



## **Our Coaching Policies**

*Our coaching policies are the very framework that enables us to help our players strive for and achieve their maximum potential. Our elite field hockey academy is structured to enrich the basic sound fundamentals, while elevating players to become elite performers. Our goal is to enable players to build a foundation of solid skills. We take great pride in making champions on and off the pitch, as players become students of the wonderful game.*

### **Our Club Motto:**

*"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!!!"*

### **Our Team Mantra:**

*"I am a member of the team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion."*

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## ***Player Policy:***

### *Fitness Levels*

- *U14 Players' target (level 6 on the Beep Test)*
- *U16 Players' target (level 7 on the Beep Test)*
- *U19 Players' target (level 9 on the Beep Test)*

### *Player Commitment*

- *Attend at least 80% of practices*
- *Meet all Fitness Level requirements*
- *Selfless inspirational leader*
- *Positive team motivator*
- *Players, no cell phone use during practice (unless emergency). No cell phone use 45 minutes prior to game-time or 45 minutes after the completion of a game (unless emergency).*
- *Each player must know the team mantra.*

## ***Parent Policy:***

- *Parents will respect the professional abilities of the coaches.*
- *A parent will not criticize other players, officials or coaches in front of their children, other athletes or other parents.*

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- *A parent may not question the coach's decisions about team lineup or playing time.*
- *Parents should respect the coaches and trust his or her decisions about training, game strategy, team selection and discipline.*

*Commitment....Character....Dedication!!!*

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