



Hey field hockey player! Are you interested in taking your field hockey to the next level? SD 43's Field Hockey Factory (FHF43) will be running some programs through Scott Creek starting in January.

Training will include:

- **Indoor field hockey and/or Outdoor field Hockey Training**
- **Field hockey skills and drills** (with several high level guest coaches and players)
- **Fitness training** both body weight based and technique based
- **Mental training**- "perfect practice makes perfect!"
- We are also looking at offering a **travelling team** option that will participate in local and international tournaments. Possible trip/tournament destinations are: to the Cal Cup (May) (California), local tournaments (June) and hopefully Disneyworld's Tournament in Florida (July)

Athletes do not have to participate in the travelling team to be part of the program.

To express your interest in the program or to find out more information, please email Mr. Jeff Tvergyak of Scott Creek Middle School at jtvergyak@sd43.bc.ca

A parent information meeting will be held on Monday December 17th at Scott Creek Middle at 5pm in the gym. Athletes are encouraged to come and play. If you cannot make the meeting but are still interested, please email and we will forward information to you post meeting.

Please wear mouthguards and shinguards!