

2021-2022

THE SCOOP

YEAR IN REVIEW

FIELD HOCKEY NOVA SCOTIA



Pictured above: 2021 Atlantic Cup Winners Mashed Potatoes

Round Robin:

A-Team 7 vs 0 Saint Mary's
 Beavers 4 vs 0 Mashed Potatoes
 Saint Mary's 7 vs 0 Provincial U18
 A-Team 3 vs 1 Beavers
 Mashed Potatoes 8 vs 1 Saint Mary's
 Beavers 5 vs 0 Provincial U18
 A-Team 1 vs 0 Mashed Potatoes
 Mashed Potatoes 6 vs 0 Provincial U18
 Beavers 4 vs 0 Saint Mary's
 A-Team 5 vs 0 Provincial U18

Play Off Round:

Semi 1:
 A-Team 4 vs 0 Saint Mary's
 Semi 2:
 Mashed Potatoes 2 vs 2 Beavers
 (In Regulation Time & Over Time)
 Shootout:
 Mashed Potatoes 5 vs 3 Beavers

Field Hockey Nova Scotia was very pleased to hold the Annual Atlantic Cup Tournament 2021 in Halifax after a year absence due to Covid. Participants were very excited to be back out on the field. Thanks to the sponsors for making the tournament a huge success and a special thanks to Kelly Lightfoot responsible for Covid Gate Screening/Canteen and Lori Ann Andrews, Tournament Organizer. This year's Tournament consisted of 5 local teams in a round-robin tournament followed by 2 semis and a final.

After an exciting final the Mashed Potatoes defeated the A Team 3-2.

Mashed Potatoes
 Goals: Matt Fallon 2,
 Erin Ring
 A-Team Goals:
 Sharan Gill 2

ATLANTIC CUP 2021

ATLANTIC CUP

A huge thank you to Fay Dickinson for providing pictures of the tournament.





Pictured above: Atlantic University Field Hockey League Champions, Acadia University and Coach of the Year Ghasan Hamam.

The Atlantic University Field Hockey League's championship tournament was hosted in Charlottetown, PEI by the University of Prince Edward Island. In the championship final Acadia defeated UPEI 2-1 to claim the AUFH Title while SMU defeated DAL 1-0 in the bronze medal game.

Bronze:

SMU 1 vs 0 DAL SMU Goal: Hallie Wedge
SMU Shut Out: Sarah Derby

Final:

UPEI 1 vs 2 ACA ACA Goals: Demi Johnston, Arielle Mountain,
UPEI Goal: Lindsay Doiron

FINAL RANKINGS:

1. ACA=Acadia University
2. UPEI=University of Prince Edward Island
3. SMU=St. Mary's University
4. DAL=Dalhousie University
5. UNB= University of New Brunswick
6. STFX = Saint Francis Xavier University
7. MTA= Mount Allison University
8. UNB SJ = UNB Saint John

THE SCOOP

WHAT'S HAPPENING?

➔ Umpiring Clinic



A community umpiring clinic was held in June in Halifax for Field Hockey Nova Scotia umpires.

Megan Robertson, an umpire from BC who has umpired at the Pan American Cup, Asian Games, and Pan American Games joined FHNS to rate umpires and facilitate a clinic for umpires.

➔ 9-a-side outdoor adaptation



This year, in order to allow for 4 teams, the league continued a 9 a side rule for the outdoor league.

Teams must have a minimum of 9 players and the structure allows for the game to be played up to 11 v 11 depending on availability.

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➔ Indoor League



Indoor pickup times were held throughout the winter. League play was restricted due to Covid.

Pickup continued at the Lion's Gym, (the new location for mixed league indoor play) and FHNS got to use the new boards purchased for the space.

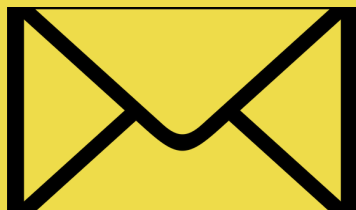


MARK PEARSON U18 CLINIC

Tuesday, July 26th, 2022 three-time Olympian, Mark Pearson, ran a Clinic for the Nova Scotia Provincial U18 Team at the Saint Mary's turf in Halifax.

Field Hockey Nova Scotia volunteers also attended to assist with drills at the clinic.

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The Scoop Submissions:
allisonsnow96@gmail.com

METRO HIGH TOURNAMENT

INDOOR FIELD HOCKEY CHAMPIONSHIP 2022 (HOST SACKVILLE HIGH SCHOOL)



Metro High Tournament Winners, Halifax West

HALIFAX WEST DEFEATS LOCKVIEW

Halifax West High School defeated Lockview High School 2-1 to take home this year's Metro Championship Banner for High School Girls Field Hockey.

Scoring for Halifax West was Georgia Gavas with 2 goals.

Lockview's lone goal was by Lily Soucy.

Halifax West reached the final by defeating Armbrae 8-4 while Lockview defeated Dartmouth in the other semi-final 7-3.

Major Award Winners:

League MVP: Sophie Pomeroy (pictured left)

League Rookie: Georgia Gavas (pictured right)



All-Star Game:

Team Pink 6-1 Team Purple

Team Pink Goals: Allyson Lightfoot 3, Georgia Gavas 2, Cara Freeman

Team Purple Goal: Monica Johnston

League All-stars:

Team Pink:

- Julia Britton -Armbrae
- Molly Harrington – Armbrae
- Bryana Oakley – Armbrae
- Sophie Pomeroy – Armbrae
- Frida Kaeubler-Delong – Citadel
- Cara Freeman – Halifax West
- Georgia Gavas – Halifax West
- Maja Kolanko – Halifax West
- Allyson Lightfoot – Halifax West
- Ava Legatto – Prince Andrew
- Jasmine Day – Sackville
- Alexa Maillet – Sackville

Team Purple:

- Lauren Elliot – Citadel
- Hannah Borland – Dartmouth
- Kate MacDonald – Dartmouth
- Hanne Ruehl – Dartmouth
- Kayla Smith – Dartmouth
- Alex Godsoe – JL Ilsley
- Amy Guenette – Lockview
- Monica Johnston – Lockview
- Lily Soucy – Lockview
- Jada Tilford – Lockview
- Kayley Gregoire – Sacred Heart
- Annaleisa Sonnichsen – Sacred Heart



NANCY TOKARYK MEMORIAL TRUST FUND WINNER

This year's winner
is Frida Kaeubler-
Delong.

THE SCOOP

The Nancy Tokaryk Memorial Trust Fund was established in 2008 by family and friends of Nancy Tokaryk, who lost her life in a tragic car accident in June, 2008. Nancy was active in several sports at the recreational and competitive level but notably in the sport of women's field hockey.

The Nancy Tokaryk Memorial Trust Fund was established to commemorate Nancy's contribution to the sport of women's field hockey, her personal leadership and student mentorship, and volunteer community service. Each year a scholarship valued at \$1000 is awarded from the trust fund.



Development League

This program is geared towards transitioning from indoor to outdoor field hockey. Every Sunday at 5:00 pm players start with a warm up and skills practice and then divide into teams to compete in league games. Coached by University Alumni, this league develops players' outdoor skills and knowledge and builds confidence through coaching and practice.

Sticks, balls, and goalie equipment are provided and are also available for sale.

Newcomers and returning players are welcome!

If you're interested or have questions contact:
fieldhockeyns@gmail.com