



Presenting Sponsor:



CLUB TEAM Information Package

November 28-30, 2025



TEAM Check List



WEBSITE @ www.performancesportevents.com

Tournaments/ Shooting Star Thanksgiving
Team page with all the critical information and updates- PLEASE CHECK!



Tournament App- TOURNEY MACHINE

All players, parents & coaches should install this App for up-to-date schedule.
Search for Shooting Star Thanksgiving



Check the Schedule for travel plans

Composite schedule is online and available on TourneyMachine

Book Hotel



Shooting Star is STAY TO SAVE - We recommend Team Travel Source (TTS)
LINK is on the Tournament webpage
For questions or assistance with booking, please reach out to
fieldhockey@teamtravelsource.com or text/call us at **502.354.9103**.



Team Rosters

DUE NOV 17th

INVITE your athletes and coaches from the LeagueApps "Teams"



Player Waivers

These will be done automatically when the players accept your invitation through
LeagueApps!



Update Schedules & Results

All results and schedule updates will be posted in Tourney Machine
A team representative MUST sign the scorecard at the end of each game to ensure the
score and result is correct.
Tourney Machine is for players, coaches & parents to confirm schedules & results!



All Coaches/Managers must check in their team

Team check in is REQUIRED 1 HOUR before the first game of the tournament at your site
or **THURSDAY evening from 2-7pm at the RIVER CITY**
The Registration Table is located in the Vendor Village, look for our flag!



Inviting Players to Teams in LeagueApps

Navigate to [PSE LEAGUE APPS](#) in a web browser.

Login with your LeagueApps credentials. Your username is your email address and your password can be found in your initial LeagueApps member email. If you forget your password, click "Forgot your password?" Under My Staff Assignments you should see your registration including the *Program* (i.e. NFHCA Winter Escape Showcase) and your *Team* (i.e. Blue Storm).

a. Next to your *Team* name, click the link to "Invite Players"

On the "Invite parents to register their kids" screen, follow the instructions to send player invites. Note that the email addresses should be for parents.

SEND THIS EMAIL INVITE TO THE PARENTS EMAIL!

**** They create the "parent account" and then they will input the players info!**

On delivery of your team invitations, players will register through LeagueApps and will appear on your Roster.

If players are having trouble logging in because is says their email is already in use:

Use the dashboard link above and have them log-in and accept their invite there.

STEP 1:

Log In

LeagueApps login form with fields for Username or email and Password. It includes a "Log In with Facebook" button, a "Forgot your password?" link, and a "Remember me" checkbox.

STEP 2:

My Staff Assignments

Current Past

PROGRAM	TEAM	ROLE	STATUS	ALERTS
NFHCA Winter Escape Showcase '20 Class of 2020 Begins Jan 17 '20	Test Team Invite Players	Coach/Admin	PRIMARY SPOT PENDING DUES NOT PAID Paid: \$0.00 Owe: \$1,515.00 Edit Registration Settings	You owe program dues; please pay now. You have 29 min 51 sec to complete payment before registration gets invalidated! You haven't yet accepted program waiver, accept waiver.

STEP 3:

Invite parents to register their kids

Form for inviting parents to register their kids. It includes fields for To: (multiple emails), Subject: (Marq is inviting you to join team 'New York H.C.'), and Message: (text area). A "Send Invites" button is at the bottom. A note states: "Email will include a link to accept Team invitation. * Invites cannot be sent to existing Team members."

IMPORTANT!

Players should use the SAME email they have or will sign up for NFHCARecruits with! Those PLAYER emails need to match!



PRE- ARRIVAL INFORMATION

Hotel Information

Shooting Star – STAY TO SAVE
You choose where you want to stay!

We recommend: **TEAM TRAVEL SOURCE (TTS)**



Lowest Available Room Rates: View Hotels and Book Online

Email: fieldhockey@teamtravelsource.com for Hotel support

Travel Information

River City Sportsplex
13030 Genito Rd
Midlothian, VA 23112
U16 & U19 Teams
GK/Shooter Showcase

Mary Stratton/Ukrop
5300 Ridgedale Parkway
North Chesterfield, VA 23234
U12 & U14 Teams

Headquarters Hotel:
DoubleTree by Hilton
1021 Koger Center Blvd
Richmond, VA 23235
☐ Event Staff & Umpires

Visit Richmond



For more information about the region and making the most of your visit!

Please visit their booth in the Vendor Village for great local suggestions!

