

Field Hockey Nova Scotia

Scoop!

August, 2017 Edition

Season in Review



What's going on!

Welcome back to your Field Hockey Nova Scotia update! Here we'll have a look at the 2017 Outdoor Season, development across the league, and any upcoming areas of focus for the near future.

Outdoor – Mixed Summer Adult League

This year we had four returning teams compete in the mixed summer adult league. This season saw the Panthers, Beavers, Dragons and Privateers battle it out for the title of league champions. A big thanks to our returning teams and their coaches, Mal Rajaraman (Panthers), Sharon Rajaraman (Dragons), Paul Whatling (Privateers) and Nile Sapp & Bernie Tremblay (Beavers). We couldn't do it without you!



Outdoor Women's Development League

Hillary and Brittany have been making big strides with the Women's league, and this year we have seen a substantial increase in the number of junior members. Tuesday night practices have seen a great turnout and development is well under way, with a big focus on Learning to Train for the junior girls. The progress over the summer has been inspiring, and at this rate they will be a force to be reckoned with in no time.

Junior Development



Lining Up to Start

Introductory field hockey sessions continued in the valley this summer, dominating the month of July. Sessions were conducted at St. Mary's Elementary School in Aylesford and Coldbrook District School in Coldbrook.

The sessions saw great support and assistance from student coaches, who helped to instruct and lead the kids, aged from 5 to 10 years old. The groups ranged from 20 to 28 people; and it was great to see the large turnout and enthusiasm for field hockey. In order to facilitate quality

instruction, groups were divided by age into two separate units to ensure a better and more focused learning experience. Each group enjoyed a one-hour session with training and games to help develop their skills and hone their abilities. The first two sessions were held at St Mary's Elementary school in Aylesford, and thanks to the fantastic weather we were able to hold these sessions outdoors.



Suns Out, Hats On

At the first session, the kids seemed unsure of the sport, but soon eagerly got into it. (Eventually even drawing the older kids in!). The initial session group was large – at 22 kids – So they were able to utilize the entirety of the field. This helped to give the kids space to bring things down to basics; by session two they were correctly holding and using their sticks. Despite the slow start, the kids had a ton of fun and learned a lot of valuable core skills along the way. By the end of the second session, the older kids had been further enticed to join in on some of the games as well. All in all, a great start to a promising field hockey career for a great group of young players!



A Well Deserved Break

2017 OUTDOOR LEAGUE CHAMPS!



THE PRIVATEERS!

Four teams took part in the 2017 outdoor season. After regular league play standings were as follows:

POS		G	W	D	L	GF	GA	PTS
1	Privateers	9	6	2	1	18	8	14
2	Dragons	9	4	1	4	11	14	9
3	Panthers	9	3	1	5	13	15	7
4	Beavers	9	2	2	5	15	20	6

League Standings for the 2017 Outdoor League

1. Privateers
2. Dragons
3. Panthers
4. Beavers

Play-Offs

The playoffs began on Sunday July 30th at the SMU Field, opening with the Privateers playing against the Beavers. Despite a strong finish overall, the Privateers couldn't top the Beavers intensity when it came to the semi-final game; and with Nile back on the sidelines helping to coach, the Beavers finished with a well-earned 3-2 victory over the Privateers. Racking up the points for the Beavers was Ghassan Hamam, or as we know him better Gee, with a tidy three goals to put the Beavers on top. For the Privateers Danielle Dempsey managed to get a point on the board late into the first half, followed by Jason Leadbetter to bring the Privateers to 2. Unfortunately for them, a disallowed goal (foots can be a real problem) left them one point behind, giving the Beavers the victory. Congrats!



A Stance of Disappointment

Following the Beavers victory, The Panthers and Dragons battled it out to take on the Beavers in the upcoming final. The Rajaraman's came on strong (maybe stronger than expected, given the previous night's festivities – Congrats Shane & Kiersten!), with Shane picking up two goals and Mal following up with a third. This gave them the advantage over the Dragons, who saw Steve Andrews bury a point, but unfortunately they were stopped short after this by the Panthers, who went on to a 3-1 victory.



