



## South Jersey Edge 2018-2019 Program Guide

### **ABOUT SOUTH JERSEY EDGE**

The mission of South Jersey Edge Field Hockey Club is to make every player better than when they started, either through the experience on a travel team or by honing their skills. We want to provide athletes with competitive playing and training opportunities on a continuous long-term basis. We foster a family atmosphere for the girls. We do our best to accommodate all of our players' needs in the hope that when they leave SJ Edge they have improved and can say that the experience was a positive one they will remember for years to come. As always, we have three wishes for all of you. One is that your experience with us will help you take your game to new levels. Secondly, that you will make close friends with players from other schools, and thirdly, but most importantly, that you will have FUN! We are looking forward to another great indoor season!

The majority of our communication will be via email and updated on our website, [www.southjerseyedge.com](http://www.southjerseyedge.com). It is your responsibility to check your email on a daily basis during the season. All team announcements will be emailed as soon as they become available, including practice times.

### **COACHING AND DEVELOPMENT PHILOSOPHY**

Training on a regular basis allows us to gain a significant insight into the abilities of every player. Our focus is to maximize long term performance and growth. Our goal is to make every player better than when they started. We want to develop individual skills with a focus on building team players. We focus on a family atmosphere among the players. We want all of our players to graduate feeling they have a 2<sup>nd</sup> family at South Jersey Edge. Our goal is to provide each player with the maximum playing time so they can translate what is done during practice into game play. In order to achieve this we have several team levels and players are placed accordingly to maximize their experience and playing time.

### **AGE GROUP BREAKDOWN**

The 2019 age divisions are as follows, age is determined by your age as of January 1, 2019. You will remain in that age division for the entire calendar year:

- U10 - Under 10 on January 1, 2019
- U12 - Under 12 on January 1, 2019
- U14 - Under 14 on January 1, 2019
- U16 - Under 16 on January 1, 2019
- U19 - Under 19 on January 1, 2019



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### **INDOOR**

Indoor field hockey is a great way to improve your skills during the winter months. It is played on a fast surface like a gym floor. It is a much smaller field and is played with 5 field players and a goalie. It is much more of a passing game. It really allows the players to hone in on their passing and control. It greatly improves their decision making. Players selected for a team will practice 1-2 days/nights a week and will attend local indoor tournaments. Select teams will participate in a USAFH Qualifier and teams who qualify will attend the National Indoor Tournament. Indoor Field Hockey is a fast-paced game and although the skills translate to the outdoor field, it is a very different game. For more information on Indoor Field Hockey visit [www.indoorhockey.net](http://www.indoorhockey.net).

### **National Indoor Tournament Championships**

2011 (U19); 2012 (U19); 2014 (U14); 2015 (U12, U14, U16 & U19); 2017 (U14 & U19); 2018 (U19)

### **LEVEL DESCRIPTIONS**

Players are initially evaluated during the first couple of training sessions for placement. Players are then placed in one of the groups outlined below. Players can move levels during the season. Players improve at different rates and we are constantly evaluating all players ability level. Coaches will also take into consideration work ethic, effort level and coachability when determining placement for all players.

**Elite** – These athletes are typically returning club members with a high-level understanding of the game. They demonstrate the ability to play field hockey at the NCAA Division I and/or II level. Elite teams will attend 6-8 tournaments

**Advanced** – These athletes can be returning club members or new to the club. They should have a solid foundation and understanding of the game. They demonstrate the ability to play field hockey at the NCAA Division II and/or III level. Advanced teams will attend 4-6 tournaments.

**Academy** – These athletes are newer to the game and whose skill set requires improvement to compete with the advanced players. This group will have a range of experience levels. This group will contain players who are looking to improve their game for further opportunities. Players in this group may or may not have aspirations to play at the collegiate level. Academy teams will attend 2-4 tournaments.

**Training** – These athletes may be new to the game or who have a skill set that requires improvement prior to attending tournaments. These may also be athletes looking for a less intense experience and time commitment but would like to continue playing and improving their game. Training teams will have inter-squad scrimmages.



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### **CLUB FEES (all fees are estimated)**

#### **All fees can be paid in installments**

Annual Registration Fee \$50

Winter Training Fees \$250-\$400 (*based on team placement*)

Tournament Fees \$75 per tournament

Uniform Fees \$100-\$140

Spring/Summer Training Fees \$275-\$350

National and Showcase Tournament Fees \$200-\$400 (*invitation only*)

### **ATTENDANCE AND PARTICIPATION EXPECTATIONS**

Attendance is the key to maximizing your growth. When a player misses a practice, they miss important topics covered. Although we often re-visit skills missing a practice can be a detriment to your individual success. We understand sometimes things come up and missing cannot be missed. Players who have a consistent pattern of missing practice and/or games will see an impact to their playing time and even possibly their team placement.

