



## 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 Sarah Michaud, Director of Field Hockey, Eli Skovron, Assistant Director, and Melissa Grant, Director of Goalkeeping, 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 September 12<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, September 9<sup>th</sup>, 2018 at our Seacoast United- Hampton 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 3<sup>rd</sup>, 2018**. Specific instructions about registration will be included in an e-mail sent from the Club by Wednesday **September 12<sup>th</sup>, 2018**.

Best,

Sarah Michaud, Director of Field Hockey  
Eli Skovron, Assistant Director of Field Hockey  
Melissa Grant, Director of Goalkeeping

### **U16 Select Players**

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

- Training begins Tuesday November 6<sup>th</sup>, 2018- Tuesday December 18<sup>th</sup>, 2018
- Saturday's in November & December will be at our Hampton Indoor Arena (7:30-9:00am)
- Tuesday's in November & December will be at our Hampton Indoor Arena, Hampton NH (5:30-7:00pm)
- 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
- Sunday's at Seacoast United Indoor Arena, Hampton NH (Between 7-11:00am)
- Tuesday's at Seacoast United Indoor Arena, Hampton NH(5:30-7:00pm)
- Focus: Team development & tournament play

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

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

- Training begins Tuesday November 6<sup>th</sup>, 2018- Tuesday December 18<sup>th</sup>, 2018
- Sunday's in November & December will be at The Rim Indoor Complex in Hampton, NH (Between 7:00am-11:30am)
- Tuesday's in November & December will be at The Rim Indoor Complex, Hampton NH (6:00-7:30pm)
- 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- 2x per week):

- Sunday January 6<sup>th</sup> – March 31<sup>st</sup> 2019
- Sunday's at The Rim Indoor Complex, Hampton NH (Between 7-11:30am)
- Tuesday's at The Rim Indoor Complex, Hampton NH- 6:00-7:30pm
- Elite training times are TBD, and some practices will be at Gova's Academy
- Focus: Team development & tournament play

## U16 Select Program

### Training/ Strength & Conditioning

Master teaching

In-house scrimmaging

**Training Sessions:** Hampton, NH  
(35 training sessions minimum)

**Strength & Conditioning:** Hampton, NH  
(8 weeks- 1x per week)

### Tournaments (4 total)

- 1- Jump Start Tournament- January 27<sup>th</sup>, 2019
- 2- SUFH Club Tournament- March 3<sup>rd</sup>, 2019
- 3- New England Region Tournament
- 4- 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\***

**\*U16 Rosters will include a maximum of 10 players total\***

### Total Cost

\$1,550

### **Payment Schedule**

\$500 non-refundable deposit 10/3/18

\$550 payment due 12/7/18

\$500 payment due 2/1/19

## U16 Elite & Premier Program

### Training/ Strength & Conditioning

Master teaching

In-house scrimmaging

**Training Sessions:** Hampton, NH  
(35 training sessions minimum)

**Strength & Conditioning:** Hampton, NH  
(8 weeks- 1x per week)

### Tournaments (4-5 total)

- 1- True Indoor Tournament- TBD
- 2- SUFH Club Tournament- March 3<sup>rd</sup>, 2019
- 3- NITQ (December 15<sup>th</sup>, 29<sup>th</sup>, or January 5<sup>th</sup>)
- 4- New England Region Tournament
- 5- NIT- March 1<sup>st</sup>- 3<sup>rd</sup>, 2019 (If team qualifies)
  - a. NIT fee is NOT included in club tuition

### 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\***

**\*U16 Rosters will include a maximum of 10 players total\***

### Total Cost

\$1,675

### **Payment Schedule**

\$500 non-refundable deposit 10/3/18

\$600 payment due 12/7/18

\$575 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 WEGOTSOCER.
- Returning players are NOT required to purchase new gear
- **NEW**- Nike Hoodie & Sweatpants will be available for purchase.