



Indoor Field Hockey



We are so excited to offer two separate sessions of Indoor FH at Grantham Indoor! If you can't wait to start playing, we have a November-December session that we will be running in addition to our January-March session.

Indoor Field Hockey is open to players in 7th grade & up—adults & college players are welcome too! We play 7v7 (six field players & a goalie) & follow USA Field Hockey Indoor rules. We have transitioned to league style play & teams will play 50 minute games, with each team playing one game/night (this will depend on the number of teams). You can sign up as an individual, or as a team of 10 (it is not recommended you have more than 10 on each team). Indoor sticks are not required, however players under the age of 18 are required to wear shin guards, mouth guards & goggles while playing. Turf shoes or running shoes only on the turf.

***GOALIES PLAY FOR FREE!** (if goalies are willing to play goal for two games/night)

Checks payable to: Grantham Indoor **Credit Card:** (603)865-9800 **Contact:** mvalleyrec@gmail.com

2016 Fall Session

Fall Session: Thursday League (7th—12th grade)

Dates: Thursdays, starting November 3, 2016 and ending on December 15, 2016.

We will not meet on Thursday, November 24th due to the Thanksgiving Holiday

Cost: \$60 for 6-weeks (\$15/night to drop-in)

Time: 5:00pm—7:00pm (or 4:30 - 7:30pm if needed due to 5 or more teams)

*minimum of 20 players needed

**Recommend only 10 players/team

Adult Field Hockey (18 & up)

Dates: Thursdays, starting November 3, 2016 and ending on December 15, 2016.

We will not meet on Thursday, November 24th due to the Thanksgiving Holiday

Cost: \$60 for 6-weeks or \$15/night to “drop-in”

Time: 7:00pm-8:00pm (or 7:30-8:30pm if 5 or more Youth League Teams register)

2017 Winter Session

Winter Session: Thursday League (7th –12th grade)

Dates: Thursdays starting January 12, and ending on March 16, 2017

Cost: \$100 for 10-weeks (\$15/night to drop-in)

Time: 5:00pm—7:00pm (7th-12th), (or 4:30 - 7:30pm if needed due to 5 or more teams)

*minimum of 20 players needed

**Recommend only 10 players/team

Adult Field Hockey (18 & up)

Dates: Thursdays, starting January 12, 2017 and ending on March 16, 2017.

Cost: \$100 for 10-weeks or \$15/night to “drop-in”

Time: 7:00pm-8:00pm (or 7:30-8:30pm if 5 or more Youth League Teams register)

1) **Special Discount!** - Sign up for both the Fall and the Winter Session and only pay **\$150** for both. To qualify for this discount you must submit your payment in the fall on or before November 3rd, 2016.

2) **GOALIES** - you can play for free with us! As an incentive to our hard working goalies, you can play for free with our program if you are willing to play goal in at least two games each night. You will always get to play with your team, but in order to qualify and play for free you must play goal in an additional game that night.

