



# GET INVOLVED!!

## PLAY -

- All ages, experience and ability welcome.
  - Expert Coaching
  - Good fun and exercise

## VOLUNTEER -

- Umpire - No experience required - we can provide training.
  - Coach - at Junior or Senior level
  - Lots of opportunities to help!

## SPONSOR -

- Sponsor the Club, a team or equipment

**Pre-season training on Mondays & Saturdays – Come along!!!**

Find us at: [www.dromoreladieshockeyclub.com](http://www.dromoreladieshockeyclub.com)

E-mail us at: [dromoreladieshockeyclub@yahoo.co.uk](mailto:dromoreladieshockeyclub@yahoo.co.uk)

We are also on

**facebook**

[www.dromoreladieshockeyclub.com](http://www.dromoreladieshockeyclub.com)