

Toronto



Field Hockey Club

www.torontofield.com

## Girls Field Hockey

Level 1(\*) – Sunday, 9 a.m. – 10:30 a.m.

Level 2 & 3(\*\*) – Friday, 8:30 p.m. – 10 p.m.; Sunday, 10:30 a.m. – 12 p.m.

The Toronto FHC Level 1, 2 and 3 Field Hockey programs provide girls the opportunity to learn and enjoy the game of field hockey. Conducted on artificial turf, each session will focus on skill development, tactics and scrimmage games which will help you become a better and accomplished field hockey player. Coaching will be guided by National Coaching Certification Program coaches from TFHC.

**The program runs from mid-August to the end of October.**

### 2024 Program Dates and Fees

*Dates and times are subject to change.* The first session is Friday, August 16<sup>th</sup>. The program completes on October 27<sup>th</sup>. Players can join in September.

(\*) The Level One Program is primarily for players who are in Grades 6 to 10 but all new players regardless of school grade start in Level One.

(\*\*) Players do not try out for the Level Two & Three program. Players attend by coach invitation.

The fee is \$225 for the Level One program and \$250 for the Level Two & Three Program.

Personal Training for Goalkeepers is conducted during the Level 2 & 3 sessions and during the Sunday L1 session.

### Equipment

Please contact [field.hockey.equipment@torontofield.com](mailto:field.hockey.equipment@torontofield.com) regarding field hockey sticks and shin pads.

Players will need to have their own mouth guards and shin pads (soccer shin pads with ankle protection are acceptable at Level One).



### Location

## U of T Back Campus Turf

20 Tower Road

Located just west of Queens Park Circle & east of St. George Street off Hoskin Avenue

A few minutes walk from St. George Station on Line 2 and Museum Station on Line 1

For more info and to register please email: [development@torontofield.com](mailto:development@torontofield.com)

We conduct a Winter Indoor Field Hockey program from mid-November to the end of March so please get on our list for the indoor season if you cannot attend this program.

The TFHC uses an online curriculum to learn field hockey, [www.fieldhockeycoachingcurriculum.com](http://www.fieldhockeycoachingcurriculum.com).