

# 2019



# Field Hockey Club Handbook

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## INTRODUCTION

We are happy to welcome all players and parents to The X-calibur Field Hockey Club. We are hopeful that this will be an exciting and rewarding experience. Our goal is to develop well-rounded players who learn not only the fundamentals of field hockey, but also the importance of education, in an atmosphere conducive to developing sound mind, body and character - while having a good time along the way! We practice the ideals of sportsmanship, scholarship and physical fitness. Our program stresses learning lessons of value far beyond the playing days, such as, self-discipline, teamwork, focus, responsibility, friendship, leadership, determination, and **RESPECT.**

We as coaches will do our very best to ensure that each player is utilized to their utmost potential and that their individual talents are used for the betterment of the team. We strongly encourage the understanding that the team comes before the individual.

"PLAY FOR THE NAME ON THE FRONT NOT THE NAME ON THE BACK"

Safety is one of our top concerns. Many of the exercises, drills, and team rules are in place to ensure your child is physically and mentally fit for field hockey.

We also understand that each child is unique and develops at their own pace. Therefore, we will exercise their bodies and minds in an effort to develop the skills needed to play the game of field hockey at a high level.



## TEAM RULES

- Keep up with your schoolwork. Student always comes before athlete.
- If you don't practice, you don't play. All excused absences must be coordinated with the coaches. If you don't make an effort to attend practices, we as coaches are not required to play you.
- RESPECT.
  - o Respect your coaches: no back-talking, profanity, or any form of disrespect will be tolerated and may result in disciplinary actions by the coaches and/or administrators.
  - o Respect your teammates: remember your teammates are working with you not against you. Any unnecessary aggression or violence towards another player will result in disciplinary actions by the coaches and/or administrators.
  - o Respect yourself: take pride in what you do and be responsible for your actions.
  - o Respect the officials: do not call your own fouls, do not argue a call, approach them in a respectful way using a respectful tone and use your manners when addressing them.
- You are responsible for your own equipment. This is the key to safety. Let the coaches know if your equipment needs repair. (see additional information in the "Players Equipment" Section)
- Come to practice prepared to work.
- Arrive promptly to ALL practices and games, unless previous arrangements have been made with your coach(es).
- Learn the rules of the game.
- Know the name of each position and what is required when playing there.

## BULLYING

- Bullying of any kind will not be tolerated at Xcalibur and may result in dismissal from the club after a meeting between players, parents, and club administrators. The most common types of bullying in sports include: Verbal (name calling, nasty and cruel nicknames, taunting, etc...), Physical (hitting, slapping, tripping, etc...) and Relational (excluding another player, gossiping, trash talking, intentionally embarrassing a player, etc...). If you are experiencing any type of bullying please alert your coach right away.

## USFHA

The X-calibur Field Hockey Club is a paying member of the United States Field Hockey Association (USFHA) and as such all players are required to be members of the USFHA. All players and parents are required to sign a USFHA code of conduct when a new membership is purchased or an old membership renewed in order to participate in all USFHA sanctioned events. X-Calibur supports and adheres to the guidelines and rules of the USFHA and the NFHS. USFHA memberships may be purchased on the US web site [www.USfieldhockey.com](http://www.USfieldhockey.com) under membership.



## PLAYER EQUIPMENT

Each player is required to supply the following equipment in order to play:

- Mouth guard (both field players and goalies)
- Shin Guards (field players only)
- Protective Gloves (THESE MUST BE WORN AT ALL INDOOR PRACTICES AND GAMES)
- X-calibur Pinnie (field players only)
- Indoor stick (Outdoor sticks will not be allowed for travel team players only)
- Court shoes of your choosing or bought through X-calibur
- Field Players must wear BLACK spandex shorts under their uniform skirt, if their skirt does not already have the spandex built into them. NO other color is acceptable.
- Goalkeepers need to supply their own goalkeeping gear

Players will purchase the following equipment from X-calibur:

- Home and away jersey
- Protective gloves
- Skirt
- Purple and white socks
- Pinnie

Other Items of spirit wear may be purchased through the club clothing manager, Alli Lokey.  
[a.lokey31@gmail.com](mailto:a.lokey31@gmail.com)

All required equipment (with the exception of uniforms, which are only worn for games) listed above must be worn at all times in order to play. Players who come to practice missing shin guards, indoor sticks, mouth guards, gloves, and/or their pinnie will not be allowed to participate.



## **CLUB PAYMENT INFORMATION**

Below is a breakdown of the Travel Team Fee, the Club Fee, Additional Fees, and payment process.

The Travel Team Fee is \$925 for U12, U14, U16, and U19 players.  
(Broken down into payments)

Below is what is included in the fee:

- court usage for practices and open play
- 6 indoor tournaments
- 1 National Indoor Tournament Qualifying Tournament
- coaching at assigned practices and tournaments
- open play practices

The Travel Team Fee is \$275 for U10 players.

