



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

# G-FORCE

★ News Flash ★



IN THIS ISSUE

## Summer G-Force News Flash

### **The 12<sup>th</sup> Edition of the G-FORCE NEWS FLASH!**

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

### **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.myllocker.net](http://shop.myllocker.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.

Page 2



### **FAQ**

Back by popular demand – the "FAQ" feature. See what we have to say about recruiting!

Page 4

## JPOL U16s:

### *Gaining valuable experience together*

The Junior Premier Outdoor League (JPOL) is an important part of our club's development. This league provides **G-FORCE** with the opportunity to have great, competitive games against most of the other top teams in Region 6 (New Jersey). While we certainly take these games seriously, we philosophically view the event as a chance to try new plays, reinforce and teach skills, try players in new positions, and develop team chemistry for future major events like Festival.

Our final won-loss record is not important. We developed some new players, and looked to our veteran U16s to continue to show their leadership skills. All of the coaches hope for a deeper commitment to the time that the JPOL requires, even with spring sports and collegiate recruiting desires. Thank you to all that participated!



## JPOL U19s:

### *Building for the future against tough teams*

We are fortunate to have a strong, "young" and enthusiastic U19 team made up of some team newcomers, some players that we asked to play up into the U19 age group, and some veteran team members. We finished with a 3-8 record, but don't let the W-L record fool you....we are gaining incredible experience and matching the right players together in the right spots to execute the right plays with the right TEAMWORK at all times! JPOL is all about learning to practice our fundamentals perfectly in low-stress, low pressure game situations, so that when we are faced with challenging situations at Festival and the February USAFH Showcase event.....**we are READY!** We are proud of our players and the progress we've made as a team. We are looking forward to playing in this league next year with our experience shining through! Again, thank you to those players that communicated with the coaches, showed the commitment to the league, and arrived ready to play – thank you for your leadership!





## 2015 ZAG Field Hockey / NFHCA Collegiate National Academic Squads



The National Academic Squad recognizes those student-athletes who have achieved a cumulative GPA of 3.30 or higher through the first semester of the 2015-16 academic year.

★ Indicates a "Scholar of Distinction": These student-athletes have achieved a cumulative GPA of 3.90 or higher through the first semester of the 2015-16 academic year.

### Way to go, G-FORCE ALUMNAE!

#### DIVISION I

##### UConn

Maddy Ryon

##### HOFSTRA UNIVERSITY

Mia Thompson

##### COLLEGE OF THE HOLY CROSS

Rae Caliento

##### RIDER UNIVERSITY

Allison Baligan

Nicole Barrett

##### SIENA COLLEGE

Danielle Degroot

##### SACRED HEART UNIVERSITY

Rachel Gulotta

Olivia Volpe

#### DIVISION II

##### ADELPHI UNIVERSITY

★ Rachel Colvin

##### EAST STROUDSBURG

★ Kristin English

#### DIVISION III

##### WHEATON COLLEGE

Hailey Kohler

##### COLLEGE OF NJ

★ Taylor Barrett

Lauren O'Keefe

##### TUFTS UNIVERSITY

Hanaa Malik

##### JOHNS HOPKINS UNIVERSITY

Francesca Cali

##### IMMACULATA UNIVERSITY

★ Sarah Pasternak

##### MONTCLAIR STATE UNIVERSITY

Victoria Rossi

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

## NFHCA Spring Fling



G-FORCE sent two teams to the NFHCA Spring Fling tournament in Richmond, Virginia in May. This tournament is one of two national events sponsored by the National Field Hockey Coaches Association, and its purpose is to serve as a recruiting showcase. This year's event had some rough weather, prompting shortening of games and removal of some games completely from our schedules, but we rolled with the changes in style!

The **G-17 Team**, comprised of our "older" players, worked their way to a 2-1-1 record, with wins over IFHCK and the Baltimore Stix, a draw with Mystic, and a loss to IFHCK.

The **G-19 Team** finished with a 1-2-2 record, with a win over Undertow, ties with the House Team and WNY Whalers, and losses to Saints and WNY Whalers.