Come to Shooting Star table for more information.

Play in RVA Pass — Just for You: Unlock exclusive discounts, deals, and prizes with this **free mobile pass**. [Claim Your Pass Here](#)



PRE- ARRIVAL INFORMATION

Rosters

DUE Nov 17th @ 8pm

Any roster updates or changes after Nov 17th can be made through League Apps. Must resubmit any changes made.

PLEASE SUBMIT ROSTERS on League Apps once they have been completed

Waivers

THROUGH League Apps

When your players accept their invitation to the team roster through League Apps, they will automatically complete the waiver. **EACH Athlete will need to sign a new waiver for every PSE event.**

Player Profiles and Updates

All rosters will be submitted to NFHCARecruits for the College Coaches. Athletes **MUST** complete WAIVER & be FULLY Rostered for their information to push to COLLEGE COACHES!

Players can use League Apps PROFILES to update their recruiting information!

Players can also update their commitment status in their NFHCARecruits profile.

Tournament Structure

Guarantee: 5 games

11v11

- 55 minute games (2 x 25 min halves)
- 5 minute half time

7v7

- 55 minute games (4 x 12 min quarters)
- 2 min quarter break, 3 min half



Team listed as the HOME team and will wear DARK shirt and socks. Assigned bench is to right facing the field.

Team listed as the AWAY team will wear LIGHT shirt and socks. Assigned bench is to left facing the field.

ROSTER Sizes:

U14 (11 vs 11)/U16/U19 Age Divisions = 18 maximum players + 2 coaches

U14 (7 vs 7)/U12 Age Divisions = 12 maximum players + 2 coaches

Age Eligible as of Aug 1, 2025 @ 12:01am



TOURNAMENT INFORMATION

Check- In **Option: Thursday 2-7pm @ the River City**

Every Team must check- in 1 hour prior to their first game on Friday.

**** HIGHLY ENCOURAGED – ALL TEAMS Option to check-in
Thursday from 2-7pm @ the River City Sportsplex ****

Team Check – in is in the Vendor Village at the Shooting Star table.
There will be registration flags & signs!

At Check – in we will:

- Confirm Rosters
- Issue player and staff wristbands that must be worn for all games
- Issue participant gift
- Hand out team packet

Vendor Village - HOURS

Friday: 8:30am – 7:30pm

Saturday: 8:30am – 7:30pm

Sunday: 8:30am – 1:30pm

Schedule, Pools & Results **TOURNEY MACHINE APP**

Schedules are posted **online!** You can choose the teams you want to follow!

The schedule and all results will be posted on our App: Shooting Star
Tournament in Tourney Machine!

- Search the Tourney Machine App
- Search for FH event/VA
- Choose Shooting Star Thanksgiving

Please share this with your players & parents

Awards will occur immediately following the last pool game on Sunday by the
Vendor Village. Each Pool winner will be recognized by the Shooting Star staff.



TOURNAMENT INFORMATION

Scorecards & Results

EACH GAME

At the conclusion of every game the field marshal will have the coaches from both teams and the umpires **SIGN** the scorecard.

This scorecard will be the official result for that match.

*** All coaches must make sure to check that the score is correct prior to signing the card.***

Immediately following the card being confirmed, the score will be submitted to the Shooting Star staff and posted on the App.

Please have your parents, players and staff download the Tourney Machine App/Shooting Star- Thanksgiving event to follow results & pool standings.

Standings

Point System

Points awarded: 3 = Win 1= Tie 0 = Loss

** Any game forfeited during the tournament results in a 0-3 loss

Tie breaker criteria for placing if necessary:

- 1) Total Points
- 2) Head-to-head
- 3) Goal differential = Goals for – Goals Allowed:

No more than an 8 goals difference will count towards differential

Example: 12 – 0 actual score would mean goal difference = max 8 goals

- 4) Goals Allowed

- 5) If still tied – whichever team has a higher goal differential versus the next highest ranked team will win tie breaker

- Continue above procedure sequentially until a no more teams are available to compare within the Pool

- 6) If still tied – CO-Champions



TOURNAMENT INFORMATION

Club Coach Hospitality

DAILY!

Please join us in the Vendor Village for food, snacks & drinks offered throughout the tournament.

