



# The Field Hockey Scoop

November 2008

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[www.worldhockey.org/](http://www.worldhockey.org/)

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

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### Contributors:

Sharon Rajaraman

Peter Andrews

Mario DeMello

### Layout:

Patrick Lahey

## Cougars Claim League and Playoff Titles

Another successful outdoor season closed on August 10 with the Cougars claiming another League Title four points ahead of the Panthers, the HotCats and Dragons tied at 8 points but the HotCats took third place on the basis of goal difference. The following week saw closely contested semi-finals with the Cougars beating the Dragons 2 – 0, and the Panthers scraping past the HotCats 1 – 0. The final incorporated some very exciting play at both ends of the field, regulation time was not enough, and yet again a Playoff Title was decided with penalty strokes. In addition to taking home



the League and Playoff Hardware, Andy Townsend of the Cougars wrapped up the league scoring trophy with seven regular season markers.

## Atlantic Cup - Guess Who Won, Again



The 2008 edition of the Atlantic Cup was another terrific success. From the pre-tournament game of golf and Haley's Ace, to some of the finest dancing not on reality TV (thanks Erin), and of course who can forget the appearance of Hugh "Jeff"ner at the field complete in his robe. The tournament itself went very smoothly with some very exciting hockey being played. The final matched the favoured Andrews Family against the Panthers. After failing to get a result in regulation and over time, the match was decided with penalty strokes. The Andrews Family captured the title again. The Atlantic Cup will celebrate its 25<sup>th</sup> Anniversary in 2009, so make sure you keep that weekend free in your calendars, including the Friday before for a fun game of golf.

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## Junior Development Coordinator

In 2007 FHNS President, Mario DeMello, applied for and received a grant for \$10,000 a year for three years. The funding was provided as part of a Multi-Year Plan to develop Field Hockey in our province. The initial target area will be Junior High Schools, with hopes of developing a strong U-16 program for both girls and boys, with continued participation through summer programs. Following the success of this initiative focus will switch to Elementary schools in an attempt to capture the interest of the kids at a younger age. Again, initially the program will run through the schools with the hope of developing an after school club system and shift to outdoor programs in the summer.

Kathryn Caiger has been hired by FHNS as the Junior Development Coordinator, and will be responsible for getting many of the initiatives outlined above started. Kathryn has a broad experience both in coaching field hockey, organizing events and physical education in general. We are very fortunate to have Kat to get this sure to be successful program launched. In addition to her role as the Junior Development Coordinator, Kathryn will serve on the FHNS executive as the VP Development.

We need volunteers to coach the Junior High School teams, if you are available, or know somebody who might be, please get in touch with Kathryn at [vp-development@fieldhockey.ns.ca](mailto:vp-development@fieldhockey.ns.ca). Prospective coaches will need to take the Community Coaching Course.

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## 2009 National Championships

The schedule for the 2009 Field Hockey National Championships has been set as follows:

**Senior Indoor Nationals (Men/Women) - Calgary, AB - Feb 26 to Mar 1**  
**U-19 Indoor Nationals (Men/Women) - Calgary, AB - Mar 26 to Mar 29**  
**Senior Outdoor Nationals (Men/Women) - Calgary, AB - Jun 23 to Jun 28**

If you are interested in going to any of these tournaments please contact Mario DeMello at [president@fieldhockey.ns.ca](mailto:president@fieldhockey.ns.ca). In addition to players, anybody interested in helping to coach any of these teams should also get in touch with Mario.

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## Indoor Season Fast Approaching

As the days get shorter, and the mercury drops it can mean only one thing, time for the Spaz to kick off the defence of their Indoor Hockey Title. In a tightly contested league, it was, well, tight for third and fourth place between St Mary's and Spaz. The Spaz came out on top in a shoot out in the final over the Cougars after handily dispatching the league winning Panthers (by 1 goal) in the semi-finals. The indoor season starts with practice sessions in December (7, 14, 21, 28) with the league proper commencing on January 4. As we enter a new rules cycle for Field Hockey we will keep you updated on any changes that might affect our league. As usual, practice and games will be Noon – 2pm on Sundays at the Bloomfield Center.

