# 2019 Indoor Field Hockey League for High School Players!! January 2019 through February 2019

#### WHEN:

| Jan. 6, 2019  | - 6:00 p.m 8:80 p.m. | Feb. 10, 2019 | - | 6:00 p.m 8:00 p.m. |
|---------------|----------------------|---------------|---|--------------------|
| Jan. 13, 2019 | 6:00p.m 8:00 p.m.    | Feb. 17, 2019 | - | 6:00 p.m 6:00 p.m. |
| Jan. 20, 2019 | - 6:00 p.m 8:00 p.m. | Feb. 24, 2019 | - | 6:00 p.m 8:00 p.m. |

<sup>\*\*</sup> 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 6 vs. 6 (5 field players and 1 goalie) using Indoor Hockey rules (see <a href="https://www.usfieldhockey.com">www.usfieldhockey.com</a> 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 3:30-6:00pm (Jan 6-Mar 10). Please visit our website at <a href="https://www.BFHA.org">www.BFHA.org</a> for more information.

COST: \$410 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 \$50. 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), \$410 for the league fee (this covers ten USFHA dues) (only one check per team, please!), and a \$50 forfeit fee to the address below by Dec 14, 2018. 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 session. 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

\*NEW\* USFHA MEMBERSHIP: This is included in the fees. This is \$10 per person. If you already have your USFHA membership you will be refunded the \$10.

See back→

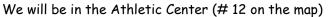
WHAT TO BRING: USFHA membership (for refund purposes only), completed waiver form, hockey sticks, mouth guards, shin guards, sneakers (no cleats), water, matching shirts for your team (preferably, but pinneys will be available) & whatever else you need to play. Goalies must supply their own protective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

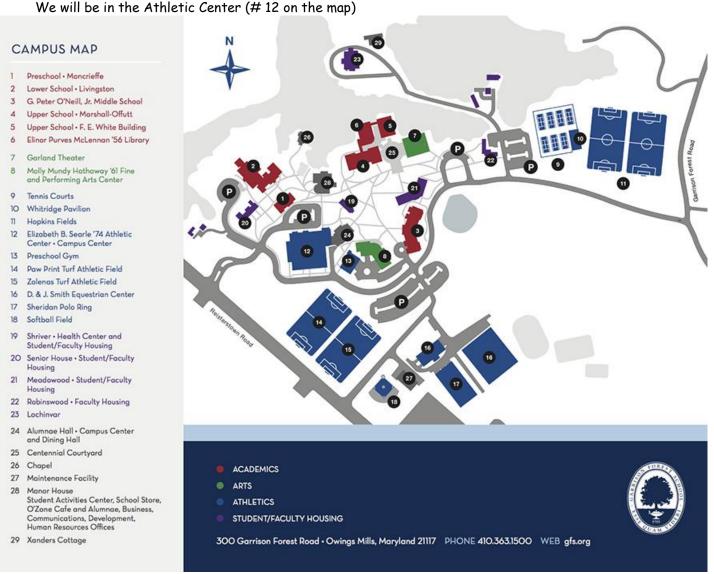
#### DIRECTIONS TO GARRISON FOREST:

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: <a href="http://www.qfs.org/about-qfs/campus-tour.aspx">http://www.qfs.org/about-qfs/campus-tour.aspx</a>





QUESTIONS: Please contact Tracey Boettinger at 410-292-2966 or spaceyfh17@gmail.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 five 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 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 <a href="https://www.BFHA.org">www.BFHA.org</a>

# BFHA's 2019 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:   |  |
|   | (pleas  | se provide - this is how we get info to you!!)   |
| High School:  | Date of Birth:  | //   |
| Grade (circle): 8 9 10 11 >   | ears of Hockey Experience:  | Position:  |
| Are you currently a member of USFF  | HA? Yes No  | If yes, member #:  |
|   | with the individual registration  | up the league. If less than eight full teams<br>ons. However, this team will be limited to<br>ms that are short players.               |
|   | ol for any injuries or illnesses wh<br>ull knowledge of the risks involve | es against the Baltimore Field Hockey<br>nich may result from my participation in this<br>d in this sport, and I am physically fit and |
| ·   |   | Date:  |
| Participant's Signature:  | Parent/Guard<br>signature:  | ian<br>  |
| Registration Fee: \$50 per indivi   | idual (Please make checks payo  | able to BFHA)  |
| Please mail registration fee and form<br>BFHA c/o Tracey Boettinger<br>1113 Elm Road<br>Baltimore, MD 21227 | to the address below <b>by Dec</b>  | cember 14, 2018:   |

## Team Registration Form - BFHA's 2019 High School Indoor League

Jan. 2019 - Feb 2019 at Garrison Forest School

| Team Name:           | High School: |  |
|----------------------|--------------|--|
| Team Contact Person: |              |  |
| Street Address:      | <del>-</del> |  |
| City:                | State: Zip:  |  |
| Evening Phone #:     | E-mail:      |  |

## Team Roster

(Remember, only 6 from each team play at one time, so the larger the roster, the less playing time players receive).

| Name | Phone # | E-mail Address<br>(Please provide, this is how we get info to you!) | *USFHA<br>member? | Grade |
|------|---------|---|-------------------|-------|
|      |         |   | УΝ                |       |
|      |         |   | УN                |       |

Registration Fee: \$410 per team (Please make checks, one per team, payable to BFHA)

Forfeit Fee: separate \$50 check made out to BFHA. This will be returned at the end of the season if your team does not forfeit any games.

Please mail registration fee and form to the address below by December 14, 2018: BFHA c/o Tracey Boettinger, 1113 Elm Road, Baltimore, MD 21227

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. Parent/Guardian Participant's Signature: \_\_\_ signature: \_\_\_\_ WAIVER (to be completed by all players on your team roster): 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: \_\_\_\_\_ Parent/Guardian Participant's Signature: signature: WAIVER (to be completed by all players on your team roster): 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 Parent/Guardian Signature: \_\_ signature: \_\_\_\_ WAIVER (to be completed by all players on your team roster): 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: \_\_\_\_\_ Parent/Guardian Participant's Signature: \_\_\_ signature: \_\_\_\_\_ WAIVER (to be completed by all players on your team roster): 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 Parent/Guardian Signature: \_\_ signature: \_\_\_\_ WAIVER (to be completed by all players on your team roster): 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 Parent/Guardian Signature: \_\_\_\_ signature: \_\_\_\_\_

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| Participant's  | Parent/Guardian   |
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| sufficiently trained to participate in this  |   |
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| Participant's  | Parent/Guardian   |
| ·  |   |
| Signature:   | <b>,</b>  |
| WAIVER (to be completed by all players   |   |
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