Breakfast (Fr, Sa, Su) 7:30am – 10am

Lunch (Fr, Sa, Su) 11:30am-1:30pm

Dinner (Fr, Sa) 5pm-7pm

- Snacks and drinks available all day
- Space to regroup and meet with your staff!
- ** Please bring a water bottle to refill as we hope to reduce our environmental impact with plastic bottles! **

College Coaches in Attendance

Invitations have been sent to ALL college coaches. We will continue to update the list for you and your players to reference. This is available on the website. College coaches can RSVP for in-person or virtual attendance.

For the college coaches we provide the following:

- ✓ Breakfast, lunch & dinner at the field
- ✓ Negotiated room rates/blocks at our host hotel
- ✓ Folding Chairs & Umbrellas
- ✓ Designated Parking
- ✓ Designated Restrooms

Goalie & Shooter Showcase: Fields 10 & 11 River City

FRIDAY: 6pm – 8:50pm or SATURDAY: 8am – 9:50am

Limited to 48 Goalies and 40 Shooters PER
SESSION

Goalies & Players limited to register for 1
session ONLY





TOURNAMENT INFORMATION

Parking

On – site parking is available free of charge.
There will be parking attendants present to assist.

Medical

There will be marked medical tents on the fields
The location of each tent is on the facility map
These medical tents are also marked with an RED Medial feather flag
Athletic trainers are available to assist with injuries that occur at the Shooting Star Tournament.
EMT is also on site at River City and will be activated by the Athletic Trainers if needed.

Emergency Procedures

In case of emergency the Athletic Trainers or Shooting Star Staff will blow three short blasts with the air horns.
All Games should immediately stop.
All players, staff and spectators should find shelter.
Please refer to the Policy & Procedures guide for cancelled games.

Team Tents

Team tents are permitted at facility (River City Sportsplex) outside of the playing area. They must be secured down. Team Tents are not the responsibility of Shooting Star.

NEED A BREAK – Check out [Game DAY VALET HERE](#) to order all your game day needs at River City!



TOURNAMENT INFORMATION

Policies, Rules & Regulations

Please refer to the Policies, Rules and Regulations for details

The Shooting Star Staff

Ainslee Lamb

CEO, Performance Sport Events

College Coach Contact

Ainslee.lamb@performancesportevent.com

857.233.3618

Sam Carlino

COO, Director of National Events and Showcase, Performance Sport Events

Club Team Contact, Team Registration, Rosters, & Special Events

Sam.carlino@performancesportevents.com

484.678.8340

Pam Hixon

CBDO, Performance Sport Events

Umpire Coordinator

pam.hixon@performancesportevents.com

413. 256. 4258

Social Media



@perfsporevents



@perfsporevents



Performance Sport Events

Rules & Regulations Shooting Star Aug 2025 – July 2026

Rules Governing Games: FIH RULES AND REGULATIONS that are in effect for play will apply.

Shooting Star Rules Modifications:

- 1) Field players of the same team have the choice of shorts or kilt/skirt if the shorts/kilt/skirt are of the same color and similar design/trim and cut.
- 2) Game Timing: General time structure below. Please see specific Tournament Timing.
 - Halves: 2 x 25 minutes running time, half-time will be 5 minutes.
 - Quarters: 4 x 12-minute quarters, 2 minute between 1st/2nd and 3rd/4th, half-time will be 3 minutes
- 3) Goalkeeper – RECOMMENDED Throat Protector and Mouth Guard
- 4) Field Player – REQUIRED Shin Guards and Mouth Guard
- 5) Cage Goggle – Permitted. All other face protection for extenuating circumstances must be cleared with Tournament Director.

General Rules: 11v11 Format

Central Horn & Umpire whistle used as master tournament timer.

Video Line up is required 2 minutes before the start time of games.

General Rules: 7v7 Format

6 field players & 1 goalie at all times, no extra field player for the GK is allowed

Teams are permitted to wear reversible pinnies, #'s are encouraged but not mandated

Corners Played: Corners defended with 4 field players + the goalie.

Roster Size:

11 vs 11 Max of 18 players/2 coaches

7 vs 7 Max of 12 players/2 coaches

**** coaches may rotate who is on the bench area but a max of 2 at a time ****

For any event with a Mixed (Co-Ed) Division, teams may have no more than 5 male field players on the field at any time. For 7v7 competitions, teams may have no more than 3 male field players on the field at any time. Goalkeepers do not count against the limit of male players on the field for Mixed Division competition.

