



G-FORCE... Committed to Field Hockey Excellence!

G-FORCE

★ News Flash ★



IN THIS ISSUE

Summer G-Force News Flash

The EIGHTH Edition of the G-FORCE NEWS FLASH!

The News Flash continues! We are celebrating our TWO year anniversary with this issue. Remember: please send ideas and photos for future newsletters to the following email box:
gforcefieldhockeyspiritwear@aol.com.

What's Inside...

We've recently completed some excellent play at some local New Jersey events, including the USAFH Sanctioned Junior Premier Outdoor League. Only by playing as a TEAM....TOGETHER....in these smaller, low-pressure events, do we prepare for success at the larger, national stage events.

Also inside: We've brought back the FAQ column. We'll feature some Nutrition Tips and Conditioning Ideas in the next issue at the end of the summer.

What's Coming Up...

Summer Training! Here's where your fall high school/middle school season can be won or

lost, and we need you to prepare **NOW** for events like Festival in November.

Don't Forget...

G-FORCE has an online store for all of our spirit wear and clothing. MyLocker has an incredible variety of items to choose from for all ages and sizes! Check out the site today:
(shop.mylocker.net, Locker Door EM175)

Remember...

Regardless of your level of development in this wonderful sport or the number of years with our Club: We cannot emphasize enough how important it is to communicate with the coaches. If you have questions, concerns, or just need some feedback or advice...PLEASE ASK. Athletes: Speak up! Do not rely upon you parents to do all of the talking!

In parting, remember: **"Individuals win games, Teams win championships"...Go G!**

Sincerely, *Coach Leroy*



Tournament Results

G-Force had strong finishes the Junior Premier Outdoor League (JPOL) for the 16s and 19s. See inside for more details.

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Ask A College Player

Back by popular demand – the "Ask A College Player" feature introduced last year. See input from three G-FORCE Alumnae starting on Page 5

Some Photos from our Local Spring Tournaments

Want to see your photos in the NEWS FLASH? Send them to GForceFieldHockeySpiritWear@aol.com



Rapid Fire Firecracker Tournament – April 2015

We brought four teams to this local event in Randolph. Let's extend a special "**Welcome to G-FORCE**" to our young **U12 Viperz**! What a pleasure to watch the future of our Club gain valuable experience against some tough NJ club teams!

Special congratulations to our strong U14 Cubz, the U16 Titanz, and the U16 team champion Lionz (pictured at left).



Impact Tournament @ Drew University – April 2015

We also brought four teams to this local event in Madison. Our two U19 squads played each other for the team championship – it's always fun to watch the competition intensify when playing your **G-FORCE** teammates for a tourney t-shirt!

Special congratulations to our strong U14 and U16s, with the U16s also claiming the team championship in their pool. **A great day for the G!**



Raiders Tournament – June 2015

G-FORCE is on a roll this summer! We sent four teams to this event, and three teams walked away with first place pool medals! Congratz to our U19 Vikingz, the U16 Spartanz, and U16 Lionz! Our U14 Cubz also just kept working harder and harder, and simply kept showing why they are way ahead of schedule in their development ladder. As coaches, we're not simply proud of the teams' results at the tournament, but more importantly, we're impressed by the hard work that you've put into performing at such a high level; hence the resounding results. These fantastic results are not but coincidence, but through conscientious hard work and dedication. This is why we spend time at these local events – to become a **TEAM!**

DID YOU KNOW?



We are on Facebook and Twitter! Join us on Twitter @GForceFHockey and "Like us" on Facebook. Find great photos and connect with your teammates!

Remember, POST RESPONSIBLY!

