

Top 10 Health benefits of horseshoes

1. Social activity
2. Improved coordination
3. Virtue of patience
4. Improved cell health
5. Light cardio
6. Mindfulness
7. Maintain flexibility
8. Improved mood
9. Relieves stress
10. Strategic planning

(www.healthfitnessrevolution.com)

Sooke Horseshoe pitch is located at 2250 Sooke River Road across from Fred Milne Park, overlooking the scenic Sooke River. Plenty of free parking, near transit, washroom facility access, water access, and wheelchair accessible. We are a non-profit organization run by proud community members of Sooke.

“a local horseshoe pitch would be beneficial for people of all ages. There’s very little for seniors to do here, this would give seniors something more to do, it’s good exercise for them.”
Rick Hobday (founding member)

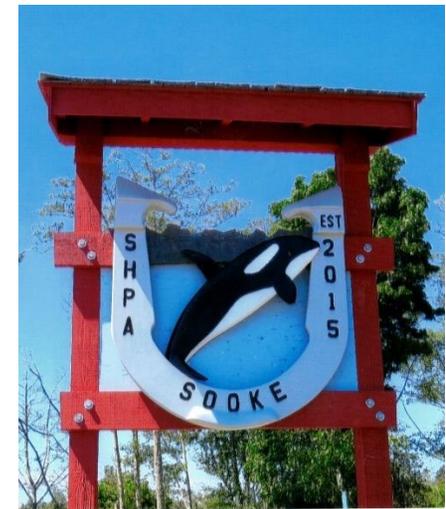


Keeping score in horseshoes

	Mark	Score
Shoe is within 6” of peg	1	1
2 shoes within 6” of peg	2	2
Ringer (1 shoe on peg)	O	3
ringer and a shoe within 6” of peg	O1	4
2 ringers	OO	6

Visit us on Facebook, email SookeHorseshoes@shaw.ca or at the pits 2250 Sooke River Road

SOOKE HORSESHOE PITCHING ASSOCIATION



2250 Sooke River Road
Sooke. BC V9Z 0H5
SookeHorseshoes@shaw.ca

Mission statement

Our association and facilities provide and promote the sport of horseshoe pitching to everyone of all ages. We provide a safe, friendly, and welcoming atmosphere for everyone. An inexpensive sport involving a moderate amount of healthy outdoor exercise and excellent pastime.

Horseshoes at a glance

Horseshoe pitching in BC has been around since 1929 and is gaining in popularity of all ages. Played on regulation courts, horseshoe pitching requires accuracy, coordination and concentration. Horseshoes are considered lucky, however skill and not luck is involved in pitching the perfect shoe.

Sooke Horseshoe Pitching Association (SHPA) is part of BC Horseshoes which is governed by Horseshoe Canada. There are several clubs throughout BC with almost 1000 card carrying players. Play for fun in recreation league or in competitive league.

Season in Sooke can run from February to October in mixed league play. Tournament play is broken into different levels and abilities; peewee, junior, women's, men's, seniors, and elders.

Testimonials

It's so much fun! I get to meet new friends.

Horseshoes has helped me concentrate and given me social time with adults.

The support of my horseshoe family is so valuable. They all want to see you to succeed.

History of horseshoes in Sooke

Our organization would not have been possible without the generous donations from businesses located in and around Sooke, especially Home Hardware, Village Foods, and Western Grocers, also the founding members who worked tirelessly to make it happen.

The community members of Sooke wanted to have their own pitch to call home, instead of commuting to Victoria. Our dedicated founding members worked hard with applications to council to have a space. The process took several years to navigate and in 2015 the club broke ground and became established as a non-profit organization in Sooke.

Blackberry bushes were cleared, fences were put up, a storage container was brought in, 6 pitches initially and in 2018 6 more were added. The club started with a dream and a handful of dedicated members, today our club continues to grow and is very competitive.

Founding Members

Tom Bligh
Dorothy Butts
Gordon Butts
Ron Dumont
Rick Hobday
Fred Shambrook



Schedule

Tuesday and Saturday 10 am

Spring and summer league play
Wednesday 5:30 pm- about 8:00 pm
(each session runs for 8 weeks)

Peewee and Junior league (supervised)
Runs April-August day and time TBA

Yellow club shirt and white or black bottoms
are required for tournament play.

Fees

7-17 years old FREE
18 years and up \$50/year
Associate member \$28/year