



BURNABY LAKE

FIELD HOCKEY CLUB



LOOKING FOR AN EXCITING SPRING SPORT OPPORTUNITY?

BLFHC offers junior programs from March-June for young girls and boys, ages 5 and up. No previous experience necessary. Field hockey is a team sport where the emphasis is on skill development, teamwork, and fun. This provides a fantastic opportunity for offseason training in a competitive team environment.



@BURNABYLAKERS

BURNABYFIELDHOCKEY.COM

BLFHCJUNIOR@GMAIL.COM



2022 FEES

- **New Player: \$90**
- **Early Bird (ends Jan. 31, 2022): \$100**
- **Regular Fee: \$120**
- **Refer a Friend: \$15**



JUNIOR PROGRAM

Burnaby Lake junior field hockey provides an opportunity for young boys and girls to get involved in our sport. Field hockey is a team sport where the emphasis is on participation, teamwork, and fun. It is a fitness activity that is well suited to children's exercise requirements, with plenty of running over short distances (chasing the ball), and good development of eye-hand-foot coordination. Field hockey is a sociable, club-based game, with junior clubs from Tsawwassen, Richmond, Surrey, Vancouver, West Vancouver, and Coquitlam. Many juniors go on to play in the senior leagues at recreation or competitive levels.

The junior season begins in early April and is played until late June. Practices are once a week on a weeknight evening at a turf field in Burnaby. Games will be played on weekends throughout the Lower Mainland.

AGE GROUPS

CO-ED

Mites: Born 2014 - 2016

Minis: Born 2012 - 2013

GIRLS

U12: Born 2010-2011

U13: Born 2009

U15: Born 2007-2008

BOYS

U12: Born 2010 and younger

U14: Born 2008-2009

U16: Born 2006 - 2007

MANDATORY EQUIPMENT

- **Mouthguard**
- **Soccer shin pads**
- **Runners or Cleats**

Sticks are for loan from BLFHC!