FAST FACTS

18%

G-Force U-19s are #25 of about 145 USA Field Hockey sanctioned U19 teams. We're in the top 18% of all USA clubs, and currently ranked #6 in the state of NJ! (March 2015 rankings)

35%

G-Force U16s are ranked #44 of about 125 ranked USA Field Hockey sanctioned U16 teams. We're in the top 35% of all USA clubs, and also ranked #8 in the state of NJ! (March 2015 rankings)

FOR MORE INFORMATION

Club Rankings are updated periodically by USA Field Hockey, and are based on finishes at national events such as Disney Hockey, Hockey Festival, and NCCs. Find the link here:

<http://www.teamusa.org/USA-Field-Hockey/MEMBERSHIP/CLUB-RESOURCES/RANKINGS-POLICY>

FAQs

The Top Things You're Asking About....

*Back by popular demand:
Our FAQ Column!*

Why didn't G-FORCE enter the Regional Club Championships (RCC) this year? Wasn't this a qualifier for the National Club Championships (NCC)?

This year's RCC was held on April 25-26 (U14 and U19) and May 16-17 (U16). We found that this spring was especially challenging with our athletes' schedules. Futures, high school lacrosse, softball and track, college clinic days all caused a great deal planning challenges for the coaches. We love that our players are multi-sport athletes, and we respect participation in the Futures program. However, we need to make sure that we send strong, healthy, well-trained, full roster teams to USAFH events like RCCs. We could not gain commitment from our players to the event (and the event dates were named very late) to field full rosters of players. We are committed to playing in this event in the future, again depending on the commitment of our players and ease of scheduling.

What is a "Verbal Commitment" or hearing that someone "Verballed"?

- This phrase is used to describe a college bound student-athlete's commitment to a school before she signs (or is able to sign) a National Letter of Intent. A college bound student-athlete can announce a verbal commitment at any time. While verbal commitments have become very popular for both college bound student-athletes and coaches, this "commitment" is NOT binding on either the college bound student-athlete or the institution. Only the signing of the National Letter of Intent accompanied by a financial aid agreement is binding on both parties

What Is an "Unofficial Visit"?

- Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits to as many schools as you like and may take those visits at any time. The only time you

cannot talk with a coach during an unofficial visit is during a dead period.

Okay, so what is an "Official visit"? - Any visit to a college campus by you and your parents paid for by the college. The college may pay all or some of the following expenses: Your transportation to and from the college; Room and meals (three per day) while you are visiting the college; and reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.

- Prospective student athletes can only make one official visit to any one institution.
- Prospective student athletes can only make official visits during their **senior year** of high school.
- Prospective student athletes can make no more than five total official visits to Division I schools (Division II and III are unlimited)
- Official visits can only last 48 hours.
- The college team can pay for your travel and lodging. This is the main distinction between an official and unofficial visit.

I got an email from a college about their summer camp. Does this mean I am being recruited by them?

Not necessarily. Remember that your email is attached to your USAFH account. College coaches have access to your email through USAFH, and they send out a LOT of emails about their camps. Camps are a critical way for college programs to make money to cover their team's expenses, and a lot of players get invited to participate. Certainly, we advocate attending camps at schools you may be interested in, but please do not misinterpret a generic email invitation as a sign that a coach is totally interested. However, if you perform really well at the camp, you might stay on the coach's radar for the future....and then you will get true recruiting materials after September 1st of your Junior year (for Division I schools).

“Ask A College Player”
10 Questions and Answers with G-Force Alumnae

Playing field hockey in college is a serious undertaking. We asked two former players for their input last year, and this was one of our favorite NEWS FLASH features to date. We contacted three different players for this year's edition – one from each NCAA Division. The three alumnae are playing for very different schools, but we posed the same 10 Questions to each player on email and received incredible responses!



Melanie Consiglio just finished her sophomore year for Franklin and Marshall College's field hockey team. F&M is a small (2,350 students) liberal arts college in Lancaster, PA – about 90 miles west of Philadelphia - and the field hockey team competes at the NCAA Division III level in the Centennial Conference (<http://www.godiplomats.com>).

What is the single “best” aspect of playing in college?