## 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

# 29%

G-Force U-19s are #42 of about 156 USA Field Hockey sanctioned U19 teams. We're in the top 29% of all USA clubs, and currently ranked #7 in the state of NJ! (March 2016 rankings)

# 29%

G-Force U16s are ranked #36 of about 125 ranked USA Field Hockey sanctioned U16 teams. We're in the top 29% of all USA clubs, and also ranked #8 in the state of NJ! (March 2016 rankings)

# 33%

**NEW!!!!** U14s are now ranked with USAFH! G-Force U14s are ranked #32 of about 97 ranked USA Field Hockey sanctioned U14 teams. We're in the top 33% of all USA clubs, and also ranked #5 in the state of NJ! (March 2016 rankings)

## Want to Know More?

<http://www.teamusa.org/usa-field-hockey/membership/club-membership/rankings-policy>

# FAQs

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

### Back by popular demand: Our FAQ Column!

*We hear from you about recruiting. We email the "G-FORCE Guide To Great Recruiting" document annually, but we know you have questions. We are absolutely aware that the college recruiting process can be frustrating, scary, intimidating, expensive, overwhelming and filled with a lot of good and bad information and advice. We've attempted to summarize our thoughts into this column. There is not a single answer to your questions. Every player's recruiting experience is dependent on your grade, your development within the sport and what kind of college experience you want.*

- During the course of the last year, we've been fielding different questions regarding the various tournaments being offered throughout the year. 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 November National Hockey Festival is still the premier tournament that provides this to the sport, with the February USAFH Showcase also being an outstanding opportunity for recruiting players next year. And that's why G-Force has chosen to attend these two tournaments.
- Showcases such as College Connection and Super 60 are great ways to get to know coaches and to experience an overnight camp. We support you attending these events if your schedule and your parents' budget allows.
- It's never too early to visit college campuses to get to know what you like and don't like about schools (rural vs urban, large vs small, etc.).
- Do not fall in love with a single school. We know that there are campuses, coaches and programs

that will just draw you in, and you can't see playing any place else. It's very simple: **BE OPEN**. Be open to all of the divisions, open to losing record and winning teams alike, open to veteran and rookie coaches. Your choice of school should NOT be 100% about the field hockey...**it's about the right school for you as a student-athlete.**

- Unfortunately, it's true – recruiting on the Division I level is happening earlier and earlier. If playing D1 hockey is your dream, be realistic about your abilities, talk to us coaches, and **understand that you will need to go to that school's camps, play days, prospect days and campus events to express your interest – often for multiple years.** That can be costly, often discouraging and very time consuming.
- Your development as a player is a PROCESS, not made in a singular season. We – as a team – focus on three national USAFH tournaments (Festival, February Showcase and NITs). We do not demand mandatory participation in the smaller events like JPOL, the local summer tournaments, Futures or the NFHCA recruiting events. But, these smaller, regional events are where we help you develop into a more complete player. **College coaches want developed, coachable players that could play any field position at any point in time, any day.** Playing for G-Force three times a year at national events is not how you develop into a well-rounded player. **Help Us Help You.** We are searching for players willing to give their time, commitment and effort for the team even at the "low visibility" events. Develop well-rounded field hockey as a leader on the field, select the right schools, perform well, be a great student....and the college coaches **WILL** recruit you!

# 10 Ingredients to Succeed in College Field Hockey

By: Amanda Scarborough

Adapted from: [http://amanda-scarborough.com/10-ingredients-to-succeed-in-elite-softball/?utm\\_content=21184059&utm\\_medium=social&utm\\_source=twitter](http://amanda-scarborough.com/10-ingredients-to-succeed-in-elite-softball/?utm_content=21184059&utm_medium=social&utm_source=twitter)

*Editor's Note: This article was originally written about softball. Amanda Scarborough won an NCAA Division 1 softball title as a pitcher at Texas A&M. We liked it so much that we adapted it for Field Hockey. This is a long article, but the concepts are really important for all levels of G-FORCE players.*

Lessons. Practice. Travel. Games. Recruiting. Repeat. The ingredients of elite field hockey are all in the air. Getting lost in emotions, information and games can be an everyday occurrence. Some days are easier than others. It's a grind. Always remember there is light at the end of the tunnel, and the benefits of making it through the months ahead of you are completely worth it in the end. As a parent, remember there are other parents going through exactly what you are going through. As a player, remember there are other players going through exactly what you are going through. It helps to remember you're not alone. It also helps to keep some things in perspective along the way to help you and your family stay sane.