Below is what is included in the fee:

- court usage for practices
- 4 indoor tournaments
- coaching at assigned practices and tournaments

The Club Fee is \$225.

Below is what is included in the fee:

- USA Field Hockey Club Dues
- Club Insurance
- Club Administrative Fees
- Club Website

Additional Fees:

- Junior Premier Indoor League - JPIL (if chosen) - approx. \$150 due in December
- The National Indoor Tournament (if your travel team qualifies):  
approx. \$225 for U10 - U16 teams and approx.  
approx. \$450 for u19 teams (this includes player hotel)
- Junior Premier Outdoor League - JPOL (if chosen) - approx. \$150 due in April
- Regional Club Championships (if chosen) - approx. \$100
- National Club Championships (if chosen) - approx. \$200

Payment Process:

All payments must be made via the website, by the due date. ALL payment links will be sent via email.



Please note that any player with an outstanding balance may be disallowed participation in a tournament and/or additional playing opportunity until payment is made. ALL final decisions will be left up to the discretion of the X-Calibur Administrative Staff.

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## **TRAVEL ACCOMODATIONS & “STAY TO PLAY” POLICY**

When we attend tournaments (U19 NITs, the National Field Hockey Festival, Disney Showcase, etc.) that require us to stay in a hotel as a team, the USA Field Hockey Association requires us to comply with their “Stay to Play” Policy (see policy information below). At our club, we have a travel coordinator that works closely with USA Field Hockey’s Housing Company in order to coordinate hotel reservations for our club. All of the hotel information will be communicated to those attending the event via email from our club travel coordinator. Parents may NOT make any hotel arrangements on their own prior to hearing from our club travel coordinator.

*From the USA Field Hockey Official Website:*

*“USA Field Hockey has a “Stay to Play” policy for National events. To ensure the quality of service provided at the U-14, U-16 and U-19 National Futures Championships, USA Field Hockey has appointed the complimentary services of Spooky Nook Sports as the Official Housing Service for the events named above.”*

*“It is required that all team participants book their housing accommodations through our housing service. This includes everyone in your travel party: players, parents, friends, etc. Team cooperation is essential to ensure placement in National Tournaments.”*

By not complying with the USA Field Hockey “Stay to Play” Policy, we put our club in jeopardy of being disqualified from all future USA Field Hockey events.

If you find that you are unable to (for whatever reason) stay at the club designated hotel, you MUST let our travel coordinator know in a timely fashion in order to ensure that USA Field Hockey is aware. Failure to do so may result in your immediate dismissal from the club.



## **COMMUNICATIONS**

The primary means of communication for administrators and coaches will be through email. Coaches will have a contact list for their team and they will be responsible for communicating with parents and players by email. The administrators will also use email to relay important announcements to all club members.

In addition to the e-mail list, we also maintain (and continue to improve) our web site. You can proactively find most of the information here, including the calendar, which shows practices, open play and tournament dates and times. The web page also has important announcements, such as upcoming playing opportunities. Each of the teams is also listed on the web page, as well as alumni of the program and members who have made national event status. Please get in the habit of checking the website prior to contacting the administrators with questions.

[www.xcaliburfieldhockey.com](http://www.xcaliburfieldhockey.com)

If you do not find the information you are seeking on the website or if you have an issue you would like to discuss with the management team, please contact an administrator via email.

## **PARENT/COACH COMMUNICATION PLAN**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your daughter becomes involved in our program, you have a right to understand what expectations are placed on your daughter. This begins with clear communication from the coaches.

### **Communications you should expect from your daughter's coach:**

1. Philosophy of the coach
2. Expectations the coach has for your child and the team as a whole
3. Location and time of all practices and contest
4. Team requirements, i.e. practices, changes in schedule, etc.
5. Actions that may result in the denial of your daughter's participation

### **Communication coaches expect from parents:**

1. Concerns expressed directly to the coach via phone or in person conversation
2. Notification of any schedule conflicts in advance by email



As your daughter becomes involved in the X-calibur Field Hockey Club, she will (hopefully) experience some of the most rewarding moments in her life. It is important to understand that there also may be a time when things do not go the way you or your daughter wishes.

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**Appropriate concerns to discuss with coaches:**

1. The physical and mental treatment of your child
2. Strengths and weaknesses of your child's play
3. Concerns about your child's behavior

**Issues not appropriate to discuss with coaches:**

1. Team strategy
3. Other players

\*Throughout the season, at regular tournaments, players should receive fair playing time. However, at Qualifiers and at the National Indoor Tournament, playing time will be based on attitude, effort, ability to listen and work within a system, and following the coach's directions. It can be difficult to accept your daughter's not playing as much as you hope (or you feel they should be). The coaches will make judgments based on what they believe to be the best for the team.