Teammates! Coming into preseason your freshman year and not knowing anyone can be pretty scary, however by the time your two-week preseason ends you'll know more about the girls on your team than you would have ever imagined possible. By the time all the other freshman arrive for orientation you'll already have twenty-something best friends you can rely on. Your teammates will be the people you share meals with and the one's who dance around the locker room with you to shake off the pre-game jitters. They're the one's you train for in the off-season. 1)

What is the single most challenging aspect of playing in college?

People forget to tell you that college is hard. For me, the most challenging aspect about playing field hockey in college was learning how to leave behind my outside stressors

come practice time. Once I learned to separate athletics and academics life became easier. Ignoring that biology test you have tomorrow for the two hours you're on the field is the best thing you can do for yourself. It allows you a needed break from all the surrounding chaos.

What has been the most surprising or unexpected aspect of playing in college?

Leaving for college my freshman year I expected practice to be competitive. However, what I didn't expect was for my teammates and coaches to promote and maintain both a competitive and supportive environment. I had always embraced that concept of teamwork but I had never seen it functioning at such a high level. To have a teammate who both challenges you and cheers you on is a great feeling

What is a typical day like while you're in the fall season? How about off seasons?

The fall season has a pattern to it. My day typically moves in the order of class, lunch, library, and then practice. After practice my teammates and I will grab dinner and then find a spot on campus to finish up our homework. Spring season is relatively similar. The main difference is that we have a scheduled practice with our coach about three times a week rather than six times. On the days where we don't meet for practice we meet up with our lifting groups, run, play pick-up, or participate in a local indoor league a week.

How did you decide upon the college you're attending?

At the start of my search, I was clueless as to the type of college experience I wanted. Because of this, I used field hockey as a tool to discover what I was looking for. I contacted coaches from all three divisions and scheduled times to visit. I was attracted to Division III field hockey because it offered both a small school atmosphere and a chance to study abroad. Franklin & Marshall seemed to have the right combination for me. The schools location, academics, and field hockey program all factored together to help me find the right fit.

Give a current Beginner player three pieces of advice (doesn't just have to be about field hockey!)

1. Stay positive- Learning to play field hockey can be frustrating, but the more positive you stay the more open you'll be to learning. 2. Seek out opportunities- There are always opportunities to learn! Train with G-force and attend camps/clinics. 3. Have fun- At the end of the day field hockey is a game. Enjoy yourself!

Give a current Festival/Disney level player three pieces of advice (doesn't just have to be about field hockey!)

1. Play your game- College coaches are everywhere when you attend these tournaments. Don't let their presence freak you out! Keep playing your game. 2. Trust your coaches- Your G-Force coaches know what they're doing! The more you trust them the more you will learn. 3. Treat every tournament as a building block- Every tournament will provide you with a new experience. Take what you learn and use it to help you grow as a player.

How did your G-Force experience prepare you for college field hockey?

My experience playing for G-Force taught me lessons of accountability. You not only have to take responsibility for the time you put towards training but you also have to take ownership over your performance on the field. Aside from this, G-Force taught me to be accountable for my actions off the field. Whether this meant getting enough sleep before a game or eating healthy come tournament time, I'm thankful to have learned how important these steps are to the process.

What advice would you give to current players currently starting, or in the middle of, their college search?

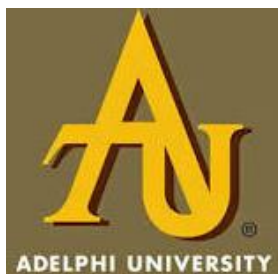
Schedule a visit- The easiest way to find out if a college is the right fit for you is to visit the campus. Get a feel for the area. 2. Ask questions- If you have the chance to meet up with the coach or members of the team be sure to ask questions. You'll get a more straightforward answer here than the one provided in the college pamphlet. 3. Trust your gut- No one knows you better than yourself. If you don't feel comfortable at a school there's probably a reason for it. That's ok!

What advice can you give regarding time-management (e.g. classes and field hockey)?

Time-management is tricky. College life offers you with enormous amounts of freedom. Without your mom yelling at you that its time to get up, it's easy to roll over and sleep through your 8 am class. Doing the small things like showing up for that class can make a big difference come game time when you have to miss class due to travel.

