



2018-2019 Fall and Winter Season Information Girls High School Players

Fall-Winter Season Format

Format for our 2018-2019 Fall/Winter season will include trainings only. We will be offering a series of three-day clinics available for current FOH players and any other players not currently FOH players who would like to work on their game. These trainings will be conducted by our FOH coaches as well as outside special guest trainers. We will also offer weekend trainings during the HS season to give those players chosen to participate with FOH in the spring/summer season to continue to work on their personal skill development, but not interrupt their HS seasons.

These Training Sessions will be used for FOH staff to evaluate and select players for the 2019 spring/summer season. Our goal is to field 3-4 HS teams for the 2019 spring/summer season and all spots on these teams are open and will be field through evaluations at our Fall/Winter Training Sessions.

Cost: Each Session will consist of three 1.5-hour trainings for \$40 per Session.

About FOH Seattle:

FOH is a non-profit 501c3 organization that has been putting together high school aged teams since 1997, and youth teams since 2007. There are costs associated with running our organization, including; gym times, tournament fees, insurance, coaches'/admin fees, and other various costs. The player fees listed above help cover some of these fees. All of us at FOH appreciate those who have made donations and those who have provided sponsorship. This type of support has supported many of our teams and players in so many ways. If you are interested in sponsoring a team, sponsoring a player, or donating to the general fund, please contact us directly and we will work with you to ensure your donation will be spent in an appropriate manner.

We are extremely excited and looking forward to this upcoming season!

Thank you for your interest in FOH Seattle!

Thanks,

FOH Administration