

The Field Hockey Scoop

A Publication of Field Hockey Nova Scotia

A Year's Glance - AUGUST 2013

August 2012

[Atlantic Cup](#) – Last year the Scarborough Dolphins and New Brunswick Club joined us for the Atlantic Cup. Local teams the Andrews, Beavers, and Panthers faced tough competition from new players in the hot sun over the August 4-5 weekend. The Andrews team took first place after beating the Dolphins 1 - 0 in the final.

September 2012

[Atlantic University Sport \(AUS\)](#) – Six teams participate in AUS Field Hockey: Acadia University, Dalhousie University, Saint Francis Xavier University, Saint Mary's University, University of New Brunswick, and University of Prince Edward Island. Saint Mary's University placed first this year in AUS and represented the Atlantic when they played in the Ontario University Athletic Playoffs.



AUS Champions – Saint Mary's University

December 2012

[Indoor Mixed League](#) – Nova Scotia runs a mixed indoor field hockey league based in Halifax from December to May. This year we had seven teams that were all strong competitors. The Sharks took first place this year when they beat the Jaguars 4- 0.

February 2013

[Indoor Men's Team](#) – The senior men's team participated in the February Indoor Classic. The team consisted of 8 players from Nova Scotia and 2 additions from Ontario. They finished the round robin with a record of 2-1-0 (W-L-T) and claimed second place in Pool A. Sadly, they lost the crossover semi-final to Mississauga and ended up in the bronze medal match. They faced off against The Toronto Titans and tied them 4-4 making the game determined by a penalty shootout. The team lost the shootout but claimed fourth place overall.



Senior Men's Team at the Indoor Classic

[High School Indoor Women's League](#) – There were 12 schools involved in the high school league this year. The season ran from February until May and the teams grew exponentially over the season. Recently many girls have started high school with three years of junior high field hockey experience. As a result we have seen the level of player's abilities rise in league. This year the first place team was Citadel High School.



First Place – Citadel High School



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March 2013

Junior National Camp – During March, Paige Vincent and Brittany Avery attended the Junior National Field Hockey Camp in Toronto. Both girls were members of the Nova Scotia 2012 U18 Team and were invited to the camp because of their excellent performance when the provincial team played at Calgary's National Championship.

“The camp was a big learning experience. Meeting other talented players was a great challenge, as was adapting to new coaching styles. I learned a lot and wished it was longer!” – Brittany Avery

Coaches Association Canada – Stephen Goosen, Sharon Rajaraman, and Janet Heppell attended specialized coaching courses focused on teaching at a higher level. Master Learning Facilitator course, attended by Stephen and Sharon, focused on community coaching for course instructors. The Learning Facilitator course, attended by Janet, focused on instructing courses for coaches.

Community Coaching Course – There was a coaching course held March 21 – 22 in Halifax. Ten people participated and became certified coaches.

A Visit From Robin D'Abreo – Robin D'Abreo from Field Hockey Canada visited Halifax on March 23. He ran a two hour high performance coaching session for Nova Scotia athletes.

April 2013

Junior High School Indoor Tournament – This year there were six girl teams and eight boy teams that participated in the Nancy Tokaryk Field Hockey Tournament at Armbrae Academy in April. The winner of the girls division was Leslie Thomas Junior High School and the Boys was Oxford Junior High School.

High School Indoor Tournament – In April there was a two day tournament at Citadel High School. Prince Andrew (PA) and Citadel High School were the teams that made it to the finals. The match was very close and the teams ended up tied 2-2. In shootouts PA scored three strokes in a row and their goalie made three saves making them the tournament winners.



Tournament Winners – Prince Andrew



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May 2013

Wednesday Night Outdoor Development Program – Players that participate in the junior and senior high school indoor programs are encouraged to join our outdoor introduction program that runs May through to August. The sessions focus on the fundamentals outdoor field hockey and mini games to test new game concepts. This year we ended with a mini tournament to test the players' outdoor skills they learned this summer.

Outdoor Senior League – Six teams participate in our summer outdoor league that runs May through to August. Come out and support the teams in the semi finals on August 11 at the Saint Mary's Field Turf! The Panthers face the Beavers at 5:30 PM then the Ramblers battle the Dragons at 6:30 PM.

Silver Sponsor

The logo for MacIntyre Sydney, Nova Scotia is set within a black rectangular frame with a yellow border. The word "MacIntyre" is written in a large, white, italicized serif font. Below it, "Sydney, Nova Scotia" is written in a smaller, white, bold sans-serif font. At the bottom of the frame, on a yellow background, are the logos for "CHEVROLET", "Cadillac" (in script), "BUICK", and "GMC" (in bold sans-serif).

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June 2013

High Performance Clinic – Gene Muller from Field Hockey Canada visited the Atlantic and held a high performance clinic in Prince Edward Island June 15 -16. We took eight participants, three coaches and five athletes, to the clinic where they improved upon old skills and learned new skills to take home.



Gene Muller and Participants

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Where to watch International Field Hockey Matches

Did you know that you have **free** access to watch the top men's and women's players in the world? Yes, there are lots of YouTube videos with full matches or highlights of recent international matches. Here are some useful links:

FIH: <http://www.youtube.com/user/fihockey>

Euro Hockey League: <http://www.youtube.com/user/eurohockeyleague>

When watching the above videos, keep in mind that depending on the specific event, the rules may be applied differently than what we call in NS. For example, in the World League, they allowed players to stop a raised pass above the shoulder even though it is against the rules!

The FHNS Web Site also has links to coaching and umpiring videos.

Yes, you too can help FHNS

Did you know that only about \$10 of your membership fee goes to FHNS to provide the coaching, umpiring, and development services? In addition, we have to pay annual fees for hosting our web site, registration with the Province and Sport Nova Scotia.

This leaves almost nothing for supporting our provincial teams, sending athletes to national training camps, expanding our development programs outside HRM, etc.

So how can you help? For those of you who are working, speak to your company about sponsoring an ad on our web site. If you aren't working, your parents are so ask them to speak to their companies.

If we had twenty companies giving us \$200 each, that would amount to \$4,000 which will allow us to do a lot more!

Check out the Sponsorship Opportunities page on our web site to learn about the different categories of sponsorship and the benefits to the sponsors.

Want your field hockey story in the scoop? Contact marketing@FHNS.ca