

FUNdamentals 1 GIRLS

Indoor 2017-18 – First Half

	TEAM	COACHES	EMAIL
1	J & L Concrete	Curtis Myden	curtismyden@gmail.com
2	Due North Maternity & Baby	Charles Shewen	shewen01@northwestel.net
3	Driving Force	Ben Mercier Rhiannon Jones	benmerc@gmail.com rhiannonjones@gmail.com

DATE	CGC Flexihall 1 5:45 - 6:45 pm	CGC Fieldhouse – Back with Boys 6-7pm
Mon Oct. 23	1-2	3
Wed Oct. 25	2-3	1
Mon Oct. 30	1-3	2
Wed Nov. 1	1-2	3
Mon Nov. 6	2-3	1
Wed Nov. 8	1-3	2
Mon Nov. 13	1-2	3
Wed Nov. 15	2-3	1
Mon Nov. 20	1-3	2
Wed Nov. 22	1-2	3
Mon Nov. 27	2-3	1
Wed Nov. 29	1-3	2
Mon Dec. 4	1-2	3
Wed Dec. 6	2-3	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 playing 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