## 1. **Realistic Expectations: There is a home for everyone.**

I feel as though this is tougher for parents than it is for players. When you start to get into elite club field hockey, there is a general understanding and goal that you want to play at the next level. Understand from the very beginning that at the top 25-30 Division I schools, only 4 to 6 players will be recruited in your year, sometimes less. Putting expectations of only going to those 25-30 schools can be quite a letdown if you don't make it. Put into perspective the amount of girls vying for those 4 or 5 positions and how the probability is most likely higher that you won't make it to that school. BUT, if you love the game and are invested in continuing your career, you are going to find a better fit at a school that has your name written all over it. Playing with unrealistic expectations makes you play tight, and usually leads to being let down. There is a great home for everyone.

## 2. **Stay Humble.**

Fill out every single questionnaire that gets sent to you. It didn't matter if it is a small division 3 school, a large D2 or a top division 1 school. You never know what could happen and you don't want to completely shut anyone out until you know for certain where you are going. What if you think you are going to go to a big D1 school and you have a major injury? What if you go through something major that mentally takes you out of the game? You never know what can happen. Be appreciative for attention. Stay humble with coaches who are interested in you. Stay humble around your teammates. The same can go for the opponent you are playing. You're a good player, but the game doesn't know that. Go into every game with consistent emotions by respecting every opponent. Respect the game.

## 3. **Don't Compare your Experience to Your Teammate's.**

You and each of your teammates will most likely have a different experience in how you get recruited and who is watching you. It takes too much energy to compare. That energy should be put into YOUR skills, mindset and plan. Worry about yourself. If you are doing all that YOU should be doing on and off the field, then what other people are doing should not matter! Be you. Do you. Grow you. YOU are awesome. YOU have your own story.

## 4. **Make friends, not enemies.**

This goes for players AND parents. With every person you come in field hockey contact with, you never know how much you might be around them in the future. I've noticed enemies in the field hockey world usually come from jealousy. At EVERY exposure camp, national tournament, all star event - make a good impression! A good impression could be just that, a good impression or it could be a lasting friendship. You just never know when you are going to possibly play with these people you meet again. You may meet someone at an exposure camp and may end up being college teammates with them. In the stands, be nice and supportive. Everyone you meet is going through exactly what you are going through. Don't judge. Be respectful and just know that the field hockey world is a REALLY small world, so make a good impression. People talk, coaches hear. You want what they are talking about to be nothing but positive things about you and your family. With that being said - avoid drama.

## 5. **Take Breaks.**

As an elite athlete, you are pushing your body to its limits on a weekly basis. You have to pay attention to your body and realize when it's talking to you and when you need a break. Be honest. Create that relationship with your parents and coaches from a young age where you can gain their trust and you can say "I need to take today off" or "I need a break." Breaks are GREAT. They absolutely have to happen for your mind and for your body. You live a field hockey-is-life mentality, but mixed in there, there has to be time with no field hockey. You create your own balance. Figure out what that balance is so that you can perform the best. You want to love field hockey, not hate field hockey because at the end of this ride, field hockey continues to still pay off in your life - promise!

## 6. **Own Your Role.**

I get it, you want to PLAY; you don't want to sit the bench. On an elite club team, 20 of 20 girls on your team are good and there are only 11 starting positions. The talent only gets better once you go to college. Many times, a player will learn a new position just to find a way on the field. Be flexible and be studious. There are so many examples of players getting to the next level and not playing the same position they played on their club team and in high school. If you are not physically out on the field, it does not mean you become a spectator to the game. There is always something to learn, to watch, to do. Watch the goalies intently. Try to notice the offense's tendencies. See if the defense is giving away anything. Create a role and totally own it. There is no time to feel sorry for yourself, you have a team to help, you have a game to win. Championship teams have roles and buy into those roles. This game is not about one person's playing time, it is about the entire TEAM. Learn to contribute to the team and find a way to be involved in the game. THIS is a team player. THIS is the kind of person a college coach wants to recruit. If you are on an elite team, you will be competing for championships, so find a way to contribute.

