

# FUNDamentals 1 GIRLS

## Indoor 2017-18 – Second Half

|   | TEAM                       |           | COACHES                        | EMAIL  |
|---|----------------------------|-----------|--------------------------------|--|
| 1 | J & L Concrete             | Raspberry | Curtis Myden                   | curtismyden@gmail.com  |
| 2 | Due North Maternity & Baby | Orange    | Charles Shewen<br>Jenna Rooney | <a href="mailto:amber@safeyukon.com">amber@safeyukon.com</a><br>rooney.jenna@gmail.com |
| 3 | Driving Force              | Purple    | Ben Mercier<br>Rhiannon Jones  | benmerc@gmail.com<br>rhiannonjones@gmail.com   |

| DATE               | CGC Flexi hall<br>1<br>5:45 - 6:45 pm | CGC<br>Fieldhouse – Back<br>with Boys<br>6-7pm |
|--------------------|---------------------------------------|--|
| <b>Mon Jan. 8</b>  | 1-3                                   | 2  |
| Wed Jan. 10        | 1-2                                   | 3  |
| <b>Mon Jan. 15</b> | 2-3                                   | 1  |
| Wed Jan. 17        | 1-3                                   | 2  |
| <b>Mon Jan. 22</b> | 1-2                                   | 3  |
| Wed Jan. 24        | 2-3                                   | 1  |
| <b>Mon Jan. 29</b> | 1-3                                   | 2  |
| Wed Jan. 31        | 1-2                                   | 3  |
| <b>Mon Feb. 5</b>  | 2-3                                   | 1  |
| Wed Feb. 7         | 1-3                                   | 2  |
| <b>Mon Feb. 12</b> | 1-2                                   | 3  |
| Wed Feb. 14        | 2-3                                   | 1  |
| <b>Mon Feb. 19</b> | 1-3                                   | 2  |
| Wed Feb. 21        | 1-2                                   | 3  |
| <b>Mon Feb. 26</b> | 2-3                                   | 1  |
| Wed Feb. 28        | 1-3                                   | 2  |
| <b>Mon Mar. 5</b>  | 1-2                                   | 3  |
| Wed Feb. 7         | 2-3                                   | 1  |

**SAVE THE DATE - Yukon Indoor Futsal Championships are MARCH 9-11, 2018**

#### 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