

## OUTDOOR PRACTICES 2011

Those who are new to the Astros Club or new/fairly new to field hockey should attend a minimum of ONE practice per week (more if you can make it) before the start of the season.

For those who did not play INDOOR Hockey or pay for indoor practices or who are new to the Astros club or Scorpions club, drop-in fee for practices is \$5 per session and payable at the start of each session.

- \* Mon., March 21<sup>st</sup>, 6:30pm – 8:30pm, U of C Red Gym
- \* Wed., March 23<sup>rd</sup>, 9pm – 10:30pm, U of C Gold Gym
- \* Mon., March 28<sup>th</sup>, 6:30pm – 8:30pm, U of C Red Gym
- \* Wed., March 30<sup>th</sup>, 9pm – 10:30pm, U of C Gold Gym
- \* Mon., April 4<sup>th</sup>, 6:30pm – 8:30pm, U of C Red Gym

For the practices in the month of April, drop-in fee is \$5 per session at the Calgary West Soccer Centre for all participants.

- \* Wed., April 6<sup>th</sup>, 8pm – 9:30pm, CWSC Boarded Field (check main board)
- \* Tues., April 12<sup>th</sup>, 8pm – 9:30pm, CWSC Boarded Field (check main board)
- \* Tues., April 26<sup>th</sup>, 6:30pm – 8pm, CWSC Field #4

There are also some preseason practices that the league (CLFHA) offers:

- \* Wed., April 13<sup>th</sup>, 8pm – 9:30pm, CWSC (check main board to confirm field)
- \* Wed., April 20<sup>th</sup>, 8pm – 9:30pm, CWSC (check main board to confirm field)
- \* Wed., April 27<sup>th</sup>, 8pm – 9:30pm, CWSC (check main board to confirm field)

**Calgary West Soccer Centre – 11014 Bearspaw Dam Rd. NW, 403-203-2972**