Rules Governing Team/Player Eligibility: ****AGE AS OF AUGUST 1, 2025 @ 12:01am**

Only registered players for the SHOOTING STAR field hockey tournament and who agree to the following, may participate in tournament games:

- Players may play "up" in age division but may NOT play "down."
- No player may compete for, or be on a roster for, more than one team during the tournament.
 - Exception: Goalkeepers are allowed to double roster. Must be pre-communicated prior to game time in writing to director

Any team with a player in violation of these rules will forfeit the game that this player is known to have competed in without expressed written consent from the Shooting Star Staff.

Team Color, Bench and Substitutions:

Team listed as the HOME team will wear DARK shirt and socks and will sit at the bench and defend the goal to the RIGHT of their bench as per facing the field.

Team listed as the AWAY team will wear LIGHT shirt and socks and will sit at the bench and defend the goal to the LEFT of their bench as per facing the field.

Up to two coaches per team are allowed in the team's area.

No unauthorized persons may be in the team area.

All players who are not on the pitch are substitutes on the team's bench. Substitutions on and off the pitch must be made from the side of the pitch where the team benches are located within 3 meters of the center of the pitch.

Suspended coaches are strictly prohibited from being in the team areas and cannot participate in any kind of coaching activities until their suspension has been served.

Release and Waiver of Liability

Waivers were done automatically during registration or through team invitations on the registration platform.

Rules Governing Scoring and Point System:

Points awarded: 3 = Win 1= Tie 0 = Loss ** Any game forfeited during the tournament results in a 0-3 loss

Tie breaker criteria for placing if necessary:

- Total Points
- Head-to-head
- Goal differential = Goals for – Goals Allowed: **No more than an 8 goals difference will count towards differential Example: 12 – 0 actual score would mean goal difference = max 8 goals**
- Goals Allowed
- If still tied – whichever team has a higher goal differential versus the next highest ranked team will win tie breaker.
- Continue above procedure sequentially until a no more teams are available to compare within the Pool.
- If still tied – CO-Champion

Scoring & Score Reporting

Each field will be assigned a Field Marshal. They will record the final score and record any issued cards on a scorecard

At the end of each game **both umpires and team coaches will sign** final score and any issued cards

Any challenges must be made immediately following the game with the Umpires, opposing Coach and Field Marshal at that field.

Once the scorecard is confirmed and signed by all parties, the score is considered final.

Forfeits

If a game is forfeited, the opposing team earns a 3-0 win.

A team will forfeit a game under the following circumstances:

- A team does not show up for a match
- A team declares forfeit
- A team arrives more than 5 minutes after the start of the match time
- A team does not have proper uniform qualifications and refuses/is unprepared to change
- A team has less than 9 players dressed in proper uniform after 5 minutes grace period (11v11)
- A team has less than 4 players dressed in proper uniform after 5 minutes grace period (7v7)
- An ineligible player participates in the game
- A suspended coach does not leave the game area within 1 minute of being suspended
- A suspended coach does not report to the tournament table within 5 minutes after the game and does not stop all team contact during the remainder of the game in which the suspension occurred
- A team refuses to play or removes their team from the field of play for any reason

Appeals Procedure for Score Reporting Protests

Teams are granted one challenge per tournament for the sole purpose of requesting a review of a posted score.

If the score is posted wrongly, the results will be updated correctly and the team keeps their one challenge to be used later in the tournament, if needed.

If the score posted reflects the score on the official scorecard that the team is challenging, and that score is confirmed, the team will lose its challenge and is not able to challenge results for the remainder of the tournament

Both teams will be consulted prior to any updates or changes

For challenge questions or concerns, contact tournament director Sam Carlino at sam.carlino@performancesportevents.com or Ainslee Lamb at ainslee.lamb@performancesportevents.com

Rules Governing Misconduct:

Removal from the Game, Site or Tournament

Any disrespectful behavior toward umpire or other tournament personnel, will result in expulsion for the remainder of the tournament.

Spectators will need to show respect to all Umpires, Players, Coaches & Staff. Bad behavior will not be tolerated.

Should umpires, umpire managers, or tournament directors deem that a spectator, player, or coach needs to be removed from the tournament site(s), **it will be the responsibility of the COACH from the offender's team to remove the offender from the site.**

Delayed departure from the game, site or tournament will result in a game forfeit for the team that the spectator, player or coach is affiliated with

Game Cards

Green and Yellow cards will be administered per the Rules of Hockey with no modification.

Coaches/team personnel can earn a Green or Red Card, the team will not play short for cards given the coaches/team personnel.

