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trial training at the Basler Hockey Club 1911 (field hockey)



What: Are you between 6 and 14 years old and enjoy team sports? Now you have the chance to get a taste of field hockey ;-)

Date: Saturday, April 18 (10:00–11:15 AM)

Registration: www.bhc.ch/schnuppern

Where: Artificial Turf Rankhof
Grenzacherstrasse 405, 4058 Basel

Bring along: Sportswear (weather-appropriate, as we'll be outdoors), water bottle, trainers & good vibes; hockey sticks will be provided

We're looking forward to seeing you!



Info for new players

- **Field hockey.** Our sport is played outdoors on a large artificial turf during the summer, with 11 players on each side using a hard ball and curved wooden or plastic sticks (field hockey). In winter, the equipment is similar, but it's 6 versus 6 on a slightly smaller pitch, and then it's called indoor hockey. Attention: Don't confuse it with the floorball you know from school. Floorball is played indoors only, using lightweight equipment (ball & stick).



- **Basel Hockey Club 1911 (www.bhc.ch).** The BHC is a small and family-oriented field hockey club based at Rankhof in Basel. The BHC has both women's and men's teams and places great emphasis on the junior division; We currently have about 80 juniors. For the past few years, there has been an under-12 girls' team, which is an all-girls team. Currently, there are 10 players there and we are always interested in new players. The club membership fee is CHF 335 for an entire year and is due when one decides to remain in the club.
- **Equipment.** The equipment required includes a bat, shin guards, socks, mouthguard, glove, and artificial turf. Indoor shoes; This may sound like a lot, but to get to know the sport, children can simply come in standard sports attire, and we'll provide the rest.
- **Summer season.** The peak season is in the summer, between Easter and the autumn holidays. We currently train on Tuesdays and Fridays from 6 p.m. to 7.30 p.m. on the Rankhof artificial turf, and there are about 6 match days/tournaments (Sat or Sun). The match days are held across Switzerland (e.g. Bern, Lucerne, Zurich, or sometimes Geneva) and we always travel by train (always a highlight for the children). On a match day, there are around 4 games, each lasting 20 minutes.
- **Winter season.** In winter, training sessions take place on Tuesdays and Fridays from 6 to 7:30 p.m. in a gymnasium in Basel or MuttENZ. The match days proceed much like they do in the summer on the artificial turf, just indoors.
- Once or twice a year, we would like to take several junior teams to a **two-day tournament** in a nearby foreign country. Furthermore, the BHC always offers a **multi-sport summer camp** during the last week of the summer holidays. These experiences not only lead to huge progress in hockey, but they also really bond the teams together and offer lots of fun.
- **Care & Support.** The children are always adequately supervised by trainers/coaches during all activities (training, match days, travel). At the same time, we are always very grateful for the support of parents, whether it's setting up and dismantling at home tournaments or contributing to and looking after the buffet; this also provides a good opportunity to meet other parents.
- Links to additional information:
 - Swiss Hockey Association: <https://swisshockey.org/>
 - Hockey equipment or <https://fastplay.ch>
 - BHC Club Wear Order: <https://shop.visam-muttENZ.ch/shop.html#!/Basler-MC/c/41995019>
- **We look forward to seeing you!!!** Your coaching team will keep you updated on the latest details regarding training, games, and events via WhatsApp and email.