**If a concern arises, the chain of command should be As follows:**

1. The player is to speak with the coach directly and discuss her concern.
2. The parent(s) and player are to speak with the coach directly and discuss their concern. This discussion however should not be held during a practice time or before/after a game. A meeting (phone or in person) will have to be scheduled at both party's convenience.
3. If the matter at hand is not resolved after completing the procedures above, the parent(s) and/or player may request a meeting with the administrators.





## **SIDELINE ETIQUETTE**

At X-calibur we take great pride in the reputation of our club. All families should adhere to the following guidelines during training sessions and games:

1. **SIDELINE BEHAVIOR** - Please remember that games are for the kids. We have had very few incidents over the past years, but one person can ruin everything. Please refrain from yelling at referees, coaches, other players, other parents, and your own child. We certainly encourage cheering and hope you acknowledge nice goals, saves, and hustle.
2. **SIDELINE COACHING** - Parents and family members should **never** shout instructions to the players during games or training sessions. These words of "advice" can be extremely detrimental to your child, and to his/her teammates. As far as tactics go, the only voices that should be heard during games are those of the players and coaches. We do encourage all positive words of encouragement and cheering.
3. **REFEREES** - There is already a major shortage of referees for field hockey. Each year we have new referees. Many young refs quit after one season because of verbal abuse. Yelling at referees will not be tolerated ... UNDER ANY CIRCUMSTANCE. The coach(es) and/or administrator will handle any issues that are deemed extreme.
4. **PLAYER DEVELOPMENT** - Player development is a PROCESS. Patience and TRUST in the club's philosophy and methodology is a must. If you're looking for instant success during every game or tournament, you're in the wrong club. We always try to win, but more importantly we work to play smart field hockey.
5. **YOUTH FIELD HOCKEY** - Youth field hockey and youth sports in general, are supposed to be FUN. We must all work together to make sure your child has a fun and positive experience with the club. Keep the dialogue open, and we'll make sure your goals are accomplished.
6. **WINNING** - Field hockey is the type of game that requires 100% effort 100% of the time. Our goal at X-calibur is for all players to be successful. Success is not only measured by winning, but by all players putting forth maximum effort, listening to the coaching directions, working within a system, and playing smart field hockey. If all of our players do this, then the winning should take care of itself. However, that is not always the case. Please keep in mind that losing with class is just as important as winning with class. Players and families attending the games, will be held accountable for any inappropriate behavior (deemed so) by the administration.



***Thank you in advance for your cooperation!***

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## **ACKNOWLEDGEMENTS / WAIVERS / PERMISSION**

I/We agree to abide by the guide lines as stated above in the X-calibur Field Hockey Club Handbook. I/We acknowledge understanding and will cooperate with said guidelines. I/We also acknowledge and understand that the risk of injury and from the events of the X-calibur programs is significant, including the potential for permanent disability and death, and while particular rules, equipment and personal discipline may reduce these risks, the risk of serious injury still exists. I/We knowingly assume all such risks both known and unknown, even arising from the negligence of the releases, or others and assume full responsibility for our participation. I/We agree comply with the programs stated and customary terms and conditions for participation. If I/We observe any unusual or significant concerns in the readiness of the participant, I/We will pull the participant and alert the nearest coach and or official. I/We hereby release and hold harmless the X-calibur Field Hockey Club, it's administrators, coaches, officials, agents, volunteers, other participants, sponsors, advertisers and (if applicable) owners and lessors of premises of events ("RELEASEES"), with respect to any and all injuries, dismemberment, death or loss of damage to person or properties incident to our involvement, participation in these programs.

### **PERMISSION TO USE PHOTO'S**

I/We do here by give permission for the X-calibur Field Hockey Club to use photos taken at club events or gatherings. I/We authorize X-calibur assignees and transferees to copyright, use the same in print and/or electronic. I/We agree that the X-calibur Field Hockey Club may use these photos without my name for any lawful purpose such as Publicity, illustrations, advertising or web content. I/We have read this form in its entirety and understand and acknowledge the terms and conditions. I We sign it freely and voluntarily without inducement.

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Player Signature

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Date

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Parent/Guardian Signature

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Date



***THIS WAIVER WILL BE ELECTRONICALLY SIGNED  
WHEN YOU OFFICIALLY REGISTER FOR THE CLUB  
THROUGH THE WEBSITE.  
YOU DO NOT NEED TO PRINT IT OUT AND SIGN IT.***

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## **CLUB ADMINISTRATORS**

Brian Hope, Co-Founder and Coaching Coordinator  
[bchopeless@msn.com](mailto:bchopeless@msn.com)  
(610) 207 - 2195

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Deborah Scholl, Travel Coordinator  
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