

# 2015-16 Baltimore Boys Indoor Field Hockey!!

## December 2015 through February 2016

### WHAT & WHEN:

BFHA League & Training  
Saturday December 5, 4-6:30pm  
Sunday December 20, 3:30-6pm  
Saturday January 2, 2-4:15pm  
Saturday January 16, 4-6:30pm  
Saturday February 13, 2-4:15pm  
Saturday February 20, 4-6pm

### ADDITIONAL WHAT & WHEN:

Training with M.Malik Stars FH Club  
Fridays 6:30-8:30pm  
November 20  
December 4, 11, 18  
January 8, 15, 29  
February 5, 19

**LOCATION:** Garrison Forest School, 300 Garrison Forest Rd., Owings Mills, MD 21117  
- See directions on the 4<sup>th</sup> page below.

\*\* In case of inclement weather, please call the BFHA hotline at 443-499-BFHA (2342)\*\*

**FORMAT:** Each week at the BFHA league/training there will be two courts available for 2 hours of practice and scrimmage. The space will allow for all levels of play as the boys are divided up according to ability and age. Boys will have the chance to learn the game and improve their skills in this practice and play environment.

The goal is to prepare the boys for participation in the USA Field Hockey National Indoor Tournament (NITs) being held February 26-28, 2016, in Richmond, VA. At this tournament there will be U15, U21 and Adult Men Divisions. I want to enter a U15 team. ECHP is entering a team as well.

**ELIGIBILITY:** To participate each player must be a USAFH member and be under the age of 18.

**COST:** The fee is \$100 per person and covers the entire season. All checks should be made out to BFHA.

**HOW TO SIGN UP:** To register, please mail the registration form to:  
BFHA c/o Warren Prestwich  
4-C Spindrift Circle  
Parkville, MD 21234

by Nov 30, 2015. 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.**

**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, HE MUST SHOW HIS CURRENT MEMBERSHIP CARD BEFORE PLAYING!! If any player is currently not a member, he will need to sign up for a USFHA membership. A one-year membership to USFHA is \$25 for U12 and \$50 for over 12. Please go to [www.usfieldhockey.com](http://www.usfieldhockey.com) to sign up online.

**WHAT TO BRING:** USFHA membership, completed waiver form, hockey sticks, mouth guards, shin guards, sneakers (no cleats) and water.

**QUESTIONS:** Please contact Warren Prestwich at 410-830-0653 or [wprestwich@usfieldhockey.com](mailto:wprestwich@usfieldhockey.com)

## BFHA's 2015-16 Baltimore BOYS Indoor Field Hockey Registration Form

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

School: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Grade: \_\_\_\_\_ 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](http://www.usfieldhockey.com) to sign up online.

### WAIVER:

I do hereby waive and release all claims for myself, my heirs, and assignees against the Baltimore Field Hockey Association and/or Garrison Forest School and/or Hymax Field Hockey Club 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: \$100 per individual (Please make checks payable to BFHA)

Please mail registration fee and form to the address below by **November 30, 2015:**

BFHA c/o Warren Prestwich  
4-C Spindrift Circle  
Parkville, MD 21234

### QUESTIONS:

Please contact Warren Prestwich at 410-830-0653 or [wprestwich@usafieldhockey.com](mailto:wprestwich@usafieldhockey.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 sign up?**

Any boy that wants to improve on his game or wants to try out this exciting sport in a BOYS ONLY ENVIRONMENT. Beginners to advanced players who would like to improve their stick skills are encouraged to join us. We have 2 courts and 2 hours at each session to split the boys up in to skill levels so that they can get the level of coaching that they require.

### **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. We are now actively helping to develop BOYS field hockey in the Baltimore area. For more information about BFHA, please visit our website at <http://bfha.org/youth/bfha-boys.html>.

## DIRECTIONS TO GARRISON FOREST:

**From North and East:** I-95 South to I-695 West. Take exit 23 North (Falls Road). At second traffic light, turn left of Greenspring Valley Road. Proceed five miles and turn right on Garrison Forest Road. The school is six-tenths mile on the left.

**From South and West:** I-695 West and North (follow signs toward Towson). Take exit 21 North (Stevenson Road/Park Heights Avenue). Bear left off of the exit. Turn left onto Stevenson Road. Take a right at the first traffic light onto Brooks Robinson Dr. At the light, turn right onto Park Heights Avenue. Proceed approx. 1.5 miles to traffic light at Greenspring Valley Road. Turn left onto Greenspring Valley Road. Proceed approx. 1.4 miles and turn right onto Garrison Forest Road. The school is six-tenths of a mile on left.

**Interactive Campus Map:** <http://www.gfs.org/about-gfs/campus-tour.aspx>

We will be in the Athletic Center (# 12 on the map)



**QUESTIONS:** Please contact Warren Prestwich at 410-830-0653 or [wprestwich@usafieldhockey.com](mailto:wprestwich@usafieldhockey.com)