At the Forefront of the Action

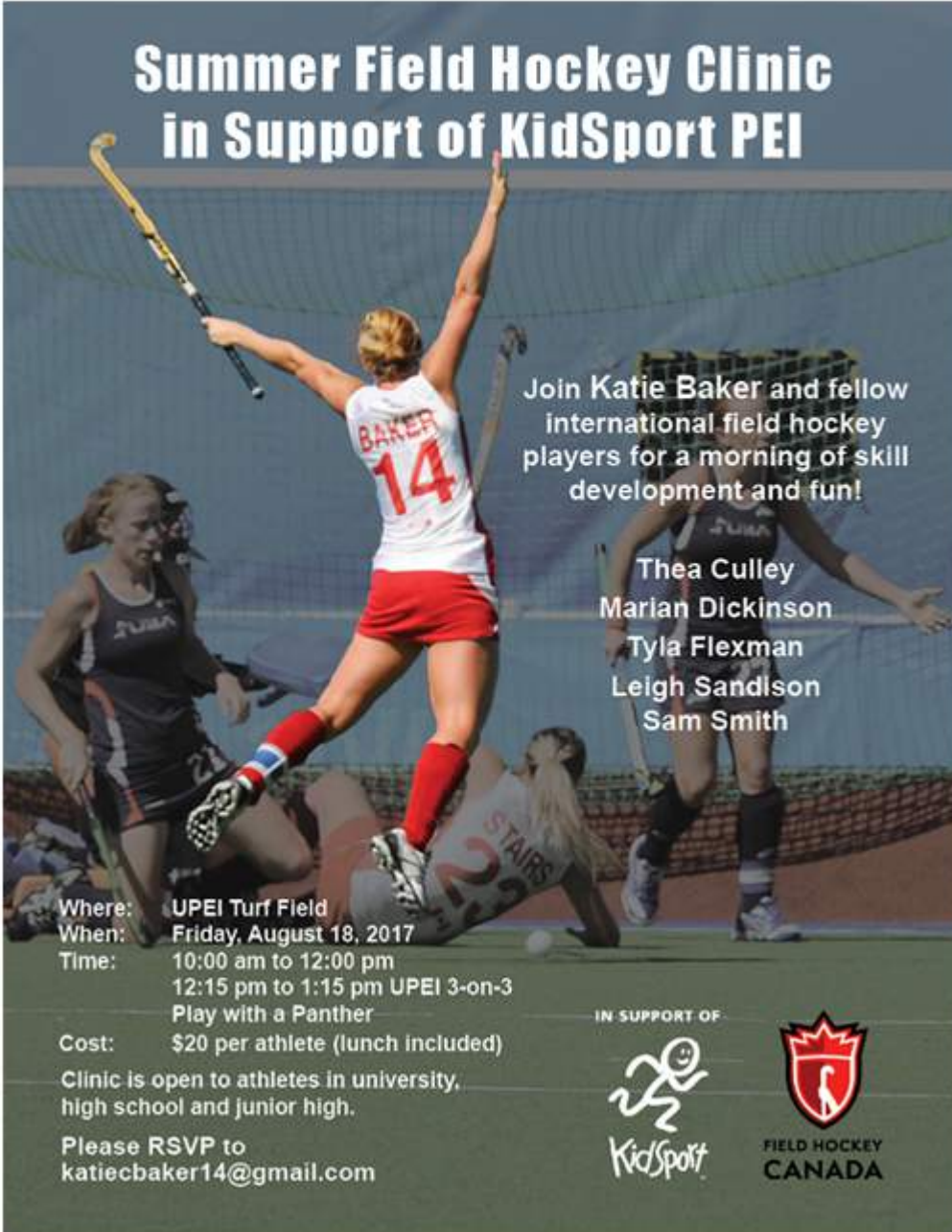
The playoffs wrap up the **13th of August**, with the consolation game at **5:30PM**, followed by the championship final at **6:45PM**. Come out and support your fellow players and witness what is sure to be an exciting conclusion to a great summer of outdoor. Keep up the good work, and we hope to see you out, and improving as always, next year!



Upcoming Events

Tuesday, July 25, 2017

Summer Field Hockey Clinic



**Summer Field Hockey Clinic
in Support of KidSport PEI**

Join Katie Baker and fellow international field hockey players for a morning of skill development and fun!

Thea Culley
Marian Dickinson
Tyla Flexman
Leigh Sandlson
Sam Smith



Where: UPEI Turf Field
When: Friday, August 18, 2017
Time: 10:00 am to 12:00 pm
12:15 pm to 1:15 pm UPEI 3-on-3
Play with a Panther

Cost: \$20 per athlete (lunch included)

Clinic is open to athletes in university, high school and junior high.

