



Frequently Asked Questions

What are our goals?

G-Force Field Hockey Club always has, and always will be committed to field hockey excellence. To accomplish this, we work diligently with each player to assist them in turning their potential into well-developed talent. We encourage players to think the game, rather than just play the game. Our elite field hockey programs are grounded in integrity, and promote character and high-level skill development.

How do you make a team?

Character, Commitment and Dedication are essential qualities for our elite players. We ask our players to embrace and respect these core qualities, as we strive to help them achieve their goals. G-Force believes that any player can achieve their targeted and realistic goals. The key ingredient is how hard that player is willing to work to get there. Players can be selected for our travel teams by attending tryouts, or participating in any one of our training programs: e.g. playing in a local tournament, participating in our skills clinic, playing in our winter league.

What's the time commitment?

- i. For the local tournaments, we require the players to be available for the duration of the day (usually from 9am - 4pm).*

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- ii. *For the National tournaments, players are expected to attend at least 80% of the scheduled practices.*
- iii. *Depending on the travel team's needs, coaches may schedule other practices. However, this is discussed with the players in advance.*
- iv. *Practices are usually on Saturdays or Sundays (9am - 12noon) in Morristown.*
- v. *We do attend pre-determined warm-up tournaments during the season. These are usually 1-day tournaments held on the weekends.*

What tournaments do you attend?

G-Force attends local, regional and national tournaments. We also attend various indoor tournaments.

National Tournament Locations

- i. *Hockey Festival has been held in West Palm Beach, Florida; Phoenix, Arizona; Palm Springs, California.*
- ii. *Disney Showcase is held in Orlando, Florida.*
- iii. *Presidents Day Showcase is held in Sarasota, Florida.*
- iv. *National Indoor Tournaments are held in Virginia (Va Beach, Richmond) and Lancaster, Pennsylvania.*
- v. *Top Recruit tournament has been held in Maryland.*

What's the cost to join the club?

- i. *There are no club dues to join G-Force*
- ii. *Players pay fees based on the tournaments that they participate in.*

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- iii. *The Fees for the National tournaments (e.g. Hockey Festival, Disney Showcase, Presidents Day Showcase, National Indoor Tournaments) are driven by the USFHA fees.*
- iv. *Please note that fees are estimated from season to season, and that they can change.*

What season do you train?

G-Force promotes consistency in building the team environment. Success is not always about greatness, but it's always about consistency. Constant hard-work, gains success! Therefore, to accomplish this, we do conduct training programs year-round. We do encourage our players to attend as many training programs as possible.

What's your policy on playing time?

- i. *We believe in providing maximum playing time for all players. However, it's imperative that the players and parents trust the professional ability of our coaches; this is ultimately the coach's decision.*
- ii. *Practice attendance, training commitment and player work-ethic are also important determining factors. These are all under the control of players.*
- iii. *TEAMWORK drives the success of a team. We impress the importance of T-E-A-M to our players, as this is the very concept that enables them to become elite field hockey players.*

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- iv. *At the National Tournaments, it's imperative that players take their opportunities, and perform to the best of their ability.*
- v. *Ultimately, player rotation and playing time are the decisions made by the coaches.*

What's your coaching philosophy?

"Hard-work beats talent, when talent doesn't work hard". G-FORCE is committed to teaching players how to nurture the physical and mental challenges that a team context presents them. We encourage our athletes to embrace the opportunity to develop leadership skills, self-confidence and a commitment to others that will ultimately inspire them to lead productive and active lives.

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