

The Baltimore Field Hockey Association presents:

## 2015 Indoor Field Hockey League for High School Players!! January 2015 through March 2015

**WHEN:** on Sundays as follows\*\*:

Feb. 8, 2015	- 3:00 p.m. - 5:00 p.m.	Mar. 8, 2015	- 3:00 p.m. - 5:00 p.m.
Feb. 15, 2015	- 3:00 p.m. - 5:00 p.m.	Mar. 15, 2015	- 3:00 p.m. - 5:00 p.m.
Mar. 1, 2015	3:00p.m. - 5:00 p.m.	Mar. 22, 2015	- 3:00 p.m. - 5:00 p.m.

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

**LOCATION:** Garrison Forest School, 300 Garrison Forest Rd., Owings Mills, MD 21117 - see back for directions & map.

**LEAGUE FORMAT:** This league will consist of eight teams. The first week will include 1 hour of indoor hockey instruction and rules overview, followed by 1 hour of game play. The remaining weeks will include game play only. Each team will play two 25-minute games per night. A season schedule will be developed once the team registration forms are received. All games will be played 5 vs. 5 (4 field players and 1 goalie) using Indoor Hockey rules (see [www.usfieldhockey.com](http://www.usfieldhockey.com) for official indoor rules).

**ELIGIBILITY:** To participate in BFHA's Indoor High School League, each player must have at least one year of playing experience and must currently be in grade 8, 9, 10 or 11. High school seniors are welcome to participate in our adult team league 5:30-7:30 (Jan 11-Mar 29). Please visit our website at [www.BFHA.org](http://www.BFHA.org) for more information.

**COST:** \$300 per team, plus a separate \$50 forfeit fee check. If a team misses a scheduled game, a \$25 forfeit fee will be held. If a team forfeits two games, another \$25 will be held and the team will be dropped from the league. If registering as an individual, the fee is \$40. All checks should be made out to BFHA. **There is a late fee of \$50 for any team registration forms and money received after the due date.**

**HOW TO SIGN UP:** **You must pre-register for this league!** There are two ways to register - as a team or as an individual. Team registrations will receive first priority in filling up the league. If less than eight full teams register, a team will be put together with the individual registrations. However, this team will be limited to 12 people. Individual registrations will also be used to help fill teams that are short players. To register, please mail the team registration form (or individual registration form and fee), \$300 for the league fee (only one check per team, please!), and a \$50 forfeit fee to the address below **by Dec 17, 2014.** There are only a limited number of spots, and teams will be accepted in the order that they are received. 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.** Mail forms and fees to:  
BFHA c/o Tracey Boettinger, 1113 Elm Road, Baltimore, MD 21227

**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, SHE MUST SHOW HER CURRENT MEMBERSHIP CARD BEFORE PLAYING!! If any player is currently not a member, she will need to sign up for a USFHA membership. A one-year membership to USFHA is \$40. Please go to [www.usfieldhockey.com](http://www.usfieldhockey.com) to sign up online.

See back→

**WHAT TO BRING:** USFHA membership, completed waiver form, hockey sticks, mouth guards, shin guards, sneakers (no cleats), water, matching shirts for your team (preferably, but pinneys will be available) & whatever else you need to play. Goalies must supply their own protective gear.

**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)

**CAMPUS MAP**

- 1 Preschool • Moncrieffe
- 2 Lower School • Livingston
- 3 G. Peter O’Neill, Jr. Middle School
- 4 Upper School • Marshall-Offutt
- 5 Upper School • F. E. White Building
- 6 Elinor Purves McLennan ’56 Library
- 7 Garland Theater
- 8 Molly Mundy Hathaway ’61 Fine and Performing Arts Center
- 9 Tennis Courts
- 10 Whitridge Pavilion
- 11 Hopkins Fields
- 12 Elizabeth B. Searle ’74 Athletic Center • Campus Center
- 13 Preschool Gym
- 14 Paw Print Turf Athletic Field
- 15 Zolenas Turf Athletic Field
- 16 D. & J. Smith Equestrian Center
- 17 Sheridan Polo Ring
- 18 Softball Field
- 19 Shriver • Health Center and Student/Faculty Housing
- 20 Senior House • Student/Faculty Housing
- 21 Meadowood • Student/Faculty Housing
- 22 Robinswood • Faculty Housing
- 23 Lochinvar
- 24 Alumnae Hall • Campus Center and Dining Hall
- 25 Centennial Courtyard
- 26 Chapel
- 27 Maintenance Facility
- 28 Manor House  
Student Activities Center, School Store, O’Zone Cafe and Alumnae, Business, Communications, Development, Human Resources Offices
- 29 Xanders Cottage

● ACADEMICS  
● ARTS  
● ATHLETICS  
● STUDENT/FACULTY HOUSING

300 Garrison Forest Road • Owings Mills, Maryland 21117 PHONE 410.363.1500 WEB gfs.org

**QUESTIONS:** Please contact Tracey Boettinger at 410-292-2966 or spaceyfh17@yahoo.com

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### **So what is indoor hockey, anyway?**

Indoor hockey is played in a gymnasium on an area slightly larger than a basketball court. There are five players per team (one goalie and 4 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 play?**

Any youth player (in grades 8, 9, 10 or 11), beginner to advanced, who would like to improve their stick skills is encouraged to play indoor. Any player who is contemplating playing in college should definitely play indoor hockey, as most collegiate programs include indoor hockey as part of their off-season play. In addition, many collegiate programs play on turf, so getting experience on the fast indoor surface is a great way to prepare for college!

### **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. For more information about BFHA, please visit our website at [www.BFHA.org](http://www.BFHA.org)

**BFHA's 2015 High School Indoor League**  
**Individual Registration Form (for individual players only)**

If registering as a team, please do not fill out this form, but  
fill out the 'Team Registration Form'

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

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

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

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

Grade (circle): 8 9 10 11 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.

**Reminder:** Team registrations will receive first priority in filling up the league. If less than eight full teams register, a team will be put together with the individual registrations. However, this team will be limited to 12 people. Individual registrations will also be used to help fill teams that are short players.

**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 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: \$40 per individual (Please make checks payable to BFHA)

Please mail registration fee and form to the address below by **December 17, 2014**:

BFHA c/o Tracey Boettinger  
1113 Elm Road  
Baltimore, MD 21227



WAIVER (to be completed by all players on your team roster):

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