

Field Hockey is an amazing sport! Thank you one and all for supporting this great game.

To the Coaches, managers, umpires, and volunteers, you are the backbone and the future of the club. **THANK YOU FOR YOUR DEDICATION AND COMMITMENT TO OUR ATHLETES!**

## 2017-18 Executive Members

President - Steph Yeats

1<sup>st</sup> Vice President - **Vacant**

2<sup>nd</sup> Vice President - Laurel Crawford

Secretary - Heather Goodman

Treasurer - Sherri Ross

Technical Director - Michell Cherneff

Social Director - Jaime Court

Junior Program Coordinator - Denesha Doman

Indoor Hockey Coordinator - Sarah Bonneville

Flickers Captain - Caitlin Erickson

Cardinals Captain - Ali Anderson

Kestrels Captain - Brenda Lockhart

Stellers Captain - Sue Fraser

A BIG thank to our executive members for their time and energy they put into the club!

## 2017-18 LADIES OUTDOOR SEASON

Again Cowichan entered four teams in the Vancouver Island Ladies League.

Division 1 Flickers

Division 2 Cardinals

Division 3 Kestrels

Division 3 Stellers

Kestrels took the win over Stellers in Division 3 FINAL!

## 2017-18 INDOOR SEASON

Another fun season of Indoor.

The Cyclones won the league and round robin windup.

### Season award winners were:

Top Sportsmanship - Caitlin Erickson

Top Umpire - Reese Nagy

Top Goalie - Casey Tucker

Top Rookie - Alyson Denis

Jan 27-28 Cowichan hosted the 6<sup>th</sup> Annual Malcolm Fernandes U18 Indoor Tournament. Cowichan Typhoons took the win!

Jan 20-21 Cowichan entered a team in the UVic Indoor Tournament. The Cowichan Vixens had a strong 3<sup>rd</sup> place finish!

Feb 3-4 Cowichan hosted the BC Senior Tournament. Many past and present Cowichan athletes played for their respective teams.

## 2017-18 JUNIOR INDOOR

34 athletes participated in the junior Indoor program! Thanks to Jenna Berard, Kara Joyce and Hayley Picard for Coaching!



## 2018 JUNIOR SPRING LEAGUE SEASON

Just over 300 athletes registered! Lots of returning and new coaches! **Seventeen** new umpires this year. All AWESOME!

Cowichan hosted the 8th annual U15 Girls Festival on May long weekend. Cowichan entered two teams as did Victoria while the Mainland entered three to make for a very BUSY weekend of fun and hockey! It was a great success. Thanks to the athletes, many tech table volunteers, the umpires, the coaches and all the parents who continue to support their athletes in these extra opportunities!

Cowichan will be hosting the U18 Boys Club Championships June 16 & 18<sup>th</sup>! Action you won't want to miss out on!

## 2017-18 HIGH ACHEIVERS

Congratulations to Anya Hermant, Arica Windsor, Ava Smith, Birkley Anderson, Chloe Langkammer, Jenna Goodman, Melanie Robertson and Sophie Miranda on being selected the U18 Island Stags BC Team. These athletes will help represent the Island at the U18 National Championships in Toronto July 13-16. Congrats to Nicola Leech on being selected as a reserve!

Congratulations to Jayden Novak, Madison Ketch, Piper Douglas, Sarah Dragicevich on being selected the U15 Island Stags BC Team. These athletes will help represent the Island at the U18 National Championships in Toronto July 17-20.

