

The Baltimore Field Hockey Association presents:

2012 Indoor Field Hockey League for High School Players!! January 2012 through March 2012

WHEN: on Sundays as follows**:

Jan. 8, 2012	- 12:30 p.m. - 2:30 p.m.	Feb. 19, 2012	- 12:30 p.m. - 2:30 p.m.
Jan. 15, 2012	- 12:30 p.m. - 2:30 p.m.	Feb. 26, 2012	- 12:30 p.m. - 2:30 p.m.
Jan. 29, 2012	12:30p.m. - 2:30 p.m.	Mar. 4, 2012	- 12:30 p.m. - 2:30 p.m.
Jan. 29, 2012	- No Hockey - BFHA Indoor Tourney at CCBC Essex - come and watch!!	Mar. 11, 2012	- 12:30 p.m. - 2:30 p.m.
Feb. 5, 2012	- No Field Hockey!	Mar. 18, 2012	- 1:00 p.m. - 3:00 p.m.
Feb. 12, 2011	- 12:30 p.m. - 2:30 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.

LEAGUE FORMAT: This league will consist of eight teams. The first week will include 1 hour of indoor hockey instruction and rules overview, followed by 1 hour of game play. The remaining weeks will include game play only. Each team will play two 25-minute games per night. A season schedule will be developed once the team registration forms are received. All games will be played 6 vs. 6 (5 field players and 1 goalie) using Indoor Hockey rules (see www.usfieldhockey.com for official indoor rules).

ELIGIBILITY: To participate in BFHA's Indoor High School League, each player must have at least one year of playing experience and must currently be in grade 8, 9, 10 or 11. High school seniors are welcome to participate in our adult league (pick up 2:30-5:30 (Jan 8-Feb19) or team play 2:30-6:30 (Feb 26-Mar 25). Please visit our website at www.BFHA.org for more information. In order to maximize the number of schools that participate in our league, only one team per high school will be accepted.

COST: \$550 per team, plus a separate \$50 forfeit fee check. If a team misses a scheduled game, a \$25 forfeit fee will be held. If a team forfeits two games, another \$25 will be held and the team will be dropped from the league. If registering as an individual, the fee is \$50. All checks should be made out to BFHA. **There is a late fee of \$50 for any team registration forms and money received after the due date.**

HOW TO SIGN UP: **You must pre-register for this league!** There are two ways to register - as a team or as an individual. Team registrations will receive first priority in filling up the league. If less than eight full teams register, a team will be put together with the individual registrations. However, this team will be limited to 12 people. Individual registrations will also be used to help fill teams that are short players. To register, please mail the team registration form (or individual registration form and fee), \$550 for the league fee (only one check per team, please!), and a \$50 forfeit fee to the address below **by Dec 10, 2011.** There are only a limited number of spots, and teams will be accepted in the order that they are received. Also, please have all players and parents sign the waivers and bring the completed waivers the first night. **All players must submit a signed waiver before they play.** Mail forms and fees to:
BFHA c/o Tracey Boettinger, 1113 Elm Road, Baltimore, MD 21227

USFHA MEMBERSHIP: Each player must be a current member of the U.S. Field Hockey Association (USFHA). If any player is a current USFHA member, SHE MUST SHOW HER CURRENT MEMBERSHIP CARD BEFORE PLAYING!! If any player is currently not a member, she will need to sign up for a USFHA membership. A one-year membership to USFHA is \$40. Please go to www.usfieldhockey.com to sign up online.

See back→

WHAT TO BRING: USFHA membership, completed waiver form, hockey sticks, mouth guards, shin guards, sneakers (no cleats), water, matching shirts for your team (preferably, but pinneys will be available) & whatever else you need to play. Goalies must supply their own protective gear.

DIRECTIONS TO CCBC DUNDALK:

From North via Baltimore Beltway - (I-695): Take Exit 39 (Merritt Blvd), proceed about 2 ½ 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.

QUESTIONS: Please contact Tracey Boettinger at 410-292-2966 or spaceyfh17@yahoo.com

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 (one goalie and 5 field players) and boards along the sideline to allow for continuous play.

Why play indoor hockey?

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!

Who should play?

Any youth player (in grades 8, 9, 10 or 11), beginner to advanced, who would like to improve their stick skills is encouraged to play indoor. Any player who is contemplating playing in college should definitely play indoor hockey, as most collegiate programs include indoor hockey as part of their off-season play. In addition, many collegiate programs play on turf, so getting experience on the fast indoor surface is a great way to prepare for college!

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

BFHA's 2012 High School Indoor League
Individual Registration Form (for individual players only)

If registering as a team, please do not fill out this form, but
fill out the 'Team Registration Form'

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (____) _____ - _____ E-mail: _____
(please provide - this is how we get info to you!!)

High School: _____ Date of Birth: ____/____/____

Grade(circle): 8 9 10 11 Years of Hockey Experience: _____ Position: _____

Are you currently a member of USFHA? Yes ___ No ___ If yes, member #: _____

If no, please complete USFHA membership before your first night of indoor, by going to www.usfieldhockey.com to sign up online.

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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: _____

Registration Fee: \$50 per individual (Please make checks payable to BFHA)

Please mail registration fee and form to the address below by **December 10, 2011**:

BFHA c/o Tracey Boettinger
1113 Elm Road
Baltimore, MD 21227

WAIVER (to be completed by all players on your team roster):

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