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## Atlantic University Field Hockey

In the Atlantic, 5 university field hockey teams participated in a 3 tournament, round robin league format, with the winner of the league being the team with the most points. The tournaments were held in Halifax, Fredericton and Charlottetown. Any of the 5 teams could win the Atlantic Championship. The five teams were Acadia, Dalhousie, Saint Mary's, University of New Brunswick and University of Prince Edward Island. The University of Prince Edward Island and Saint Mary's are CIS registered and the best record between these two teams was the team that advanced to the OUA play-offs. Saint Mary's was the team that advanced this year, 2008 as well as being the team to win the Atlantic University



League Title. Stats for the Atlantic were published on the UPEI and the SMU web sites. Dalhousie will be applying for 2009 to be a CIS registered team having had a very competitive season finishing a close 2<sup>nd</sup> for the Atlantic Championship title behind the winner Saint Mary's. Also, St FX is looking to join the Atlantic League for the 2009 season.

### Atlantic University Field Hockey All-Stars 2008

<b>Mandy Avery</b>	<b>SMU</b>
<b>Maria Barriero</b>	<b>SMU</b>
<b>Hilary Buckley</b>	<b>UPEI</b>
<b>Alyssa Campbell</b>	<b>SMU</b>
<b>Danielle Dempsey</b>	<b>DAL</b>
<b>Mikaela Ellis</b>	<b>UPEI</b>
<b>Alex Gerber Turniff</b>	<b>DAL</b>
<b>Morgan Levesque</b>	<b>UNB</b>
<b>Carolyn MacLeod</b>	<b>UPEI</b>
<b>Jodi Newcombe</b>	<b>DAL</b>
<b>Jaime Sharpe</b>	<b>ACA</b>

#### Rookie of the Year

**Mandy Avery** **SMU**

#### Out Standing Contributor Award

**Carolyn MacLeod** **UPEI**

#### League MVP

**Mikaela Ellis** **UPEI**

#### Coach of Year

**Linda Bonin** **DAL**

#### All-Canadian Awards 2008

**1<sup>st</sup> Team All-Canadian**

**Mikaela Ellis** **UPEI**

**2<sup>nd</sup> Team All-Canadian**

**Maria Barreiro** **SMU**

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## Nancy Tokaryk Memorial Fund

Please be advised that a bank account is to be established in memory of the late Nancy Tokaryk, Halifax, Nova Scotia. The purpose of the funds collected is to create an investment from which a portion of the annual interest shall be issued to a high school student continuing in women's field hockey at a post-secondary institution in Nova Scotia. The athlete shall be nominated by a local high school coach or teaching staff.

Family, friends, and members of the sports community across Canada wish to provide a legacy to in recognition of Nancy Tokaryk's service to the sport of women's field hockey locally, provincially and nationally. Annually, a bursary shall be awarded to a female player who demonstrates skill development, fair play and sportmanship, and service to the sport of women's field hockey.

The fund will be administered locally; there shall be no income tax receipt issued.

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Peta-Jane Temple  
Treasurer  
1929 Rosebank Avenue  
Halifax, NS B3H 4C6  
902-490-5469

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Judi Rice  
Secretary  
1768 Preston Street  
Halifax, NS B3H 3V6  
902-490-8681

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## Healthy Living Tax Credit

Support is growing by leaps and bounds for the implementation of a federal Adult Fitness Tax Credit. Recently the province Nova Scotia announced they would extend their current *Healthy Living Tax Credit* to include adults - effective January 1st 2009.

The expanded Nova Scotia tax credit will allow all Nova Scotians to claim up to \$500 per year for their gym memberships and recreational activities. The amended fitness tax credit will encourage all Nova Scotians to participate in healthier lifestyles, through increased physical activity. Once fully implemented, the expanded tax credit is expected to save Nova Scotians more than \$8 million per year in fitness related expenses.