

CALGARY JUNIOR FIELD HOCKEY - SPRING LEAGUE 2024
Information Sheet for Highschool Athletes

Calgary Junior Field Hockey (CJFH) is a partnership between Field Hockey Alberta (FHA), the Calgary Ladies Field Hockey Association (CLFHA), and the Field Hockey Association of Calgary (FHAC). The mandate of CJFH is to deliver grassroots leagues and programming to Calgary youth.

GAMES: CJFH League Games are held at the University of Calgary, Hawkings Field
Sundays, May-June 2024, times TBD
11v11 format - 1hr game/week

PRACTICES: Athletes register with a club, who will organize practices and compile teams.
Practice times, fees and locations vary depending on the club.

FESTIVALS: Your team may participate in 2 festivals:
Lacombe Festival - One day tournament, Weekend of May 25 - To be confirmed
Calgary Festival - Year end festival at UofC, June 23, 2024

CLUBS: The following clubs participate in the CJFH League. Contact them for more information regarding their spring program, fees, practice times and to register:

Astros	astrosfh@telusplanet.net
Cougars	cougarsfieldhockeyclub@gmail.com
Kings 11	kings11fhc@gmail.com
Saracens	saracensfhc@gmail.com
Thunder	bluestreaksfhc@shaw.ca
United	unitedfhccalgary@gmail.com

LEAGUE: U16 League (For athletes born January 1, 2008 to December 31, 2009)
Highschool athletes born before January 1, 2008 with less than 12 months experience are welcome!

EQUIPMENT: Mouthguard mandatory, Shin guards that wrap around ankle recommended, turf shoes (not cleats!) Sticks may be borrowed from FHA (league@fieldhockey.ab.ca)

IMPORTANT NOTE: All athletes regardless of club affiliation must purchase a FHA/FHC membership for the period of September 1, 2023 to August 31, 2024.

DO YOU NEED VOLUNTEER CREDITS? WANT TO GET MORE OUT OF YOUR GAME?

Consider coaching one of our U7-U12 teams.

- We pay our coaches!
- Training: 2 NCCP online videos, 1 NCCP in-person module
- 3 Locations to choose from: North, West, South
- One Practice per week (weeknights), Games at UofC Sundays May - June
- Contact CJFH League Coordinator for more information: league@fieldhockey.ab.ca

WANT TO EARN SOME EXTRA CASH? Become a CJFH Umpire!

- 1-2 hours every Sunday from May to June, Sept to Oct
- Once you are certified, you will earn \$30/hr
- Training: 1 Umpiring Course online, 1 preseason onfield session, game time onfield training with a experienced umpire coach, get assessed before the end of season
- Contact CJFH League Coordinator to sign up! league@fieldhockey.ab.ca

QUESTIONS? Contact the Calgary Junior Field Hockey League Coordinator: league@fieldhockey.ab.ca