



G-FORCE

★ News Flash ★



IN THIS ISSUE

August G-Force News Flash

Festival, Festival, Festival! Please see inside for my notes about this event.

Sincerely, *Coach Leroy*



G-Force finished the summer tournament season with two local events. See inside for more details.

A new feature this month. How do you let your daughter "own" her hockey?

Page 3



Some Updates from our Local Summer Tournaments

QuikStix Summer Tournament

August 2015

The QuikStix tournament has always been one of our last summer events. It's a fun, low-pressure local event that allows us to work on player development while seeing everyone's commitment to their summer conditioning

CONGRATZ to our U19 Vikingz for their GOLD medal!

CONGRATZ to our U16 Lionz for their GOLD medal!

CONGRATZ to our U16 Cubz for their outstanding play and for making their Lionz teammates work for their medal!

We will miss our departing Seniors so much, and wish them all of the best as they head off to college. **WAY TO GO, G-FORCE – This finishes an excellent summer of competition and development!**

NY Islanders Field Hockey Summer Tournament

July 2015

We are always looking for some fun events during our long summer of games and conditioning. This is a 6x6 event held in South Plainfield, and we brought teams from the Cubz, Vikingz and our ALUMNI members! This is a different event, with alumni, mixed, club and high school teams entering squads. We had some good results playing against highly experienced teams; this is why we continue to do these local events whenever possible – we value "stick time" playing together against good opponents, learning to work together as a team!

And, of course, seeing the program Alumni is the highlight of the day!

To All Players and Parents:

Over the past year, there've been some very visible changes in the field hockey world from the point of view of the sport's governing body (USA FH) to the club landscape. During this time, they've been dramatic changes locally and nationally in the form of varying tournaments and administrators.

During the course of the last two months, we've been fielding different questions regarding the various tournaments being offered throughout the year. And this year, we've attended some of these new tournaments with the possibilities of expanding our players' experiences and providing more exposure to them in the recruiting arena. However, as many clubs have found out, new does not always equate to better.

At G, our goal is to continue to provide a quality and high level learning experience for all our players. This is essential in the recruiting world. This motivates us to search for and provide quality opportunities for our players. And hence, we believe that at this point in time, the National Hockey Festival is still the premier tournament that provides this to the sport; with the Presidents Day Showcase being touted as a grand opportunity for recruiting players next year. And that's why G-Force has chosen to attend these two tournaments. To date, we have not seen or heard otherwise from the sport administrators or the college coaches.

Unfortunately, we cannot speak to the motivating factors as to why some clubs choose to attend one tournament or the other. What we will say to our parents is that our motivating factor is quality and top class opportunities for our players. And we will continue to strive for and provide that to all our players.

Thank you,

Leroy

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>

Parents' Column:

Six Tips For Letting Your Daughter Take Field Hockey "Ownership"

Adapted from swimswam.com, July 28, 2015, Elizabeth Wickham

How do we ensure that your child is "owning" their sport?

What do we mean when we talk about "ownership"?

Here's an example: I remember one player talking to me after a game when she didn't perform her best. I asked her about her game. She knew exactly why she didn't perform her best: "I didn't run enough this spring," she told me. Although I wasn't thrilled with the game, I did compliment her for taking ownership. She didn't make excuses. She knew she had done less than her best to prepare for the tournament.

If your children take responsibility and ownership, then they most likely have intrinsic motivation and love field hockey. We can encourage our kids to make good decisions, but it's essentially your child who has to get to bed early on a Friday night to have a good Saturday practice, or want to get out of bed before school for running at dawn.

It's okay for us to share in the ups and downs and feel excitement and disappointment with our kids' hockey. But, what can we do to promote ownership?

Mostly, I think it's what we should NOT do. If we constantly talk about hockey, focus on games and compare our players with teammates, we are going to crush the fun and their consequential ownership of the sport.

Here are six tips on what not to do if you want your child to take ownership. I'm sure we are all guilty of some of these. We need to watch out and check ourselves if we're going overboard.

