



WEST VANCOUVER FIELD HOCKEY CLUB

Home of North Shore Field Hockey



2024 FALL NEWSLETTER

What a year we've had! From exciting adult league games and all our junior skills and games through fall, winter, spring and summer.

And a NEW Technical Director!

Read on to find out what's been going on around our Club.



UPCOMING PROGRAMS

WINTER - Registrations Open

For Grades K-12

Conditioning & skill development

Outdoor programs

HP Intro

HP U15, U18

Winter Skills and Spring Prep

Winter Adult Recreation

Refresh your skills/knowledge. Perfect for beginners or those just getting back in the game. Outdoor program

Winter Indoor

Adults and juniors

Fast paced and technical games

Spring League - Registration Open

Grade K-12 Team play. Fun for all

Spring HP

Registration opens December 2nd

Grades 6-12

Focus on skill development & technical improvement

Women's League (ongoing)

For women Grade 9+

Runs from September-March

Men's League (ongoing):

For men Grade 9+

Runs from September-March

PROGRAM DETAILS ON OUR WEBSITE: WVFHC.COM

AGM and Winter Social is Thursday, December 12 at 7 pm

Hugo Ray Clubhouse - all members welcome!

Join us for the meeting & refreshments afterwards to celebrate the festive season

Follow us on social media to keep up with our players, teams, news and events! We are @wvfhc on Facebook, Twitter & Instagram



Thanks to our Junior Sponsors Kiwanis Club & Neptune Terminals

Thank you for generously sponsoring the t-shirts for our Fall 5's programs (Kiwanis Club of West Vancouver) and U6-U10 Spring League (Neptune Terminals)



OUR CLUB COMMUNITY

Here are just a few things our Club has been up to in the past year

- Awards Night
- Ladies Night
- Orca Tournament Fall
- Orca Tournament Spring
- Club Day
- Scholarships
- Ultimate BBQ
- Coaches Clash
- JPAC jersey handout



Want to get more involved at WVFHC?

We would love to use your talents and input!
Come and meet some fabulous people.

We are looking for committee members for our Women's and Social Committees and our Board of Directors. Information on roles are on our website or send questions to info@wvfhc.com.

Follow us on social media to keep up with our players, teams, news and events!
We are @wvfhc on Facebook, Twitter & Instagram

OUR PROGRAMS - ADULTS

Womens & Mens Leagues - women's and men's teams of all abilities playing in league games

And for anyone not into competitive hockey, we have Adult Rec, Hockey Fit and the New Legacy League.

Details at wvfhc.com

Nine ladies teams this fall - all having fun. And planning for another Ladies Night in Feb '25



Men have 4 teams this year - having fun.



All levels, friends on and off the field. Mothers and daughters, fathers and sons, and siblings too!



OUR PROGRAMS - JUNIORS

Spring League, HP, Wolves, Fall Hockey 5's, Winter Programs, Spring Break and Summer camps

From U6 to U18 - **Spring League** is our biggest season. Games were played & friends were made. A huge thank you to all the volunteers who make it fun for everyone - 92 teams, 190 volunteer coaches and managers, 80 junior umpires and junior coaches, 18 AGCs and of course, our amazing Spring League Coordinator, Melissa

Thanks to all the teams that competed in the Club Championships. We were thrilled to host the U14 and U16 boys at Rutledge .

Fun with our Juniors - Spring League, Fall 5's, HP, Boys Wolves, Winter Tech Dev, tournaments and Club Championships, Spring Break and Summer Camps, Sportways, playing against visiting teams PLUS co-ed scrimmages, Ultimate BBQ, jamborees and MORE!



OUR PROGRAMS - COACHES

In September we welcomed our new Technical Director, Matthew Sarmento. Here he is being tackled by a junior!



Some of our outstanding Club coaches - Head Coach Development Isabelle, Lauren, Clovis, Taylor, Bella, Aaron, Nicky, Kent, Thomas



Our amazing parent and junior coaches - having fun rain or shine!



For more information about our coaches please visit the coaches page on our website at www.wvfhc.com

AND MORE FIELD HOCKEY.....



- Club Championships
- Tournaments
- Nationals U18 & U16
- BC High School FH
- Canadian Junior & Senior National Teams
- Masters Teams
- Cal Cup



OUR CLUB - FRIENDS, FAMILY, FUN & FIELD HOCKEY



IN THE COMMUNITY

- Elementary School Visits
- Toy & Food Drive
- Bridge Festival
- Championing new turf
- Championing Sport for Life
- Playing other Clubs
- Providing equipment for other clubs or schools



Our annual Toy and Food Drive Nov 23/24, Nov 30/ Dec 1- please give your donations to coaches at Rutledge field. Thank you for your generosity! We also have a virtual food drive on line - visit our website for the link.

Thanks for reading! For more details see our website www.wvfhc.com or email us at info@wvfhc.com.