



USA vs. Canada

Field hockey is immensely popular in the United States east of the Mississippi River with more than 100 colleges and universities fielding inter-collegiate teams.

The Field Hockey Sports Center is located at the beautiful facility on the campus of Moorpark College.

The playing surface is AstroTurf for smooth and quick ball movement.

The Moorpark College hockey facility has proven to be a hotbed for men's field hockey for the United States, with a majority of the members of the U.S. National Team based here in Ventura County. Many local players have competed in the Pan American Games and the Olympic Games in Field Hockey.

The Moorpark College field hockey facility is located on Campus Park Drive, Moorpark, CA 93021. It is approximately 10 miles from Wildwood School.

We have two main playing seasons for field hockey at Moorpark College: **Spring Season**—February to May, with a concluding international tournament over Memorial Day weekend (Cal Cup), **Fall Season**—September to November.

What is Field Hockey?

The rules of field hockey were standardized in England about one hundred and fifty years ago.

In many ways, field hockey is more like soccer than ice hockey. It has a similar safety record as soccer. It can be played for a lifetime using the same rules. There are eleven players per team attempting to score more goals than the opposition. The biggest difference is that instead of propelling a large ball with the feet, in field hockey a ball slightly larger than a baseball is moved with a stick. In field hockey there is no off-sides rule. The clothing and individual protective equipment is the same as soccer.

The positioning of the players is much like soccer with forwards, midfielders, defenders and a goaltender.

In order to maintain a controlled and safe situation, shots at the goal are only allowed within a distance of sixteen yards from the goal.



Youth Field Hockey

A good age to begin playing field hockey is 8 or 9 years old. The U10 age division is comprised of mostly new players and our coaches focus on the children having fun, learning the rules, and developing good sportsmanship.

Conejo Bulldogs Practices

Most practices are held at the Moorpark turf field on **Tuesdays after school** (4:00 pm—5:30 pm).

How to Sign-Up:

The first step is to get the player's FHF Membership (required of all players) by going to **www.socalfieldhockey.com** and clicking on the tab "**Member Registration.**"

Equipment:

Players need a stick, mouthguard, and shin-guards. The best stick selection is found online at hockeyfactoryshop.us or at longstrethfieldhockey.com. Soccer shin-guards are suitable for field hockey. Shin-guards and mouth-guards can be purchased at local sports stores. The uniform is supplied by the team.

Cost to Play:

Annual FHF membership is \$30.00 for U13 players. The cost to join a team is an additional \$115, which is comprised of \$65 in team fees, \$25 for the uniform (jersey, shorts, socks), and \$25 for miscellaneous equipment and coaching expenses.

2012 Spring Season

Junior Division games will be played on **Saturdays** beginning February 2012. The Conejo Bulldogs Club will enter youth teams in the following divisions:

U10 Mixed **U14 Boys**
U12 Mixed **U14 Girls**
U16 Girls

Adult Divisions games are played on **Sundays** beginning February 2012. The Conejo Bulldogs Club will enter adult teams in the following divisions:

Division I (Elite)

Division II (Competitive)

Division III (Recreational)

Club Management:

Meghan Cicchi—Commissioner

Bob Fleming—Treasurer

Binh Hoang—Competitions Director

Chris Vezina—Equipment Manager

Stephanie Schmidt—Webmaster

Club Website:

www.bulldogsfieldhockey.com

Field Hockey Federation Website:

www.socalfieldhockey.com

U.S. Field Hockey Website:

<http://usafieldhockey.com>

Equipment Websites:

www.hockeyfactoryshop.us



CONEJO BULLDOGS FIELD HOCKEY CLUB

(Thousand Oaks, Newbury Park,
Westlake Village, Agoura)



Conejo Bulldogs Field Hockey Club

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