Player Green or Yellow Card

- Suspended players must report to the technical table and sit for the suspension duration and the team plays short for the duration of the card
- If no technical person is available to monitor the suspension, the team coach is responsible for the player serving the full suspension. Allocated time will be communicated by the field umpires

Player Red Card

- Suspended player sits on their designated bench for the remainder of the match and the team must play short
- Suspended player is also suspended from the team's next game in that division, the team does not play short in that subsequent game
- If the player receives 2 red cards during the tournament, they are suspended from all play for the remainder of the tournament

Coach Red Card

- Coach must leave the playing area within 1 minute of receiving the red card and cannot have any contact with the team for the remainder of the match. A replacement coach is allowed.
- The team does not play short for a coach suspension
- The coach is suspended from the team's next game
- If the coach is on staff for multiple teams, the suspension is specific to the team that the coach received the suspension with
- If the coach receives 2 red cards during the tournament, they are suspended from all play for the remainder of the tournament

Red Card Administrative Procedures

Suspended players and coaches must report to the tournament table within 5 minutes of the end of the game in which they were suspended and return their player or coach wristband.

If applicable, a replacement coach can receive a temporary wristband for the team's next game

Suspended players and coaches can return to the tournament table after the team has completed its next game to receive a new tournament wristband.

Umpires will notify the Umpire Managers of any issued red cards immediately after the game in which they were given and all cards are recorded on the official scorecard

Appeals Procedure for Misconduct

Players and Coaches have an opportunity to challenge red cards only. Any appeal must be received in writing up to 10 days after the completion of the tournament, submitted to Performance Sport Events: Ainslee Lamb and Sam Carlino at ainslee.lamb@performancesportevents.com and sam.carlino@performancesportevents.com. All cards issued during the tournament will be reviewed by the Review Committee. The Review committee will be comprised of PSE staff and a Shooting Star Umpire Manager.

Players and coaches can be administered further suspensions based on review including suspension of attending future PSE events.

Refund Policy

Specific refund Policies for each event are posted on the website.

No refunds will be issued if the tournament is shortened in part for any reason, including inclement weather or any other "Act of God."

No refund for any team that is removed from the tournament by the tournament director for using illegal players or behavior that requires the team to be removed from the tournament.

Shooting Star or its staff will not be responsible for any expenses incurred by any team, club or organization if the tournament is canceled in whole or in part.

Weather Policy

In the event of adverse weather or unplayable field conditions, the tournament director reserves the right to:

- Reduce game times in order to catch up with schedule.
- Finish games before inclement weather arrives, or to preserve field conditions. Reschedule games, if possible.
- Every attempt will be made to update cancellations on the website. However, weather conditions can change rapidly and all teams should be prepared to play as soon as weather and fields are playable. Updates will be announced on social media.
- No refunds will be granted if these actions are necessary.

Thunder/Lightning Policy

If thunder or lightning is observed play will be suspended immediately and players and fans will be asked to leave the fields to return to cars & seek shelter. Play will be allowed to resume 30 minutes after the last sound of thunder or sighting of lightning is observed which the tournament medical staff will determine. Every attempt will be made to begin subsequent games on time. For up to date schedule changes please check social media @perfsporevents.

Transgender Athletes Policy

**** Shooting Star will adopt and implement the USAFH Policies**

Please see LINK to USAFH Policies for Transgender Athletes: <https://performancesportevents.com/wp-content/uploads/2024/10/Current-USA-Field-Hockey-Transgender-Policy-December-2022.pdf>



EVENT CODE OF CONDUCT

Participation in Performance Sport Events (PSE) is a privilege that carries responsibilities for umpires, coaches, parents, and players. The safety and well-being of youth athletes are our top priority. By taking part in PSE, you agree to abide by PSE's Athlete Safety & Prohibited Conduct Policy ([link to policy](#)) and the accompanying Code of Conduct. Failure to comply with these policies may result in consequences, including removal from the event.

Players, coaches, umpires, and parents are expected to "Honor the Game" by showing respect to all participants, including players, coaches, umpires, parents, spectators. Membership in the field hockey community comes with responsibilities to uphold the integrity of the game and its participants. Key principles of this "Code of Conduct" include **honesty** and **integrity**. Individuals who embody these values will bring credit to the sport, their team, and themselves. Such conduct is vital to maintaining the sport's positive reputation and ensuring its meaningful contribution to amateur athletics.