1. **We take over.** It's easy to get overly involved by attending every workout, competition, and start coaching our kids. We use "we" and "our" when discussing their games.

2. **Our kids are perfect.** We overestimate how much talent or desire our kids have. We have unrealistic expectations for them, which may lead them to feel like a failure.

3. **We burden our kids.** If you're putting the weight of your happiness on your kid, your child is going to feel too much pressure. It's no longer going to be fun for them if they fear you'll be sad and disappointed if they don't perform well.

4. **We live vicariously through our kids.** Do we measure our success and failure with how well our kids perform? Are we more elated after a good game than our child is?

5. **We put a price tag on hockey.** We tell our kids how much it costs in terms of money or time commitment. Or, we expect a pay off in the form of a scholarship. Let's be supportive and not make our kids feel guilty for their commitment and dedication.

6. **Don't set goals.** We can suggest or encourage goal setting. But, if we want that National Futures spot or specific college recruitment—that's our goal. Not theirs. Let them set their own goals and tell you what they are. Then you can share in the joy when they reach them.

We want our kids to have fun, be motivated and take ownership of their actions and outcomes. Remember that the sport belongs to your child. Let them take ownership and responsibility for their success!

Coach Leroy



Nutrition For Performance

It's been quite a few NEWS FLASH issues since we last highlighted a "Nutrition for Performance" topic. Previous issues outlined proper sport hydration and facts about protein. Here's coverage of one of the most misunderstood components of nutrition: FAT.

What is fat? Fats are an essential part of the diet. Fat-soluble vitamins, such as Vitamin A, could not be absorbed without some fat in the diet. Fat also supplies the body with energy. It contains more energy than any other nutrient (9 calories per gram).

It is from dietary fats that we get EFAs (essential fatty acids) that cannot be produced in the body. General fat plays many important roles, such as protecting organs. The body requires us to intake fat soluble vitamins D, E, A & K and fat transports these within the body. Fats are also important in the making of cell membranes, they're needed to create bile (which helps to break down fat), cholesterol (a type of fat) is required to make important hormones such as testosterone, and fat makes food taste better and helps us to feel more satiated. These are all important functions we need as people and as athletes on a daily basis.

With the emphasis of an athletic diet plan often placed on carbohydrate, it can be easy to overlook fat. Low-fat diets aren't necessarily best -- certainly not when it comes to athletes. Fat not only acts as a source of calories, it can also boost energy and aid recovery

What are the kinds of fats? There are different types of fat, including saturated fats and unsaturated fats. Saturated fats are normally solid at room temperature, while unsaturated fats are liquid. Saturated fats and trans fatty acids (trans fats) are associated with negative health effects, including heart disease. On the other hand, unsaturated fats (monounsaturated and polyunsaturated fats) may actually lower the risk for some diseases, including some cancers and heart disease. In addition, mono and polyunsaturated fats actually raise good cholesterol levels while lowering bad cholesterol. Focus on getting more mono and polyunsaturated fats from sources such as steamed or broiled fish, nuts, seeds, avocados, flax oil, hemp oil, olive oil, and other poly and mono unsaturated and essential fatty acid oils.

Okay, so I need GOOD FATS in my diet. What are some ideas for getting the best fats into my athlete diet?

1. Avocados

The avocado is different from most other fruits. Whereas most fruits primarily contain carbs, avocados are loaded with fats. In fact, avocados are about 77% fat, by calories, making them even higher in fat than most animal foods. The main fatty acid is a monounsaturated fat called oleic acid. Avocados are among the

best sources of potassium in the diet, even containing 40% more potassium than bananas, a typical high potassium food. They're also a great source of fiber, and studies have shown that they can lower LDL cholesterol and triglycerides, while raising HDL (the "good") cholesterol. **Bottom Line:** Avocados are a fruit, with fat at 77% of calories. They are an excellent source of potassium and fiber, and have been shown to have major benefits for cardiovascular health.

