

**WE NEED ONE FIELD FORM PER TEAM, AND IT SHOULD ONLY BE SUBMITTED BY THE HEAD COACH.**

There are more than 40 teams that share West Hills practice space. We do our best to accommodate all your requests, but be a good team player and accept when you need to occupy a practice time or space that isn't your first choice. Please don't give us a single choice of date and time.

- 1) On the reverse side of this sheet you will find your Practice Field Request Form.
- 2) Due to their game schedules and field availability, all U6 may practice twice a week beginning mid-August at Raleigh Hills; after school starts, they have one practice a week and a Thursday game at Raleigh Hills. U7 Saturday games will be at McKay and have a choice of M/W or T/Th practice; U8 Saturday games will be at Raleigh Park, and also have a choice of M/W or T/Th practice. We prefer that the micro age groups practice in their game location.

All other coaches, please indicate your 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> preference for field-days-time by writing 1, 2, and 3 in the boxes.

- 3) With the implementation of the PEP Program for all teams U8 and above, practices will be 1:15 long. The program itself takes about 20 minutes, with a 15 minute warm-up and 5 minute cool-down. Please be at your practice field early enough to implement this program.

3) PLEASE NOTE that the "age size" of the field (e.g., U9, U12) is listed for your reference to indicate the relative size of the field only, e.g a U9 coach can request a U12 space for practice, and a U13 coach can request a U10 field.

-- Thank you

HEAD COACH's Name: \_\_\_\_\_

Age group, team name, and gender (unless coed): \_\_\_\_\_

(Example: U10G Wicked Sisters, U14B Gone Missing, U8 Fireballs)

Coach's best phone contact #: \_\_\_\_\_

Coach's best e-mail address: \_\_\_\_\_

Special Requests/Comments\*: \_\_\_\_\_

\*If you have special circumstances e.g. two teams to coach, please see us tonight.

West Hills  
PRACTICE  
FIELD  
REQUEST  
FORM -  
2012

U7 McKay

MW 5-6	MW 6-7	TTH 5-6	TTH 6-7

U8 Raleigh Park

MW 5-6	MW 6-7	TTH 5-6	TTH 6-7

U9 Raleigh Hills

MW 5-6	MW 6-7	TTH 5-6	TTH 6-7

U10 Raleigh Park

MW 5-6	MW 6-7	TTH 5-6	TTH 6-7

U10 Garden Home Park W

MW 5-6	MW 6-7	TTH 5-6	TTH 6-7

U12 Montclair N

MW 5-6	MW 6-7	TTH 5-6	TTH 6-7

U12 Garden Home Park E

MW 5-6	MW 6-7	TTH 5-6	TTH 6-7