards online.

HOW TO SIGN UP: This year, you may pre-register online at www.active.com. You may also register in person. Just come to Dundalk on the dates listed above with the completed attached player registration form and your USFHA membership card to the first session. All participants must register by January 25, 2010!

So what is indoor hockey, anyway?

Indoor hockey is played in a gymnasium on an area slightly larger than a basketball court. There are six players per team and boards along the sideline to allow for continuous play. The quick indoor surface really allows players to focus on perfecting their ball-handling skills, and the small playing area helps players to become more proficient in their short passing skills. But not only is indoor a great time to improve your stick skills, but indoor is a lot of fun and is a great way to meet new people and stay in shape!

What is the Baltimore Field Hockey Association?

BFHA is a non-profit organization that serves to promote the sport of field hockey in the Baltimore area. BFHA sponsors high school and adult field hockey leagues and tournaments throughout the year. For more information about BFHA, please visit our website at www.bfha.org

Directions to CCBC Dundalk:

From North via Baltimore Beltway - (I-695): Take Exit 39 (Merritt Blvd), proceed about 2 1/2 miles. At the 8th traffic light (intersection of Merritt Blvd - Peninsula Expressway and Merritt Ave) turn right. If you cross RR tracks you've gone too far. At the first traffic light, Merritt Ave becomes Sollers Point Road. Go Straight. The college is at the top of the crest on the right.

From South via I-95 (TOLL): Take I-95 North, through Fort McHenry Tunnel. Stay to the right. Take Exit 58 (Dundalk Ave.). Proceed three lights, stay in left lane. At the third light, turn left onto Holabird Ave. Proceed on Holabird Ave. and turn right on Delvale Ave. College is on left.

As soon as you turn into the campus, follow the road to the left, past the baseball fields. Once you see the large building on your right, go to the far left side of the building and park (you will be able to see the tennis courts). Go in the back entrance to the gymnasium.

Volunteers:

Indoor Tournament: BFHA will be hosting two indoor tournaments this January: one for High School players on Saturday, January 30, 2010 and one for adult players on Sunday, January 31, 2010 (FYI: BFHA will be entering 3 teams in Sunday's tournament - please check the appropriate box on the registration form below if you would like to play). Both tournaments will be held from 8:00 a.m. to approx. 5:00 p.m. at CCBC Essex Campus. Please sign up below if you can help us out with the tournament (we need as many volunteers as possible!!). **All BFHA participants in Sunday's tournament are required to help clean up after the tournament!!!!**

Player Registration Form

check # _____ or Cash _____

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (____) _____ - _____ E-mail: _____

Date of Birth: ____ / ____ / ____

Would you like to play in the Jan. 31 tourney? Yes ___ No ___ If yes, are you already on a team? Yes ___ No ___

USFHA MEMBERSHIP NUMBER (REQUIRED!): _____

If YOU ARE CURRENTLY NOT A MEMBER YOU MUST SIGN UP ONLINE AT WWW.USFIELDHOCKEY.COM BEFORE THE FIRST NIGHT OF INDOOR. PLEASE BRING YOUR MEMBERSHIP CARD.

Indoor Tournament Volunteers (see above for details):

_____ Help Set up on Friday Night, January 29, 2010 (6 p.m.-9 p.m.) (We need a lot of people for this!!!!)

_____ Help clean up from 5:30 p.m. to 6:30 p.m. on Saturday, January 30th (to prepare for Sunday).

BFHA's League Fee paid by: \$55 online \$65 by Check # _____ or \$55 Cash

WAIVER: I do hereby waive and release all claims for myself, my heirs, and assignees against the Baltimore Field Hockey Association and/or CCBC Dundalk for any injuries or illnesses which may result from my participation in this league. I attest and verify that I have full knowledge of the risks involved in this sport, and I am physically fit and sufficiently trained to participate in this sport.

Date: _____

Participant's
Signature: _____

Parent/Guardian
signature (if <18): _____