### **CLUB AFFILIATION**

It is **mandatory** that all South Jersey Edge players have a current USFHA membership; **you do not have to be a member to register** but must have registered by your first training session. You will not be allowed to maintain your roster slot, practice or play in any tournaments without a **current number**. Please make sure you select South Jersey Edge as your club, please do this carefully as there are other clubs with similar names. It is your responsibility to maintain these numbers and keep track of your expiration dates to ensure that you are covered for the duration of the season. Your membership affords you the ability to compete in USAFH sanction events, along with other benefits, such as field hockey publications, group insurance coverage, etc... The website for USFHA is [www.usfieldhockey.com](http://www.usfieldhockey.com). Please make sure all of your information is current in their database (i.e., email address, school, phone number, etc..., college coaches do have access and use this information).

**Please note that if you commit to play for us, you only play for South Jersey Edge for the entire season, unless prior approval is received by your coach and the director. We may occasionally allow guest players to fill in an open spot. This does not apply to Futures and local leagues you are playing with your school team. Anyone trying to play for two club teams in the same tournament will be released from the program. Anyone who leaves during the season will still be responsible for the full season's fees.**



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### **OUTDOOR TOURNAMENTS WE ATTEND**

South Jersey Edge attends the National Hockey Festival every November. We have attended the Disney Showcase from 2009-2015. The President's Day Showcase now known as the National Hockey Showcase was formed to take the place of Disney for 2016 & 2017. The Disney Showcase was added back to the tournament schedule for 2018. In addition, the National Field Hockey Coaches Association has added recruiting tournaments. They are hosting spring fling and the winter escape. We will be attending these events as well. We participate in the Regional Club Championship and the National Club Championship (qualification required). We also participate in the Junior Premier League. This is a league of the top teams in the region. We also attend local 7 v 7 spring and summer tournaments.

Whenever possible we select players for these events using existing club players. We use training sessions to identify candidates.

#### **National Hockey Festival Championships**

2011 (U19); 2012 (U16 & U19); 2014 (U16 & U19); 2016 (U19); 2018 (U16 & U19)

#### **Disney Field Hockey Showcase Medals (Gold, Silver or Bronze)**

2009 (U14); 2012 (U19); 2014 (U12, U14 & U16); 2015 (U12, U14 & U16); 2018 (U14 & U16)

#### **Bash at the Beach (Gold, Silver or Bronze)**

2016 (U12 & U14); 2017 (U14); 2018 (U12 & U14)

### **SPRING AND SUMMER OPPORTUNITIES**

South Jersey Edge has several opportunities to play and train throughout the spring and summer. We have Sunday training sessions on turf. Elite teams will participate in the Junior Premier League, Regional Club Championships and National Club Championships if the team qualifies. Advanced teams will attend local 7 v 7 tournaments. We also run a 7 v 7 league on Wednesday nights in June and July. We have a middle school, high schools and college/adult division.

### **PRIVATE LESSONS AND SMALL GROUP TRAINING**

Our coaching staff provides private lessons and small group training to registered club members for an additional fee. Interested players should email [southjerseyedge@comcast.net](mailto:southjerseyedge@comcast.net) with private lessons or small group training in the subject.



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### **UPCOMING MAJOR TOURNAMENT AND SHOWCASE INFORMATION**

**\*May not bring teams in all age groups, based on interest**

**Event:** 2018 USAFH National Hockey Festival

**Location:** West Palm Beach, FL

**Date(s):** November 21<sup>st</sup> – November 24<sup>th</sup>

**Divisions:** U12, U14, U16 & U19

**Event:** 2019 Junior Premier Outdoor League

**Location:** Varies

**Date(s):** Varies

**Divisions:** U14, U16 & U19

**Event:** 2019 Junior Premier Indoor League

**Location:** Varies

**Date(s):** Varies

**Divisions:** U14, U16 & U19

**Event:** 2019 Regional Club Championships

**Location:** Varies

**Date(s):** Varies

**Divisions:** U14, U16 & U19

**Event:** 2019 NFHCA Winter Escape

**Location:** Sanford, FL

**Date(s):** January 18<sup>th</sup> – January 20<sup>th</sup>

**Divisions:** YOG 2019, 2020, 2021 & 2022

**Event:** 2019 NFHCA Spring Fling

**Location:** Midlothian, VA

**Date(s):** May TBD

**Divisions:** YOG 2019, 2020, 2021 & 2022

**Event:** 2019 USAFH Disney FH Showcase

**Location:** Orlando, FL

**Date(s):** February 31<sup>st</sup> – February 3<sup>rd</sup>

**Divisions:** U12, U14, U16 & U19

**Event:** 2019 National Club Championships

**Location:** Manheim, PA

**Date(s):** July Varies

**Divisions:** U14, U16 & U19

**Event:** 2019 Shooting Stars Showcase

**Location:** Frederica, DE

**Date(s):** April TBD

**Divisions:** U12, U14, U16 & U19

**Event:** 2019 Bash at the Beach

**Location:** Virginia Beach, VA

**Date(s):** July TBD

**Divisions:** U12 & U14