**7. Parents – Stay out of it at the field.**

Give your children responsibility for their field hockey career. Give them a voice. If it's about playing time, have your daughter call a meeting with her coach to discuss what she can do better. Eventually your daughter will have to speak to a boss or another authority figure. Give her practice NOW so she can learn to communicate LATER. Mentor her and help her with what she should say or when she should say it, but don't say it FOR HER. Once warm ups start, parents should stay completely out of the way. No bringing power bars and Gatorade to the field. No coming up to the field to remind her to keep her stick down. The days of that are over. College field hockey is conducted in a businesslike manner. You're there to compete; no distractions and you have a job to do. In the stands during the game, remember you never know who is in the stands WITH you. If you are going to cheer, yell only positive things. (I honestly feel that saying nothing positive or negative can sometimes be your best bet. Just let them play the game.) If you are going to chat with another parent on the team, make it positive. You NEVER know who is listening. Your daughter is taken as a direct reflection of YOU.

**8. Make good grades.**

Even if you are not planning on going to some place like Harvard, your grades are so important. Your goal is to play in college, right? Well, in college, if you don't make the grades, you don't get to play. Create good study habits and make school a priority. Because you are playing at an elite level and have games every weekend, some of which you are having to travel far, you are going to miss out on things with your friends because school + field hockey + family are more important. While you may be missing out on a birthday party or going to the movies, your friends are probably going to miss out on playing a sport collegiately. Rent the movie later and send her a birthday card/present to let her know you wish you could be there and you're thinking about her. I PROMISE...getting the opportunity to play field hockey in college is WAY better than any movie or birthday party you miss. There is a much higher percentage of those you don't play sports in college than those who do. Do whatever it takes to find time to study, write papers and do homework because this prioritizing is not changing any time soon once you make it to the next level.

**9. Go to the best school where you can PLAY.**

This is tricky, but I am going to give you my thoughts on this. I encourage people to play on the BEST (most competitive) team they can possibly play on AND be in the starting players on that team that get playing time. It goes no good to be on the "best" team in your area, and all you do is sit the bench. If you are only sitting the bench, you are missing out on the experience. Find the right school that is the best match of education, cost, majors and all other factors AND where you can PLAY.

**10. Field hockey Does Not Define YOU.**

Understand there is a difference between performance skills and moral skills. This, to me, is the most important thing a parent can teach a player. The way you teach it is completely up to you. Some examples of performance skills: hardworking, competitive, motivated, confident, and disciplined. Some examples of moral skills: unselfish, appreciative, loyal, caring, trustworthy, caring. There HAS to be a balance. When field hockey is all done, all you have is your character...your inner you. This goes for players and it goes for parents. Parents, you are not defined by how your daughter is at field hockey or the scholarship she may get. Neither is she. She is defined by being a good teammate, a good friend, a good daughter. Start noticing the differences and explaining the differences to your daughter and your team. THIS will help make leaders out in the real world and empower them with a different skill set once they grown into WOMEN.

*We are all in this field hockey world together – don't lose sight of that. While everyone wants to be on the team that is the last team standing at the championship game, this sport is so much more than just that. Play field hockey not to just eventually grow to score 30 goals and 20 assists in a season. Play field hockey because it grows you together as a family and each individual as a family. Along the way, be genuinely excited for teammates who get the big goal or the post season awards. Remember karma is a real thing. No matter how good you are, never stop learning. Never stop being appreciative. The schedules and commitments can get a little crazy, but always remember to take a step back and see something bigger than the scoreboard. Big things are ahead of you...*





# 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 - College of NJ (TCNJ)
- 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
- Carleen O'Connell - UMass Lowell

### Class of 2016

- Kellie Vizzuso - Towson University
- Sarah Anthony - LIU Post
- Melissa Gula - Franklin & Marshall College
- Emilie Flamme - Amherst College
- Bella Cuomo - Northeastern University
- Lia DiPiazza - Kean University
- Nicole Mottolo - Stevens Institute of Tech.
- Sam Lorenc - Mercy College
- Amanda Whitlock - Binghamton Univ.
- Carli Tetla - University of Scranton
- Sophie Haiman - Penn State University
- Emily Bean - Bucknell University
- Rachel Iaione - University of Rochester

### Class of 2017 ^ Indicates a non-binding verbal commitment

- ^ Kassidy Shetler - Rutgers University

## G-FORCE News Flash

PO Box 153  
Lake Hiawatha, NJ 07034  
Cell: 201-486-2864  
Email: [GForceFH@aol.com](mailto:GForceFH@aol.com)  
Newsletter Submissions & Feedback:  
[Gforcefieldhockeyspiritwear@aol.com](mailto: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!**

---