THANKS, MELANIE!

Best wishes for your continued success in college and field hockey!



Rachel Colvin is a member of Adelphi University's field hockey team. AU is a medium sized (5,000 undergraduate students) university in Garden City, NY (on Long Island, 20 miles west of NYC), and the field hockey team competes at the NCAA Division II level in the Northeast-10 Conference (<http://www.aupanthers.com>). Rachel just completed her sophomore year, and she was named a 2013 NFHCA Division II National Academic Squad member.

What is the single "best" aspect of playing in college?

I love being part of a team and having 20 other girls support me in everything I do on and off the field. It is hard enough to make friends in college, and being on a team forms close bonds of friendship that I'll treasure for the rest of my life.

What is the single most challenging aspect of playing in college?

Time management; it is difficult to balance academics, athletics, and a social life at the collegiate level. Moreover, maintaining a focus on the ultimate goal of college - preparation for life after college - is difficult amidst training and studying.

What has been the most surprising or unexpected aspect of playing in college?

I didn't realize how accepting my professors would be of my athletic commitments, as well as my coaches be accepting of my academic responsibilities. At the university I go to, there is fantastic communication between the athletic department and academic services, making my life as a student-athlete much easier and less stressful than it could potentially be.

What is a typical day like while you're in the fall season? How about off seasons?

A typical day consists of waking up for morning classes, which tend to be back to back to back. I'll take a brief break for lunch, and some days I work as a tutor in my spare time. I will go to lift before practice, and then practice in the afternoon until about 6 o'clock. Team dinner in the dining hall takes up the next

hour, and by 8 o'clock I am showered and doing my homework. Then I wake up and do it all over again. In the off-season, there are less practices but still conditioning and lift, and I take a heavier academic course-load to fill those spare hours.

How did you decide upon the college you're attending?

I received an email from the coach who had watched me at a tournament, asking if I wanted to visit campus. I visited the campus and met the coach, as well as did an overnight the fall of my senior year. I liked the players and coach, and accepted an offer the coach made me, signing my letter of intent winter of my senior year of high school. I visited the campus several times, satisfied with the athletic opportunities as well as the academic offerings

Give a current Beginner player three pieces of advice (doesn't just have to be about field hockey!)

If something is hard, keep practicing it until it becomes easier; this goes with not only a field hockey skill, but solving algebra problems to reading comprehension. If a certain type of math problem is difficult, keep practicing that type of problem until it is second nature to you. Similarly, a reverse chip is only difficult unless you've done it over a hundred times. Keep having fun with it. It may not be fun doing a reverse chip or that algebra problem over and over again, but it feels good once you've mastered it. Keep a good sense of humor about you. Be willing to listen to others. Learning occurs anytime, anyplace, from anyone. Embrace what others, no matter what age or skill level, have to say.

Give a current Festival/Disney level player three pieces of advice (doesn't just have to be about field hockey!)

Same as the beginner!

How did your G-Force experience prepare you for college field hockey?

I certainly advanced my skills in a way that would not have been accomplished with my high school team. The competition was fantastic and I was surrounded by people with a similar goal as mine - to play in college. This same focus was a driving factor for me to accomplish my goals.

What advice would you give to current players currently starting, or in the middle of, their college search?

Visit the college! Get a feel for the campus and the team. Do an overnight if possible, because it gives a clue to how the players feel about the coach and each other. Avoid colleges that don't offer the academic program you're

interested in, because it is a huge mistake to go to a school with academics not you're priority. There is a life after college, and unless professional field hockey is in your future, you will have a career that you need to prepare for. Thus, keep that in mind when you're looking at colleges.

What advice can you give regarding time-management (e.g. classes and field hockey)?