The following principles of the "Code of Conduct" are essential and must be upheld:

- Sportsmanship, fair play, and skill development are fundamental to the game and should be prioritized over winning. These values must be taught at all levels and reinforced both at home and on the field during practices and games.
- Coaches must recognize the significant influence they have on their players and strive to be positive role models for both young people and adults. They should consistently demonstrate and reinforce positive behaviors, encouraging players to show respect for teammates, opponents, umpires, parents, and spectators.
- Players should consistently exhibit positive behavior and show respect to teammates, opponents, coaches, umpires, parents, and spectators.
- The possession and consumption of alcoholic beverages, tobacco products, and vapor products are strictly prohibited at all PSE programs, including events, showcases, leagues, camps, and clinics. Additionally, athletes are forbidden from the illegal use of performance-enhancing or recreational drugs.
- Coaches, players, parents, and spectators are expected to show the highest level of respect toward umpires. Coaches have a responsibility to educate their players about the vital role of field hockey umpires and emphasize the importance of respecting them.



EVENT CODE OF CONDUCT (continued)

- Any grievances or misunderstandings between coaches, umpires, or other parties involved in the sport should be addressed through the appropriate channels and procedures, never on or near the field of play in front of spectators or participants. Tournament Directors and its designee are always available to assist.
- Umpires are professionals and are expected to conduct themselves with impartiality, courtesy, and fairness, demonstrating these qualities to all parties involved.
- Spectators involved in the game are not permitted to openly or maliciously criticize, badger, harass, or threaten an umpire, coach, player, or opponent.
- Coaches must possess a strong knowledge of field hockey rules, policies, and procedures, adhering to both the letter and spirit of the game. Any attempts to manipulate the rules for unfair advantage or to encourage unsportsmanlike conduct are unacceptable and contrary to the values of the sport.
- Eligibility requirements must be adhered to at all levels of the game. Rules regarding age, roster sizes for players and coaches, and levels of participation are in place to encourage and maximize participation, ensure fair play, and promote safety.

If any of these policies are violated, the Event Operator, Tournament Director, or their designee has the authority to remove the offending participant from the current program and revoke their privilege to participate in future programs.



River City Sportsplex
 13030 Genito Rd
 Midlothian, VA 23112



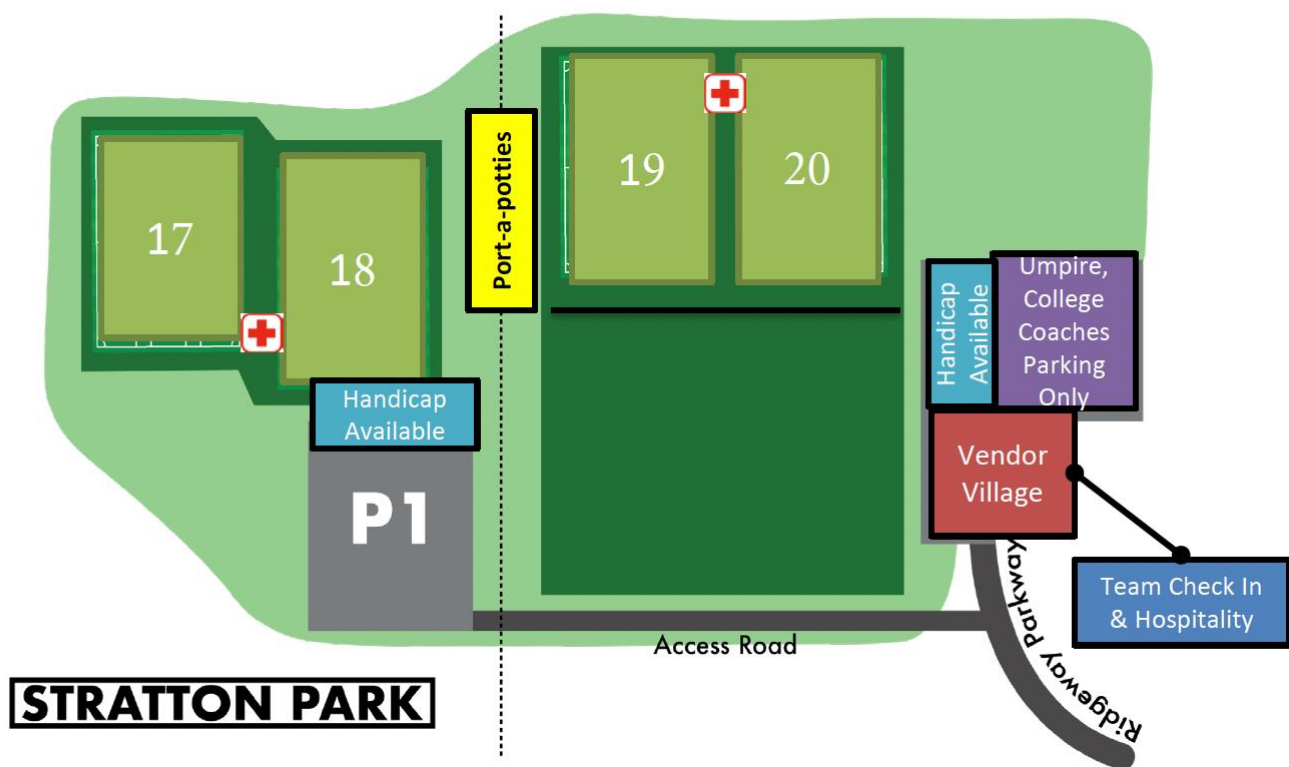
CHESTERFIELD COUNTY RIVER CITY SPORTSPLEX