Please RSVP to katiecbaker14@gmail.com

IN SUPPORT OF



KidSport
FIELD HOCKEY
CANADA

Other News & Resources

Mario DeMello has provided some highly useful resources for all field hockey Nova Scotia players, which can be accessed below.

For useful information on rule and umpire decisions during match situations, go to the FHNS Web site. The website contains many videos which are focused on detailing decisions made during matches, and can be of benefit when trying to follow and understand gameplay rulings and choices made by Umpires. To access the video, go to the FHNS Website and follow the directions below.

Umpires -> Rules, Interpretations, Videos -> Outdoor Hockey




















In addition, FIH has created 137 videos, which are available at the link below. These videos are similar to the ones provided by FHNS, but they go into more detailing and further explain decisions and why they were made. These are a valuable resource for all new and returning players.

<http://www.dartfish.tv/ChannelHome?CR=p38316>

Mario has also provided a useful chart which details Umpire hand signals used during gameplay. This is a great reference to brief view and brush up on. These signals are frequently used during play, and understanding them will help decisions, gameplay, and rulings operate smoother and more effectively. This chart can be found on the following page.



Outdoor Hockey Umpires' Signals (updated: July 18, 2017)

<p>Time Start</p>  <p>Turn towards the other umpire with one arm straight up in the air.</p>	<p>Time Stopped</p>  <p>Turn towards the other umpire and cross fully-extended arms at the wrists above the head.</p>	<p>Time Left</p>  <p>For two minutes, raise both hands straight up in the air with pointing index fingers. For one minute, raise one hand straight up in the air with pointing index fingers. Once a signal has been acknowledged no further signal is needed.</p>	<p>Free hit from the side-line</p>  <p>Indicate the direction with one arm raised horizontally; point downwards towards the side-line with the other arm.</p>	<p>Free hit from top of circle when ball crosses the back-line</p>  <p>Extend both arms horizontally sideways.</p> <p>The defense may play the ball up to 15m from and in line with where the ball crossed the back line</p>
<p>Bully</p>  <p>Move the hands in front of the body alternately up and down with the palms facing each other.</p>	<p>Goal Scored</p>  <p>Point both arms horizontally towards the center of the field.</p>	<p>Advantage</p>  <p>Extend an arm high from the shoulder in the direction in which the benefiting team is playing.</p>	<p>Dangerous play and/or bad temper</p>  <p>Stop play and make a calming movement by raising both hands horizontally palms downward, in front of the body, moving them slowly up and down; indicating the penalty if necessary.</p>	<p>Free Hit</p>  <p>Indicate the direction of free hit with one arm raised horizontally and the open hand at face level.</p>
<p>Free Hit progressed up to 10 meters</p>  <p>Raise one arm vertically with fist clenched.</p>	<p>5 meters distance</p>  <p>Extend one arm straight up in the air showing an open hand with all fingers extended.</p>	<p>Penalty Corner</p>  <p>Point both arms horizontally towards the goal.</p>	<p>Obstruction</p>  <p>Hold crossed forearms in front of the chest.</p>	<p>Obstruction (third party)</p>  <p>Alternately open and close crossed forearms in front of the chest.</p>
<p>Ball not out of circle at penalty corner</p>  <p>Indicate the direction with one arm raised horizontally and the open hand at face level.</p>	<p>Feet</p>  <p>Slightly raise a leg and touch it near the foot or ankle with the hand.</p>	<p>Raised ball</p>  <p>Hold palms horizontally in front of the body, facing and approximately 150 mm from each other.</p>	<p>Penalty stroke</p>  <p>One arm points to the penalty spot, the other points straight in the air.</p>	<p>Corner Hit</p> <p>Ball out of play over the back-line unintentionally by a defender: using right or left arm as appropriate, with the arm well below shoulder level, draw an imaginary line from the point where the ball crossed the back-line to the point on the 23 metres line from which the re-start should be taken</p>

Contact Field Hockey Nova Scotia!

To find out more about the Spring/Summer outdoor season please contact Marcia Peters (marcia.peters@dal.ca).

To find out more about the Atlantic Cup please contact Lori Ann Andrews (landrews@veranova.ca).

To find out more about the women's summer field hockey league please contact Brittany or Hillary (fieldhockeyns@gmail.com)

For Scoop! content submissions, please contact Alex MacAdam (communicationsfhns@gmail.com)