



## Winter Academy Program

Seacoast United Field Hockey is very excited for the 2018/2019 Winter Club Season to begin in January. 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 Leah Boody-Simpson, Director of Field Hockey and Kayla Raneri, Assistant Director of Field Hockey and 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!

Our Winter Academy Program is designed for all athletes who cannot commit fully to club due to winter sports or other commitments, but still wish to participate in our Winter Club Field Hockey Program. This program is open to athletes of all ages who are dedicated to the sport of field hockey. Seacoast United Staff wants to make sure athletes have an opportunity to play the sport they love which is why we as a staff, created this program. The teams will practice once a week on Sundays, during the select training pool time that is assigned to their appropriate age group.

### **Things You Need To Know:**

- This program does NOT require a tryout.
- This program practices ONCE a week on Sundays during the select training time.
- These players are NOT eligible to make our NIT or RCC team.
- These teams will have two tournaments through out the season.
- There are **two** options for training. Either 20 weeks off training or 13 weeks of training.

### **Training time/ Location:**

#### **13 Week Option**

- Starting January 6<sup>th</sup>, the players will practice on Sundays from 3-4:30 pm OR 4:30- 6 pm
- Training will be at The Route 1 Sportsplex (199 Newbury St. Danvers, MA)

#### **20 Week Option**

- Starting November 4<sup>th</sup>, the players will practice on Sundays from 3-4:30 pm OR 4:30-6 pm
- Training will be at The Route 1 Sportsplex (199 Newbury St. Danvers, MA)

# ACADEMY INFORMATION

## **Academy Program**

### **Indoor Turf Training**

Master teaching  
In-house scrimmaging  
\*Training Sessions: Route 1 Sportsplex  
Strength and Conditioning Program (Treehouse SOF)  
(35 training sessions minimum)

### **Tournaments (2 total)**

- 1- SUEFH Outdoor Tournament – March 11, 2018
- 2- 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

### **Total Cost for 13 Weeks**

**(Starts in January)**

\$650

### **Total Cost for 20 Weeks**

**(Starts in November)**

\$1,200

## **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

\*All orders will be placed online this year\*

