

# TIMBITS League Indoor 2016-17

	TEAM		COACHES	EMAIL
1	Total North Communications	BLACK	Josh Clarke	josh.clarke@hotmail.ca
2	Smart Choice Business Machines	WHITE	Shari McIntosh	sharimac3@hotmail.com
3	Medicine chest Pharmacies	MAROON	Chris Evans	rockshocka19@hotmail.com
4	Integra Tire/Yukon Tire	LIME	Mr. Hillier Shannon Ryan	? shannonroseryan@hotmail.com
5	Metro Chrysler	AQUA	Brooke Alsbury ?	balsbury@yukoncollege.yk.ca
6	Whitehorse Optometrist Inc.	GREY	Kelly Burke	kellykotah@gmail.com
7	Porter Creek Self Storage	GREEN	Trevor Hauser	trevhauser@gmail.com
8	Whitehorse Firefighters	NAVY	Amanda Tanner	amandatanner0105@gmail.com
9	Yukon Chamber of Mines	PURPLE	Jon Gelinias Renee Giselle	jon.gelinias@gmail.com reneegiselle@gmail.com

DATE	CGC FIELD HOUSE 6:00 pm start		CGC FLEXIHALL 5:45 pm start		
	1 FRONT	2 MIDDLE	1 FRONT	2 MIDDLE	BYE stay home
<b>Mon Oct. 23</b>	1-2	3-4	5-6	7-8	9
Wed Oct. 25	5-9	3-8	1-6	2-4	7
<b>Mon Oct. 30</b>	4-6	2-8	1-9	3-7	5
Wed Nov. 1	1-5	2-7	4-9	6-8	3
<b>Mon Nov. 6</b>	8-9	6-7	2-3	4-5	1
Wed Nov. 8	3-6	5-8	7-9	1-4	2
<b>Mon Nov. 13</b>	5-7	3-9	1-8	2-6	4
Wed Nov. 15	4-8	1-7	2-9	3-5	6
<b>Mon Nov. 20</b>	1-3	2-5	4-7	6-9	8
Wed Nov. 22	1-2	3-4	5-6	7-8	9
<b>Mon Nov. 27</b>	5-9	3-8	1-6	2-4	7
Wed Nov. 29	4-6	2-8	1-9	3-7	5
<b>Mon Dec. 4</b>	1-5	2-7	4-9	6-8	3
Wed Dec. 6	8-9	6-7	2-3	4-5	1

## SAVE THE DATE - The Annual Toonie Tournament is DECEMBER 8-9, 2017

### RESPECT:

- Please adhere to the principals of **FAIR PLAY**.
- Please give **EVERYONE** equal paying time regardless of ability.
- Coaches please be mindful of the power you have over a child's self esteem.
- Coaches, players and parents, please use appropriate language at all times.
- Players must be able to follow instructions.
- **Parents, coaches and players are not to yell at the referee. Being a referee is not an easy job!**

### EQUIPMENT:

- Shin-guards covered by socks are mandatory.
- Players are to wear non-marking running shoes.
- No outdoor shoes in the gyms!

### FORMATS:

#### GAMES – 4 v 4 plus goalie

- 10 minute warm-up/quick drill
- 20 minute skills/drills
- Two 15 minute halves