I am a Biochemistry major, am in the Honors College at my university, and in STEP (Scholar Teaching Education Program) where I get my Masters in Education in 5 years. I am a tutor through the school as well as a Peer Mentor. When I say that anything is possible, I mean it. You can do a lot more than you think you can, and that is applicable to all areas of life, from field hockey to class to your social life. If you enjoy what you're doing, life is remarkably easier. So pick a major you will enjoy and that interests you, and embrace field hockey and the challenges that come with it at the collegiate level. Set reasonable goals for yourself, and push yourself to do the best that you can do. With my busy schedule, I try to avoid taking naps and watching Netflix, because it only pushes my work off to the nighttime, making me stay up later than I would like. But build a block of time in your day just for you - maybe a half hour of watching your favorite TV show or just laying in bed - so you can collect yourself amidst your crazy life as a student athlete. It is possible, and while it is easy to be discouraged, talk to your teammates, coaches, or professors if you're struggling. You're teammates are going through the same thing as you! You are not alone

THANKS, RACHEL!!

Best wishes for your continued success in college and field hockey

**We Train as a Team,
We Think as a Team,
We Work as a Team,
We Play as a Team,
Because...We are a Team.**

**And with Effort and
Commitment,**

We SHALL Achieve



Krysten Mayers is a member of Cornell University's field hockey team. Cornell is a large (15,000 undergraduate students) university in Ithaca, NY (about 1 hour from Syracuse), and the field hockey team competes at the NCAA Division I level in the Ivy League Athletic Conference (<http://www.cornellbigred.com/>). Krysten just completed her freshman year, and she was named the team's Offensive MVP and was Honorable Mention All-Ivy League.

What is the single "best" aspect of playing in college?

The best aspect of playing in college is being able to be part of something greater than yourself. You arrive to college already having a team full of friends which makes your new experience in a college very helpful. The older girls help you with any questions that you may have and help guide you through your troubles.

What is the single most challenging aspect of playing in college?

The one thing that separates the serious players and the casual players is fitness. The physical and mental requirements needed to play in college are very high as they are quite different from high school and club hockey. Thus, the transition into college hockey can be detrimental for some but smooth for others. With this said, the single most challenging aspect of playing in college is the fitness required to do well in the sport.

What has been the most surprising or unexpected aspect of playing in college?

The most surprising aspect of playing in college for me was how much time field hockey takes up. This forces players to stay on task with their school work and get done what needs to be done in a well mannered time. Also, with all the time spent with the team, a special bond builds and the team becomes your family away from home.

What is a typical day like while you're in the fall season? How about off seasons?

During the fall season, you wake up and have breakfast, go to classes, and then you have practice, and then some people might have night classes that they go to after, then they have dinner and do their homework/studying before bed to let the day start all over again. During the off season, you wake up as early as 5am for a morning session and then you have breakfast, then go to classes, then there is a lifting session followed by dinner and homework/studying before bed.

How did you decide upon the college you're attending?

I wanted to attend a big school rather than a small school first and far most because I wanted to be exposed to many opportunities, people, and experiences. I wanted to stay relatively close to home because I did not wish to have to travel far back and forth. You also have to make sure that the college you are looking into has the program/major you desire and see how well they are rated. Next, you should look at the graduating class on the field hockey team and find out how many there were their freshman year so you can see how many quit/stayed which will tell you a lot about their program. Before attending any campus, make sure you like its appearance and see yourself being happy in such an atmosphere.

Give a current Beginner player three pieces of advice (doesn't just have to be about field hockey!)

1 - Always listen to your coach whatever they say because they know what's best for you and want you to excel in every aspect both on and off the field.

2 - If you can't master something you really want to do, do not give up. Failure is just finding another way to succeed.

3 - There will always be people who are better than you in certain things and there will also people who won't be as good as you in certain things as well. Whatever the case, do not lose yourself trying to be something that you're not. Remember to be yourself because everybody else is already taken.

Give a current Festival/Disney level player three pieces of advice (doesn't just have to be about field hockey!)

1 - Seriously consider playing field hockey in college. It's a great way to make new friends and meet a lot of other athletes. You also have the chance of being a part of a big team while doing what you love and staying active/fit as well.

