



## U16 TRYOUT INFORMATION

Seacoast United Field Hockey is very excited for the 2018/2019 Winter Club Season to begin in November. Every year our full time and part time staff work tirelessly to deliver top notch instruction, and a developmental environment that match the needs of each individual player. We continuously look to make improvements to all aspects of our club and this year under the guidance of Caitlyn Mitchell, Program Director, and Sarah Michaud, Director of Field Hockey Operations, our entire staff has a clear and concise vision for the future. We are committed to making a difference in the field hockey community, and providing equal and quality opportunities to all. We appreciate your interest in our club program and we are looking forward to implementing some exciting changes this year!

### Post Tryout Procedures:

- After the conclusion of both tryouts, each individual player will receive an e-mail. All e-mails will be sent out on or before **Wednesday October 10<sup>th</sup>, 2018**.
- Before e-mails are sent out, some players may receive a phone call from a coach to check on individual's commitment to the Club.
- A second tryout will take place on Sunday, October 7<sup>th</sup>, 2018 at our Seacoast United- Concord Arena. Players **MUST** attend at least one of the two tryout dates, and are encouraged to attend both.
- Players will be required to submit all registration materials, and make the first tuition payment to the Club by **Wednesday October 24<sup>th</sup>, 2018**. Specific instructions about registration will be included in an e-mail sent from the Club by Wednesday **October 10<sup>th</sup>, 2018**.

Best,

Caitlyn Mitchell, Program Director

Sarah Michaud, Director of Field Hockey

### **U16 Select Players**

#### Individual Skill Development & Pool Training (7 weeks- 1x per week)

- Training begins Sunday November 4<sup>th</sup>, 2018- Sunday December 16<sup>th</sup>, 2018
- Sunday trainings will be at our Concord Indoor Arena (Between 7:00am-2:30pm)
- Focus: Skill development and fundamentals of individual play.
- During this 7-week pool training, roster & team evaluations take place.

#### Team Based Training & Tournament Play (13 weeks- 1x per week):

- Sunday January 6<sup>th</sup> – March 31<sup>st</sup>, 2019
- Sundays at Seacoast United Concord Indoor Arena, Concord NH
- Focus: Team development & tournament play

### **U16 Elite & Premier Players**

#### Individual Skill Development & Pool Training (7 weeks- 2x per week)

- Training begins Sunday November 4<sup>th</sup>, 2018- Sunday December 16<sup>th</sup>, 2018
- Sundays in November & December will be at the Concord Indoor Arena (Between 7:00am-2:30pm)
- Wednesdays in November & December will be at the Concord Indoor Arena, Concord, NH (Between 4:00-7:00pm)
- Focus: Skill development and fundamentals of individual play.
- During this 7-week pool training, roster & team evaluations take place.

#### Team Based Training & Tournament Play (13 weeks- 2x per week):

- Sunday January 6<sup>th</sup> – March 31<sup>st</sup>, 2019
- Sundays at Concord Indoor Arena, Concord, NH (Between 7-2:30pm)
- Wednesdays at the Concord Indoor Arena, Concord, NH- (Between 4:00-7:00pm)
- Elite training times are TBD, and some practices will be at Govs Academy
- Focus: Team development & tournament play

# U16- PLAYER INFORMATION

## U16 Select Program

### Indoor Training

Master teaching

In-house scrimmaging

\*Training Sessions: Concord Arena  
(16 training sessions minimum)

### Tournaments (3 total)

- 1- SUFH Club Tournament- March 3<sup>rd</sup>, 2019
- 2- New England Region Tournament
- 3- New England Region Tournament

### SportsRecruits

Individual Player Profile

(Each player will have unlimited access to this recruiting platform, that will allow them access to every college coach in the country. This platform will empower our players in the recruiting process while we oversee and help them in their efforts and communication.)

### Office and Staff

Coach stipend

All printing/mail/phone/stationary

FH equipment/med supplies

Coaching coordinator stipend

**\*USA Field Hockey membership is required\***  
**\*Rosters will include a maximum of 11 players total\***

### Total Cost

\$850

### **Payment Schedule**

\$500 non-refundable deposit 10/3/18  
\$200 payment due 12/7/18  
\$150 payment due 2/1/19

## U16 Elite & Premier Program

### Indoor Training

Master teaching

In-house scrimmaging

\*Training Sessions: Concord Arena  
(35 training sessions minimum)

### Tournaments (3 total)

- 1- SUFH Club Tournament- March 3<sup>rd</sup>, 2019
- 2- New England Region Tournament
- 3- New England Region Tournament

### SportsRecruits

Individual Player Profile

(Each player will have unlimited access to this recruiting platform, that will allow them access to every college coach in the country. This platform will empower our players in the recruiting process while we oversee and help them in their efforts and communication.)

### Office and Staff

Coach stipend

All printing/mail/phone/stationary

FH equipment/med supplies

Coaching coordinator stipend

**\*USA Field Hockey membership is required\***  
**\*Rosters will include a maximum of 11 players total\***

### Total Cost

\$950

### **Payment Schedule**

\$500 non-refundable deposit 10/3/18  
\$250 payment due 12/7/18  
\$200 payment due 2/1/19

## Gear

Training socks (Carolina blue)

Training shorts (Navy)

Training pinnie (Carolina blue & white)

Game socks (White & Navy)

Game Jersey's (White & Navy)

Game Skirt (Navy)

Embroidery/ Screening

### Total Cost

\$225

- **NEW-** All orders will be placed online this year through WEGOTSOCCER.
- Returning players are NOT required to purchase new gear
- **NEW-** Nike Hoodie & Sweatpants will be available for purchase.