



2023 FEES

- **Early Bird (ends Jan. 31, 2023): \$130**
- **Regular Fee: \$145**
- **U7 Program: \$110**
- **New Players pay Early Bird Rate**



JUNIOR PROGRAM

Burnaby Lake junior field hockey provides an opportunity for young boys and girls to get involved in our sport. Field hockey is a team sport where the emphasis is on participation, teamwork, and fun. It is a fitness activity that is well suited to children's exercise requirements, with plenty of running over short distances (chasing the ball), and good development of eye-hand-foot coordination.

IMPORTANT INFORMATION

Dates: April 1-June 20

Practices: One practice per week on a turf field in Burnaby

Games: Saturdays

Uniform: All new participants receive a **free t-shirt**. Socks will be provided that you can keep. Please wear black shorts.

AGE GROUPS

CO-ED

U7: Born 2016 - 2017

U10: Born 2013 - 2015

GIRLS

U12: Born 2011-2012

U14: Born 2009-2010

U16: Born 2007-2008

BOYS

U12: Born 2011 and younger

WEBSITE: [BURNABYFIELDHOCKEY.COM](http://burnabyfieldhockey.com)

MANDATORY EQUIPMENT

- **Stick**
- **Soccer shin pads**
- **Mouthguard**
- **Runners or Cleats**