



Presented by:



# CLUB TEAM Information Package

November 29 – December 1, 2024





## TEAM Check List

### WEBSITE @ [www.collegeconnectionathletics.com](http://www.collegeconnectionathletics.com)



Tournaments/ Shooting Star Thanksgiving Tournament 2024  
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 2024

### 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)**

Lowest Available Room Rates: View Hotels and Book Online

Book by Phone: **502.354.9103**

Email: [fieldhockey@teamtravelsource.com](mailto:fieldhockey@teamtravelsource.com) for Hotel support

### Team Rosters

**DUE November 6th at 8pm**



INVITE your athletes and coaches from the PlayerFirst "Teams"

[HOW TO ROSTER in PLAYERFIRST](#)

### Player Waivers



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

### 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 or

**Thursday evening from 2-7pm at the River City Sportsplex!**

The Shooting Star Table is located in the Vendor Village, look for our flag!





## 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

Book by Phone: **502.354.9103**

Email: [fieldhockey@teamtravelsource.com](mailto:fieldhockey@teamtravelsource.com) for Hotel support

### Travel Information

**River City Sportsplex**  
13030 Genito Rd  
Midlothian, VA 23112

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

### Transportation

James Rivers Transportation can provide team transportation for anyone coming in by plane or train. They provide individual service from the airport — they are the contracted ground transportation at Richmond International Airport and as such they are the only ones with an office and counter inside the airport. They operate 24 hours a day and track flights to react quickly to any changes. You can make reservations 3 ways:

Online: <https://jamesrivertrans.com/richmond-airport-shuttle-service/>

Phone: 804-249-1052

Email: [sales@jamesrivertrans.com](mailto:sales@jamesrivertrans.com)

### 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



## PRE- ARRIVAL INFORMATION

### Rosters

**DUE Nov 6<sup>th</sup> @ 8pm**

Any roster updates or changes after Nov 6<sup>th</sup> can we made through PlayerFirst. Must resubmitted any changes are made.

***PLEASE SUMBIT ROSTERS on PlayerFirst once they have been completed***

### Waivers

**THROUGH PLAYERFIRST**

When your players accept their invitation to the team roster through PlayerFirst, they will automatically complete the waiver. The ONLY athletes we need to touch base on at team check-in are NEW players!

### Player Profiles and Updates

All rosters will be submitted to NFHCARecruits for the College Coaches

Players can use **PLAYERFIRST PROFILES** to update their recruiting information at any point!

### Tournament Structure

#### Guarantee: 5 games

11v11

- 54 minute games (2 x 25 min halves)
- 4 minute half time

7v7

- 48 minute games (4 x 10 min quarters)
- 2 min quarter break, 4 min half



Age Eligible as of Aug 1, 2024 @ 12:01am

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

**Team listed as the AWAY team will wear DARK 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



## 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 - 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 – 8:30pm

**Saturday:** 8:30am – 8:30pm

**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:

**FRIDAY: 4pm – 5:45pm or SATURDAY: 5pm – 6:45pm**

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 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.





## TOURNAMENT INFORMATION

### Policies, Rules & Regulations

Please refer to the Policies, Rules and Regulations for details

### The Shooting Star Staff

**Pam Hixon**

President & Founder of Field Hockey, 3Step Sports

**Umpire Coordinator**

[pam@threestep.com](mailto:pam@threestep.com)

413. 256. 4258

**Sam Carlino**

Director of Event Operations, Field Hockey, 3Step Sports

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

[sam.carlino@threestep.com](mailto:sam.carlino@threestep.com)

484.678.8340

### Social Media



@ShootingStarFH



college.connection



College Connection

# Rules & Regulations



**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 4 minutes.
  - Quarters: 4 x 10-minute quarters, 2 minute between 1st/2nd and 3rd/4th, half-time will be 4 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 \*\*

## Rules Governing Team/Player Eligibility: \*\*AGE AS OF AUGUST 1, 2024 @ 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 LIGHT 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 DARK 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 equipment or 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 PlayerFirst.

## 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-Champions

### 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. Ainslee Lamb at [ainslee@threestep.com](mailto:ainslee@threestep.com) or Sam Carlino at

[sam.carlino@threestep.com](mailto:sam.carlino@threestep.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 layers must report to the technical bench 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 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 in that division

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 Protests**

Players and Coaches have an opportunity to challenge red cards only. Any appeal must be received in writing 10 days after the completion of the tournament, submitted to the 3Step Sports, LLC: Ainslee Lamb and Sam Carlino at [ainslee.lamb@threestep.com](mailto:ainslee.lamb@threestep.com) and [sam.carlino@threestep.com](mailto:sam.carlino@threestep.com)

All cards issued during the tournament will be reviewed by the Review Committee after 10 days The Review committee will be comprised of 3Step Sports staff and a Shooting Star Umpire Manager Players and coaches can be exonerated from the issued red cards after review

Players and coaches can be administered further suspensions based on review including suspension of attending future 3Step Sports field hockey 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 twitter [@shootingstarfh](https://twitter.com/shootingstarfh)
- 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 twitter [@shootingstarfh](https://twitter.com/shootingstarfh).

### **Transgender Athletes Policy**

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

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

## PLAYER, PARENT, UMPIRE, AND COACH CODE OF CONDUCT

Playing with 3STEP Sports, LLC is a privilege that comes with responsibilities for umpires, coaches, parents, and players.

