



ÉCOLE  
**BAYSIDE**  
MIDDLE SCHOOL

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March 31, 2016

Dear Families,

Welcome to Bayside Field Hockey! I am very excited to be back coaching another year of field hockey here at Bayside. The focus this year is on learning basic skills and rules of the game while getting in some fun games

Our practices will be Monday after school from 2:40 – 3:30 in the Bayside gym. I am keeping it to one practice a week this year as I know there are many other sports happening at this time. Games will be Thursdays from 3:45 – 5:30 at the UVic turf. Please try to arrive by 3:15 so we can warm up together. We will need parent drivers for game days. The turf is right next to the Mckinnon Gym at UVic.

There will be four 20 minute games each Thursday. Our first game will be Thursday April 21 and our last will be Thursday May 19. I will send home a schedule with each player once it has been finalized and post one on the Athletics page on the Bayside website.

For equipment each player must have a mouth guard (available at most sports stores), shin guards (soccer shin guards are fine), and shoes for the turf (regular running shoes are fine, kleats are not allowed). You are welcome to bring your own stick but we do have sticks at the school available for team use.

If you have any questions you can reach me at [salford@sd63.bc.ca](mailto:salford@sd63.bc.ca) or at 250-652-1135 ext. 254.

I am looking forward to the season!

Sincerely

Sarah Alford