2 - Before deciding on what division to play in, decide whether you would like to be the star of the team or be surrounded by players better than you where you will grow and strengthen your game.

3 - Visit and research as many colleges that interest you because you do not want to narrow your options. You will be attending the school for at least four years so you must make sure that it is where you really want to be.

How did your G-Force experience prepare you for college field hockey?

Sometimes the G-Force coaches would be tough on players and that's the one thing that helped the most. College coaches are hard on their players in practice and in a game almost 100% of the time. This is why players must not only be tough physically but also mentally where it really counts. Also, there's no such thing as being a certain position on the field, college coaches put you where they need you and that was the same situation with G-Force. And in doing that, you become such a dynamic and essential player, without even realizing it some times.

What advice would you give to current players currently starting, or in the middle of, their college search?

Before committing to a college make sure that you visit and have an overnight stay with a player on the team. This is the only way you can get the full experience of the campus and daily college life. Also, ask them all the questions you can think of and need to know the answers to before deciding if that college is right for you.

What advice can you give regarding time-management (e.g. classes and field hockey)?

There is no such thing as not having homework. There is always an assignment that you can be working on no matter how far away it might be due. It is imperative that you make a schedule for yourself so that you can manage homework time with practice/game time.

THANKS, KRYSTEN!!

Best wishes for your continued success in college and field hockey



OVERTIME!

College Updates....

Class of 2013

- Nicole Barrett - Rider University
- Julia Calandra - Skidmore College
- Rae Caliento - Holy Cross
- Rachel Colvin - Adelphi University
- Melanie Consiglio - Franklin & Marshall College
- Danielle Degroot - Siena College
- Alina Fiato - Univ. of Pennsylvania
- Margaret Gossiaux - Oberlin College
- Chloe Maurice - Mount Holyoke College
- Krystal Mayers - Virginia Commonwealth University
- Frances Orella - Univ. of Delaware
- Sarah Pasternak - Immaculata University
- Marissa Lauber - Univ. of Virginia

Class of 2014

- Katya Waters - Sewanee University
- Krysten Mayers - Cornell University
- Alison Baligian - Rider University
- Francesca Cali - Johns Hopkins University
- Marissa Miyashiro - Colgate University
- Olivia Volpe - Sacred Heart University
- Alison Stoner - Indiana University
- Hailey Kohler - Wheaton College
- Lauren O'Keefe - College of NJ (TCNJ)
- Charlotte Goldbach - University of Pittsburgh
- Christina Slachetka - Goucher College
- Molly Kressler - St. Andrews College (Scotland)

Class of 2015

- Erin Vecchio - Cornell
- Taylor Barrett - TCNJ
- Sidney Padilla - TCNJ
- Rachel Gulotta - Sacred Heart
- Kristen English - East Stroudsburg
- Grace Hillman - Johns Hopkins

- Kendall Nickel - Quinnipiac
- Hanaa Malik - Tufts
- Grace Tavakkol - Vassar
- Kaitlyn Pinero - Montclair State
- Victoria Rossi - Montclair State
- Mia Thompson - Hofstra
- Emily Davis - Muhlenberg
- Samantha Lovisa - Rowan
- Gabriela Hyman - Skidmore
- Madison Ryon - UConn
- Skylar Gohn - William Patterson

Class of 2016 (* Indicates a Verbal Commitment)

- *Kellie Vizzuso - Towson University
- *Sarah Anthony - LIU Post

G-FORCE News Flash

PO Box 153
Lake Hiawatha, NJ 07034
Cell: 201-486-2864
Email: GForceFH@aol.com
Newsletter Submissions & Feedback:
Gforcefieldhockeyspiritwear@aol.com

"Just as a team's effort is more important than the sum of the individual efforts of the players and coaches, the game is more than a particular game played on a particular day, more than a set of rules that determine how you go about trying to win, the game refers to a historical entity. There wouldn't be a game without the efforts and achievements of all the participants; the game is something greater than each of us. Always respect the game!!!"

GO G!