## 2018-19 UPCOMING HOCKEY

### SUMMER CAMP

Ages: 7-14

Where: Cowichan Sportsplex

Dates: July 3-6, 2018

Time: 9:00am-1:00pm

Cost: \$140

**For more information or to register visit our website:**

[www.cowichanfieldhockey.ca](http://www.cowichanfieldhockey.ca)

### CO-ED Drop-in SUMMER FIELD HOCKEY

John Ferreira Turf Field

Dates: July 18, 25 August 1, 8, 15 (Wednesdays)

Times: 7-8:30

Cost: \$5

Ages: 13+

Note: All players MUST have FHBC Memberships in order to play and/or practice

## COWICHAN LADIES OUTDOOR LEAGUE

Ages: 13+

Playing season: September - March

Tuesday practices @ John Ferreira Turf Field

Primarily Saturday games

**Registration open online:** July 1<sup>st</sup> - August 1<sup>st</sup>

**Trials for Division 1 and 2**

Dates: Thursday, August 23

Tuesday, August 28th

Times: 6-7:30pm

**For more information or to register visit our website:**

[www.cowichanfieldhockey.ca](http://www.cowichanfieldhockey.ca)

## COWICHAN INDOOR LEAGUE

Ages: 13+

Female & Male (Males do not have to play goalie)

Playing Season: November - March

Thursday practices

Sunday games

Location: Island Savings Centre

**Registration open online:** July 1<sup>st</sup> - September 30<sup>th</sup>

**For more information or to register visit our website:**

[www.cowichanfieldhockey.ca](http://www.cowichanfieldhockey.ca)

## COWICHAN INDOOR LEAGUE

Must be 9, 10, 11 or 12 as of Jan 2019

Boys and Girls welcome!

Sunday practices & scrimmages

Location: Island Savings Centre

**Registration open online:** July 1<sup>st</sup> - September 30<sup>th</sup>

**For more information or to register visit our website:**

[www.cowichanfieldhockey.ca](http://www.cowichanfieldhockey.ca)

## HIGH SCHOOL FIELD HOCKEY

Cowichan Secondary had Junior and Senior teams in 2017.

Frances Kelsey had a Senior team in 2017.

Brentwood had Junior and Senior teams in 2017.

Shawnigan Lake School had Junior and Senior teams in 2017.

High School teams provides a great place to play the sport you enjoy while representing your school! Contact your school for more information.

**Brentwood College School** - Alanna Martin at [alanna.martin@brentwood.bc.ca](mailto:alanna.martin@brentwood.bc.ca)

**Cowichan Secondary School** - Caitlin Erickson at [cait3\\_@hotmail.com](mailto:cait3_@hotmail.com)

**Frances Kelsey Secondary School** - Alyssa Davidson at [alyssada@uvic.ca](mailto:alyssada@uvic.ca)

**Shawnigan Lake School** - Andi Conroy at [aconroy@shawnigan.ca](mailto:aconroy@shawnigan.ca)

## HIGH PERFORMANCE REGIONAL DEVELOPMENT

This program is for athletes ages 12-18 in continuous, committed High Performance training during the winter, spring and summer months. The Regional Program is the first step in the Provincials athlete identification process, and is mandatory for athletes interested in representing BC. Watch for announcements of trial dates and times in September/October for the 2018-19 Regional High Performance Program. For more information please visit FHBC's website at [www.fieldhockeybc.com](http://www.fieldhockeybc.com).

## FUNDRAISING



Did you know that you can make money for our club simply by shopping at Thrifty Foods? All you need is a club smile card. Preload the card and everytime you use it to purchase your groceries, Cowichan Field Hockey receives a percentage of your bill. With the money we raise we purchase equipment! Please contact Sue Fraser at [sfraser53@hotmail.com](mailto:sfraser53@hotmail.com) for a card.

## VOLUNTEERS ALWAYS NEEDED

There are a variety of ways of getting involved! As you can see above we have lots going on. Many of these leagues, programs and teams require helping hands! And as they saying goes many hands make for light work!

**Questions/Interested in helping?** Please contact any of the 2017-18 Executive!

or

Ladies Outdoor League/Indoor League/Junior Indoor

Email: [cowichanf@gmail.com](mailto:cowichanf@gmail.com)

Junior Program

Email: [jrscfha@gmail.com](mailto:jrscfha@gmail.com)

Thanks in advance!