2. Cheese

Cheese is incredibly nutritious. This makes sense, given that an *entire* cup of milk is used to produce a single thick slice of cheese. It is a great source of calcium, vitamin B12, phosphorus and selenium, and contains all sorts of other nutrients. It is also very rich in protein, with a single thick slice of cheese containing 6.7 grams of protein, same as a glass of milk. Cheese, like other high-fat dairy products, also contains powerful fatty acids that have been linked to all sorts of benefits, including reduced risk of type 2 diabetes. **Bottom Line:** Cheese is incredibly nutritious, and a single slice contains a similar amount of nutrients as a glass of milk. It is a great source of vitamins, minerals, quality proteins and healthy fats.

3. Dark Chocolate

Dark chocolate is one of those rare health foods that actually taste incredible. It is very high in fat, with fat at around 65% of calories. Dark chocolate is 11% fiber and contains over 50% of the RDA for iron, magnesium, copper and manganese. It is also loaded with antioxidants, so much that it is one of the highest scoring foods tested, even outranking blueberries. Some of the antioxidants in it have potent biological activity, and can lower blood pressure and protect LDL cholesterol in the blood from becoming oxidized. Studies also show that people who eat dark chocolate 5 or more times per week are less than half as likely to die from heart disease, compared to people who don't eat dark chocolate. Just make sure to choose quality dark chocolate, with *at least* 70% cocoa. **Bottom Line:** Dark chocolate is high in fat, but loaded with nutrients and antioxidants. It is very effective at improving cardiovascular health.

4. Whole Eggs

Whole eggs used to be considered unhealthy because the yolks are high in cholesterol and fat. In fact, a single egg contains 212 mg of cholesterol, which is 71% of the recommended daily intake. Plus, 62% of the calories in whole eggs are from fat. However, new studies have shown that cholesterol in eggs doesn't affect the cholesterol in the blood, at least not in the majority of people. What we're left with is one of the most nutrient dense foods on the planet. Whole eggs are actually **loaded** with vitamins and minerals. They contain a little bit of almost every single nutrient we need. They even contain powerful antioxidants that protect the eyes, and lots of choline, a brain nutrient that 90% of people don't get enough of. The best eggs are omega-3 enriched or pastured. Just don't throw away the yolk, that's where almost all the nutrients are found. **Bottom Line:** Whole eggs are among the most nutrient dense foods on

the planet. Despite being high in fat and cholesterol, they are incredibly nutritious and healthy.

5. Fatty Fish

One of the few animal products that most people agree is healthy is fatty fish. This includes fish like salmon, trout, mackerel, sardines and herring. These fish are loaded with heart-healthy omega-3 fatty acids, high quality proteins and all sorts of important nutrients. Studies show that people who eat fish tend to be much healthier, with a lower risk of heart disease, depression, dementia and all sorts of common diseases. If you can't (or won't) eat fish, then taking a fish liver oil supplement can be useful. Cod fish liver oil is best, it contains the omega-3s that you need, as well as plenty of vitamin D. **Bottom Line:** Fatty fish like salmon is loaded with important nutrients, especially omega-3 fatty acids. Eating fatty fish is linked to improved health, and reduced risk of all sorts of diseases. *Hint: Do some research on "wild" vs "farmed" fish as an educated consumer, especially with your salmon purchases.*

6. Nuts

Nuts are incredibly healthy. They are high in healthy fats and fiber, and are a good plant-based source of protein. Nuts are also high in vitamin E, as well as magnesium, a mineral that most people don't get enough of. Studies show that people who eat nuts tend to be healthier, and have a lower risk of various diseases. This includes obesity, heart disease and type 2 diabetes. Healthy nuts include almonds, walnuts, macadamia nuts and numerous others. **Bottom Line:** Nuts are loaded with healthy fats, protein, vitamin E and magnesium, and are among the best sources of plant-based protein. Studies show that nuts have many health benefits.