Players, coaches, umpires, and parents are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, umpires, parents, spectators, and fans. As a member of the field hockey community an individual assumes certain obligations and responsibilities to the game and its participants. The essential elements in this "Code of Conduct" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport, themselves, their team, and their organization.

It is only through such conduct that our sport can continue to earn and maintain a positive image and make its full contribution to amateur sports. The following essential elements of the "Code of Conduct" must be followed:

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.
- The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as adults.
- Coaches should always demonstrate positive behaviors and reinforce them to players, parents, umpires, and spectators alike. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, umpires, and spectators.
- Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, umpires, parents, and spectators.

All should be respectful of the program and its participants on the internet and social media by refraining from negative comments and posts.

Offensive and derogatory language including but not limited to racial slurs, sexist commentary and profanity will not be tolerated. Physical confrontations are strictly prohibited.

The consumption and possession of alcoholic beverages, tobacco products and/or vapor products are not permitted at any 3Step Sports, LLC program including but not limited to event, showcase, camp, or clinic. Athletes are prohibited from illegal use of performance enhancing and/or recreational drugs.

Grievances or misunderstandings between coaches, umpires or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants. Umpire Managers or Tournament Directors are always available.

Umpires are professionals and are therefore expected to conduct themselves as such and in a manner that demonstrates total impartiality, courtesy, and fairness to all parties.

Spectators involved with the game must never permit anyone to criticize openly or maliciously, badger, harass or threaten an umpire, coach, player, or opponent.

Coaches must be able to demonstrate a solid knowledge of the rules of field hockey, the policy and procedures set forth, and should adhere to the rules in both the letter and the spirit of the game.

Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach.

deliberate unsportsmanlike conduct, is considered unacceptable conduct.

Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, roster sizes for players and coaches, and level of participation have been established to encourage and maximize participation, fair play and to promote safety.

If at any time any of the aforementioned policies are abused, the Umpire Manager, Event Operator/Tournament Director reserves the right to remove the athlete, parent or coach from the program they are currently participating in and the privilege of participating in future programs.



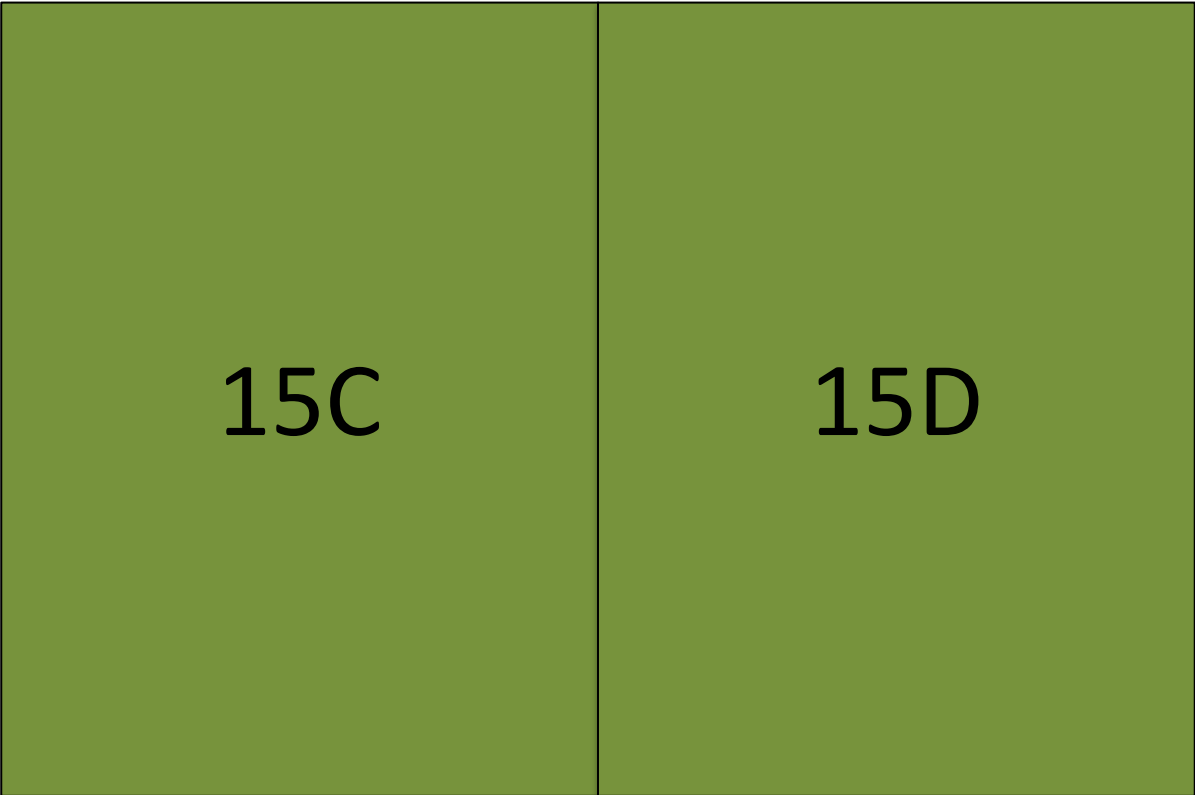
**Shooting Star Headquarters:**

- Registration/Information
- Vendor Village
- Coach & Umpire
- Hospitality/Shuttle

**Shooting Star**  
FIELD HOCKEY TOURNAMENT

**River City Sportsplex**  
13030 Genito Rd  
Midlothian, VA 23112

7v7 Field Diagram





## 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)*