Master Plan, June 30, 2021

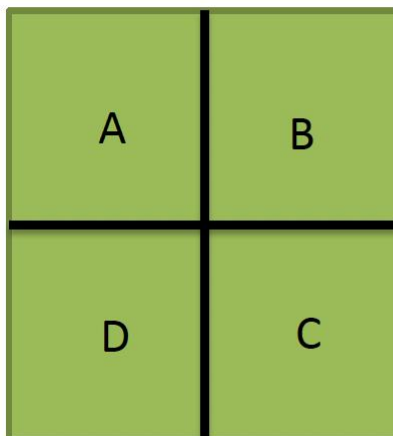


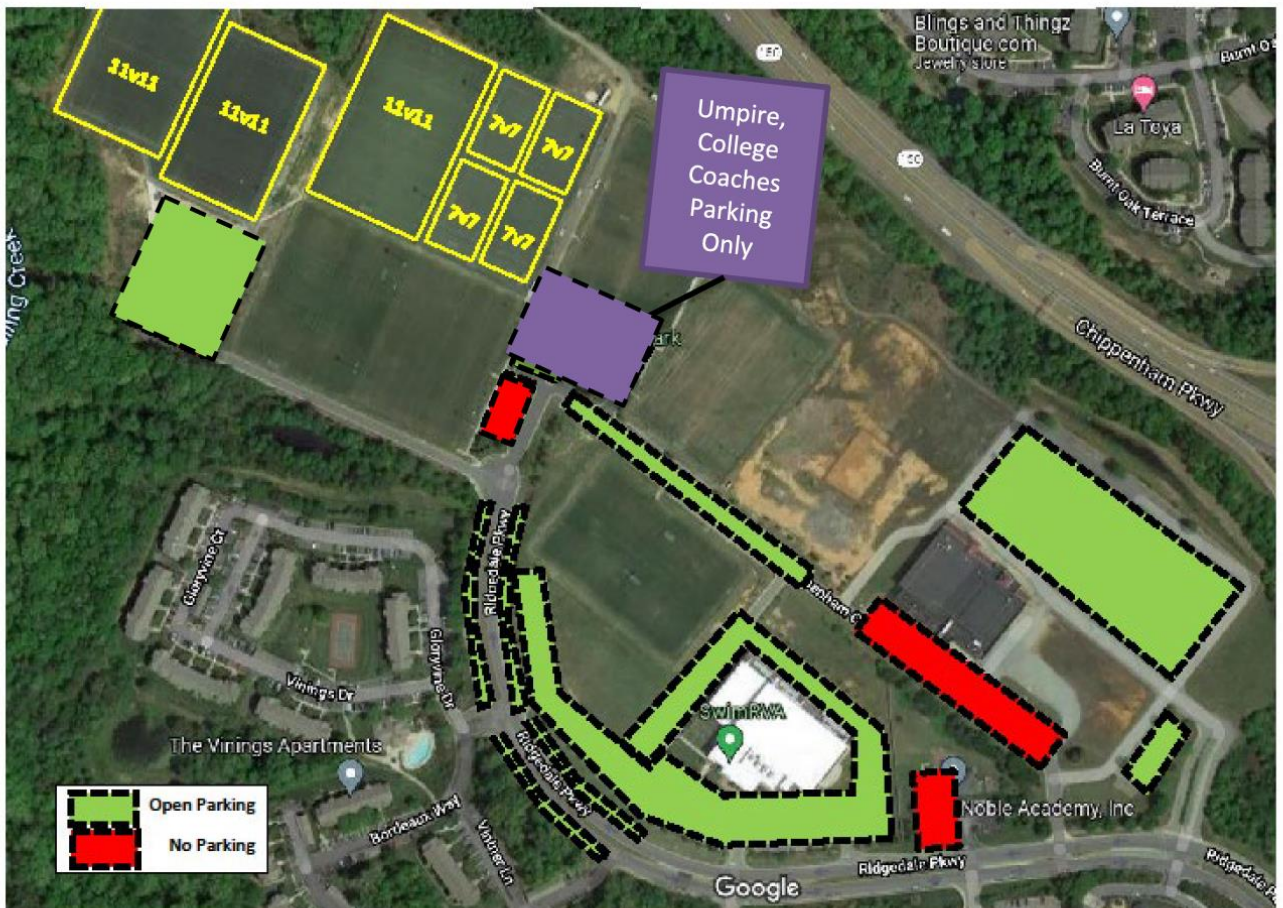
MARY STRATTON PARK

5300 Ridgedale Parkway, Richmond, VA 23234



Field 20: 7v7







AREA MEDICAL FACILITIES

NEAR RIVER CITY SPORTSPLEX (13030 Genito Rd. Midlothian, VA 23112):

	Facility	Address	Distance Away	Phone Number
Hospitals	Bon Secours St. Francis Medical Center	13710 St. Francis Blvd. Midlothian, VA 23114	2.5 mi.	804-594-7300
	Johnston-Willis Hospital	1401 Johnston Willis Dr. Richmond, VA 23235	10 mi.	804-483-5000
	Chippenham Hospital	7101 Jahnke Rd. Richmond, VA 23225	11 mi.	804-483-0000
Urgent Cares	Patient First - Genito	11020 Hull Street Rd. Midlothian, VA 23112	3 mi.	804-744-6310
	KidMed Pediatric Urgent Care	5021 Craig Rath Blvd. Midlothian, VA 23112	4 mi.	804-592-5437
	BetterMed Urgent Care	6100 Harbourside Centre Loop Midlothian, VA 23112	5 mi.	804-639-7555
Pharmacies	CVS Pharmacy	13620 Genito Rd. Midlothian, VA 23112	1 mi.	804-744-6930
	Walgreens Pharmacy	11119 Hull Street Rd Midlothian, VA 23112	3 mi.	804-744-5986
	CVS Pharmacy	4601 Commonwealth Centre Pkwy. Midlothian, VA 23112	4 mi.	804-639-7395

NEAR MARY B. STRATTON PARK (5400 Ridgedale Pkwy, North Chesterfield, VA 23234):