7. Chia Seeds

Chia seeds are generally not perceived as a "fatty" food. However, an ounce (28 grams) of chia seeds actually contains 9 grams of fat. Considering that almost all the carbs in chia seeds are fiber, the majority of calories in them actually comes from fat. In fact, by calories, chia seeds are around 80% fat. This makes them an excellent high-fat plant food. These aren't just any fats either, the majority of the fats in chia seeds consists of the heart-healthy omega-3 fatty acid called ALA. Chia seeds may also have numerous health benefits, such as lowering blood pressure and having anti-inflammatory effects. They are also incredibly nutritious. In addition to being loaded with fiber and omega-3s, chia seeds are also packed with minerals. **Bottom Line:** Chia seeds are very high in healthy fats, especially an omega-3 fatty acid called ALA. They are also loaded with fiber and minerals, and have numerous health benefits.

8. Extra Virgin Olive Oil

Another fatty food that almost everyone agrees is healthy, is extra virgin olive oil. This fat is an essential component of the Mediterranean diet, which has been shown to have numerous health benefits. Extra virgin olive oil contains vitamins E and K, and is **loaded** with powerful antioxidants. Some of these

antioxidants can fight inflammation and help protect the LDL particles in the blood from becoming oxidized. It has also been shown to lower blood pressure, improve cholesterol markers and have all sorts of benefits related to heart disease risk. Out of all the healthy fats and oils in the diet, extra virgin olive oil is the king. **Bottom Line:** Extra virgin olive oil has many powerful health benefits, and is incredibly effective at improving cardiovascular health.

9. Coconuts and Coconut Oil

Coconuts, and coconut oil, are the richest sources of saturated fat on the planet. In fact, about 90% of the fatty acids in them are saturated. Even so, populations that consume large amounts of coconut do not have high levels of heart disease, and are in excellent health. Coconut fats are actually different than most other fats, and consist largely of medium-chain fatty acids. These fatty acids are metabolized differently, going straight to the liver where they may be turned into ketone bodies. Studies show that medium-chain fats suppress appetite, helping people eat fewer calories, and can boost metabolism by up to 120 calories per day. **Bottom Line:** Coconuts are very high in medium-chain fatty acids, which are metabolized differently than other fats. They can reduce appetite, increase fat burning and provide numerous health benefits.

10. Full-Fat Yogurt

Real, full-fat yogurt is incredibly healthy. It has all the same important nutrients as other high-fat dairy products. But it's also loaded with healthy, probiotic bacteria that can have powerful effects on your health. Studies show that yogurt can lead to major improvements in digestive health, and may even help fight heart disease and obesity. Just make sure to choose real, full-fat yogurt and read the label. Unfortunately, many of the yogurts found on store shelves are low in fat, but loaded with added sugar instead (avoid them – eat less of the full fat versions!)

REMEMBER:

- ★ Eating **HEALTHY FATS** will **NOT** make you fat! ★
- ★ You **MUST** have **SOME** fat in your diet....Just choose the right kinds and eat them in moderation! ★



Information Adapted from: <http://authoritynutrition.com/10-super-healthy-high-fat-foods/>

Beginner's Corner:

10 Common Mistakes That Field Hockey Players Make On The Pitch

(See more at: <http://hockeyperformanceacademy.com/10-mistakes-that-fieldhockey-players-make-on-the-pitch/#sthash.pnCrZ77E.dpuf>, Lauren Penny 2-25-15)

1. Ball watching

You see this one a lot. Players who are not on the ball can often get caught out and lose focus of where their player is. They get drawn into watching where the ball is, instead of what their player is doing. It is important to position yourself in such a way that you can see both your player and also what is happening in the game. This could be as simple as changing the position of your feet or which way your body faces.

2. Diving in for tackles

Having patience in hockey is not always easy, especially when you have skillful players that show the ball and are just waiting for you to commit to tackle them. Diving in for tackles can cause chaos at the back. It is helpful to be aware of what is happening behind you so that you can judge the situation (i.e. 3 vs 2) and make the best decision in that scenario. Although sometimes a desperate tackle may be necessary, the best defenders don't actually make many tackles, instead they can dictate where the striker goes by channeling or jabbing and then try to force them to make a mistake.



