

PCFHA PROFILE

The Pictou County Female Hockey Association was formed to provide girls with the opportunity to play on all-female, competitive teams.

The Pictou County Subway Selects teams play in the North Conference of Hockey Nova Scotia.

Benefits include receiving two hours per week of on-ice practice, the camaraderie and team spirit of playing on an all-girls team, and playing competitive hockey with no checking. Being a member of a committed team also helps develop life skills such as how to work together and rely on others.

Coaches and parents agree that their daughters have shown tremendous improvement in their hockey skills, positioning and overall sense of the game playing for the Pictou County Subway Selects. It has been a resounding positive experience for the girls and their teammates playing this level of hockey, developing friendships and making memories that will last for a lifetime.



Why play female hockey?

- Camaraderie
 - High-calibre hockey
 - Team spirit
 - Extra practice time
 - Competitive hockey
 - Skills development
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Pictou County Female Hockey Association

For more information, contact
Bob Perry at 755-1710
or visit www.pcmha.com

Pictou County Female Hockey



Pictou County
SUBWAY Selects



MEET OUR PLAYERS

Why do the girls enjoy playing for the Subway Selects? This is what they had to say:

"I just wanted to thank the team for the BEST year of hockey I ever had, and even though is all over I will never forget it -- too bad it had to end..."

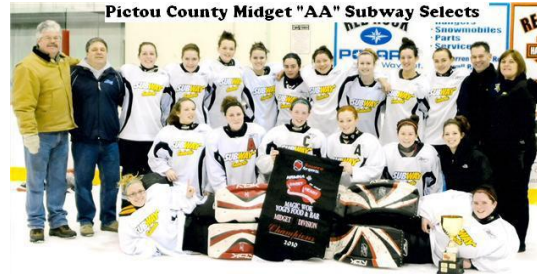
-Keirsten MacLennan

"I like playing on an all-girls team. It's fun and we get to travel."

-Katelyn Dunn

"I've played female hockey since I was 13 at the Bantam level and every year was competitive and fun. I have met a lot of people over those years (friends and coaches) that I'll never forget, and because of my experiences I will continue playing next year for the UPEI hockey team."

- Lyndsay Oakes



TEAMS

The Pictou County Female Hockey Association offers girls the chance to play high-calibre, competitive hockey in the following age groups:

- Atom (born in the years 2000 and 2001)
- Pee Wee (born in the years 1998 and 1999)
- Bantam (born in the years 1996 and 1997)
- Midget (born in the years 1993, 1994, 1995)

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."
- Ken Doherty

REGISTRATION

Registration for Pictou County Female Hockey tryouts takes place during Pictou County Minor Hockey registration in the upstairs mezzanine at the John Brother MacDonald Stadium in New Glasgow:

**Thursday, Aug. 26
6:30 to 8:30 p.m.**

**Tuesday, Aug. 31
6:30 to 8:30 p.m.**

TRYOUTS

Tryouts will take place over a period of several weeks, with teams selected by mid October.



Pictou County female hockey is sponsored by Subway restaurants