	Facility	Address	Distance Away	Phone Number
Hospitals	Chippenham Hospital	7101 Jahnke Rd. Richmond, VA 23225	6 mi.	804-483-0000
	Johnston-Willis Hospital	1401 Johnston Willis Dr. Richmond, VA 23235	10 mi.	804-483-5000
	Bon Secours St. Francis Medical Center	13710 St. Francis Blvd. Midlothian, VA 23114	14 mi.	804-225-1700
Urgent Cares	Concentra Urgent Care	9211 Burge Ave., Richmond, VA 23237	8 mi.	804-275-7200
	BetterMed Urgent Care	11380 Iron Creek Rd., Chester, VA 23831	8 mi.	804-823-9260
	Patient First - Genito	11020 Hull Street Rd. Midlothian, VA 23112	10 mi.	804-744-6310
Pharmacies	CVS Pharmacy	6400 Iron Bridge Rd., Chesterfield, VA 23234	2 mi.	804-271-8361
	Walgreens Pharmacy	4201 Meadowdale Blvd., Chesterfield, VA 23234	2 mi.	804-271-8100
	CVS Pharmacy	4715 Walmsley Blvd., Chesterfield, VA 23234	3 mi.	804-275-9235



Midlo Bistro Thanksgiving Dinner

RESERVATIONS AVAILABLE
3PM-8PM

Mixed Green Salad

Served with Ranch and Balsamic Dressings

Sliced Turkey

Sliced Ham

Mashed Potatoes

Sweet Potatoes

Stuffing

Green Beans

Dinner Rolls with Butter

Assorted Holiday Desserts

Unsweetened Iced Tea

28 per person

18 per child (10 and Under)

