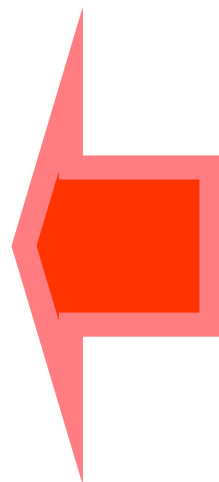
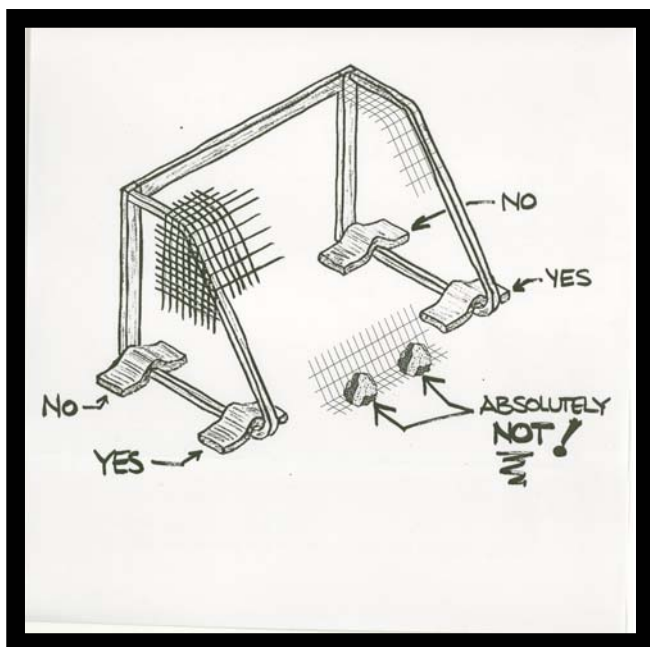


# Attention All Coaches

Please help insure safe playing conditions for all our players. Check to see that goals are properly anchored before every practice and before every game.



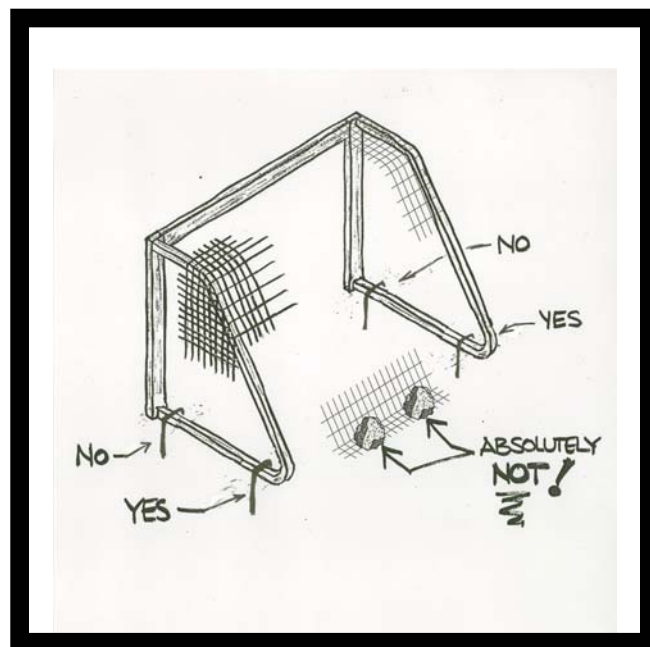
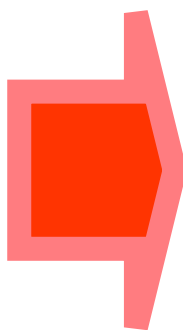
For goals at ITC, Flanders Park, Tinc Road, use sandbag goal anchors. Use at least 2 anchors per goal. Sand bags placed near the front of the goal may not be effective and could allow the goal to tip over.

**NEVER** use rocks, metal fence stakes, or other hard objects to weight the rear of the nets. The keeper could fall on these, resulting in injuries.

For goals at Turkey Brook, use either the corkscrew or J-hook anchors. Use at least 2 anchors per goal. Anchors placed near the front of the goal may not be effective and could allow the goal to tip over.

Use the J-hook on Fields 1, 2, and 3; use the corkscrews on Field 4.

**NEVER** use rocks, metal fence stakes, or other hard objects to weight the rear of the nets. The keeper could fall on these, resulting in injuries.



Warn your players to never hang from the top bar - even with anchors, the goal could tip over.

See your Division Director if you need anchors.

A few minutes of your time before each practice and game will insure safe conditions for all our players.