

GIRLS 2002-03-04-05

Indoor 2017-18 – First Half

	TEAM	COACHES	EMAIL
1	H. Bjork Holdings	Blake Lepine	shaakoon@gmail.com
2	Jacobs Industries	Georgina Widney	gwidney@hotmail.com
3	Riverstone Dental Clinic	Michael Muller	muller@northwestel.net

DATE	CGC FIELDHOUSE BACK HALF 6:45 - 7:45 pm	CGC FLEXI HALL BACK THIRD 7:00 – 8:00 pm scrimmage/drills
Tues Oct. 24	1-2	3
Thurs Oct. 26	2-3	1
Tues Oct. 31	1-3	2
Thurs Nov. 2	1-2	3
Tues Nov. 7	2-3	1
Thurs Nov. 9	1-3	2
Tues Nov. 14	1-2	3
Thurs Nov. 16	2-3	1
Tues Nov. 21	1-3	2
Thurs Nov. 23	1-2	3
Tues Nov. 28	2-3	1
Thurs Nov. 30	1-3	2
Tues Dec. 5	1-2	3
Thurs Dec. 7	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 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