3. Moaning about umpires

I am sure every team and player around the world can relate to this point. A lot of players struggle with bad umpiring, but we often forget the umpire's decision is not something that we can control. Sometimes people blame umpires for one mistake which determines the game and players forget that they have probably make several mistakes in the game which could have changed the game. Frustration with umpires is a mental battle but it was something that I had to learn how to control before I eventually went on to reach higher levels in my own hockey.

4. Not being available for the ball

This point is typical of players who doubt their ability and think things like "I hope I don't mess up." Often players hide away in games in the fear of making mistakes and often they don't realize they are doing it because they are so distracted with their own thoughts. Something that I have realized since I started watching video analysis is that just because you think you are available, it doesn't mean you are. If you are not getting the ball then consider what the player on the ball sees; are you available in their eyes and are you leading explosively to create enough space to convince them that you are on for the pass?

5. Giving the ball away under pressure

The number one reason that people panic under pressure is because they don't have confidence in themselves and doubt in their ability. This can often cause thoughts along the lines of "I must get rid of the ball" or "I don't want to get tackled." This is self-destructive thinking which causes errors of judgement and results in poor decision making. Another common question of conflict which causes panic in hockey is "should I pass or should I shoot?" and often results in no decision at all (i.e. a bad pass or running into a flat stick).

6. Square passes

How many times have you seen square balls get intercepted in a game which leads to a counter-attack? Clever players will try to set their opposition up to make a square pass, they will wait for their head to go down before pouncing to make the interception. Try to avoid square passes as much as possible unless there are no opposition players nearby.

7. Running in straight lines

In hockey, if you run in straight lines it is much easier for a defender to tackle you. If you want to make it more difficult for the opposition and force them to make a decision then you need to run at angles. Running at angles also makes it harder for defenders to tackle you because you can use your body to shield the ball and keep it out of their reach.

8. Not re-leading

As a striker myself, I can say that one of the most frustrating things is when you keep making leads and you don't get the ball. But, that is no reason to stop leading, or even to stop leading explosively. If you make a lead and don't get the ball you need to re-lead to open up the space for someone else and to keep the opposition on their toes. Likewise when I have played in midfield, it is very frustrating when you don't have any passes on because everyone is standing still waiting for you to pass the ball. Remember that just because you made a lead, it doesn't mean that you are the best option to pass to, you need to trust the person on the ball to make the best decision. Hockey is after all a team game and sometimes you have to make leads to create space for other players, because your lead or re-lead can open up other, more dangerous passing options.

9. Don't pre-scan

So often you see players who have their heads down and don't look up because they have been closed down when they receive the ball. One way to make this easier and to give yourself more time is to pre-scan. The benefit of pre-scanning is to give your brain information of what is happening around you. Pre-scanning can tell you a lot of information such as where your defender is positioned, where the space is, where your team mates are, etc. This is useful in knowing your next action, whether it is your next pass, if you should run into space or create a 2 v 1 on a player for example. To pre-scan is simple but so many people forget to do it.

10. Pass to players instead of into space

Another thing that you see a lot of is miscommunication or bad passing, often players pass to where their team mates are, instead of where they are going to be. Some players can see great passes but by the time they make the pass and the ball reaches the other player, the situation or positioning has changed. Good passes of the ball are able to anticipate where the player wants to receive the ball, rather than where they are at the time that you make eye contact. You need to be able to read the situation and look for the space, as most players particularly faster players want to receive the ball in a space on the move as that is when they are most dangerous.



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 University
- Taylor Barrett - College of NJ (TCNJ)
- Sidney Padilla - College of NJ (TCNJ)
- Rachel Gulotta - Sacred Heart University
- Kristen English - East Stroudsburg University
- Grace Hillman - Johns Hopkins University

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

Class of 2016 (* Indicates a Verbal Commitment)

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

G-FORCE News Flash

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"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!
