



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

G-FORCE

★ News Flash ★



IN THIS ISSUE

Winter G-Force News Flash

The 13th Edition of the G-FORCE NEWS FLASH!

The News Flash continues! Lots of great information and photos to share this time. Remember, please send ideas and photos for future newsletters to the following email box: gforcefieldhockeyspiritwear@aol.com.

What's Inside...

We've recently completed the exciting Fall season with some strong finishes at local and national tournaments, highlighted by our efforts at the prestigious National Hockey Festival.

What's Coming Up...

Indoor, Indoor, Indoor! We love Indoor! Teams have been named and practices have started for our NIT Qualifying and Championship efforts.

Don't Forget...

G-FORCE has an on-line store for all of our spirit wear and clothing. MyLocker has an incredible variety of items to choose from. Check out the site today. The link is on the team's website.

The important winter training season is upon us. Many developing field hockey players underestimate the importance of a year-round commitment to conditioning. The entire coaching staff has very high expectations for our athletes at ALL phases of their field hockey development to commit to workouts outside of regularly scheduled G-FORCE clinics or practices. Looking for ideas based on your current level of play? Reach out to the coaches via email or speak to us at a clinic or team workout. We will give you specific advice and ideas for winter conditioning to get you ready for Spring events.

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 your 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 at the prestigious National Hockey Festival in Florida. See inside for more details.

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Beginner's Corner

We have outlined 5 top nutrition concepts for our beginner players! Read inside to see....

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FESTIVAL U 19s and 16s: *Vikingz and Cobraz*

The U16 Cobraz Team was placed into a tough pool for their play in sunny Palm Beach. Opponents included: Mayhem (PA), XCalibur (PA), Windy City (IL), High Voltage (VA) Charlotte Tankers (NC) and the Mid-Jersey Knights (NJ). This tournament was a great opportunity for the coaches to evaluate some new players, and we will continue to use these tournaments as an important component of individual growth into well-rounded, team-first players. We will miss some of our U16s as they move into the "big time" of U19 play for our big 2017 tournaments.

Great Job, G!

The U19 Vikingz Tigerz were also placed into a very tough pool with the following teams: Princeton (NJ), ADK (NY), Xcalibur (PA), Schuylkill Valley (PA), Stealth (MO) and Coastal Clash (CA). We had a nice win and a tie, but we faced some extremely tough teams. We will continue to ask a lot of our experienced U19s on the national stage, and we encourage each player to reach out to the coaches with any questions about your development or things you should work on. We are looking forward to seeing this team play in February!

Great Job, G!



VIKINGZ	COBRAZ
Alison Yu	Morgan Osmun
Emilee Vizzuso	Maya Chavkin
Danielle Kohler	Erika Starost
Hannah Sikorski	Molly Gorman
Amelia Evans	Marina Hoyt
Mia DiLeonardo	Caleigh McGough
Nicole Johnson	Anna Walsh
Grace Twitchell	Sydney Familo
Jacqueline Smith	Abigail Evangelista
Morgan Carr	Maggie Walsh
Alexa Zubulake	Ahna Muhlon
Savannah Familo	Mikayla Walsh
Eva Verzani	Lindsey Yu
Sydney Shearn	Molly Kleinstein
Kabira Foster	Maggie Titus



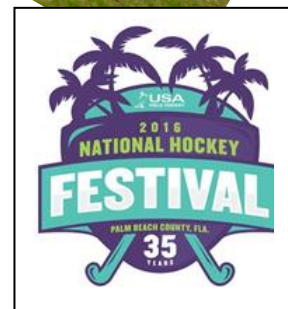
VIKINGZ



COBRAZ

Festival Fun!

(Remember....send photos if you want them seen in the Newsletter!)



Where in the World was Coach Rael????

We sure missed Coach Rael while she was visiting friends and family in Kenya. Her visit also included field hockey – of course! – to teach, coach, and mentor some young Kenyan school children. *Thank you to G-FORCE, as well as our friends at Big Apple Field Hockey, QuikStix, NJFHA (courtesy of Team PHUN) for supporting field hockey programs so far from home!*

Coaching players from her former High School



Coaching players that Rael sponsors



Some playing time with her former Club



Welcome Home, Rael – We Missed You!!

DID YOU KNOW?



NCAA Champions

Division I – University of Delaware

Division II – Shippensburg University

Division III – Messiah College

New Jersey State Champions:

Group 1 – Haddonfield

Group 2 – West Essex

Group 3 – Ocean City

Group 4 – Eastern

Non-Public – Bishop Eustace

Tournament of Champions: West Essex

FAST FACTS

28%

G-Force U-19s are #39 of about 140 current USA Field Hockey sanctioned U19 teams. We're in the top 28% of all USA clubs, and currently ranked #7 in the state of NJ! (December 2016 rankings)

27%

G-Force U16s are ranked #36 of about 132 currently ranked USA Field Hockey sanctioned U16 teams. We're in the top 27% of all USA clubs, and also ranked #7 in the state of NJ! (December 2016 rankings)

FOR MORE INFORMATION

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

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

Beginner's Corner:

5 Nutrition Tips for Field Hockey Players

The following article is adapted from "Hard Hat: A True Story about how to be a great teammate" – HardHat21.com

If you ever find that you get tired or feel fatigued before the end of a game, it could have something to do with your nutrition.

Most people don't realize how much nutrition can affect your performance on the field. And no.. it is not about dieting. In fact, eating for hockey is different to eating for weight loss or muscle mass. The process of digestion is run on autopilot by the unconscious part of the brain just like the process of decision making, so feeding your brain the wrong fuel can affect your decisions on the field.

If you eat too soon before a game, your body and brain will still be focusing on the process of digesting your food, rather than focusing on what's happening in the game. Not eating enough before games or having the wrong balance of foods could affect your energy levels, leaving you feeling tired before the end of the game.

A few factors to consider:

- What to eat & when
- How much / portion size
- How much of each food group
- Pre-game vs post game
- What you need for your age, height, weight
- The level of activity you doing
- What your goal is
- What foods you like
- Your schedule (it has to be realistic)

My 5 Nutrition Tips For Field Hockey Players

#1 – Start the day well

Too many players skip breakfast or don't have a good meal to start the day. **Don't skip meals;** try to keep your blood sugar levels stable throughout the day by eating every 3-4 hours. Cereals are not the best meals for sports people as they often contain high levels of sugar which can cause drops in energy levels and cravings later on in the day. Even those so called "health cereals" like granola – check the labels for sugar content. Eggs are a good source of protein and would be a better breakfast option (yes, wake up just 5 minutes earlier).

#2 – Eat enough protein

One of the biggest problems that I find with our players is that they don't eat enough protein throughout the day. When you play sport and train you are putting additional stress on your body so you need more protein than the average person. Make sure you include lean protein in your diet.

#3 – Consider meal timings

It is important that you plan your meals ahead of time so that you have the right ingredients in the house and don't get tempted to eat the junk which is always more convenient. You should be eating a good balanced meal 2-3 hours before training/games so work backwards to plan your meals and specify what time you need to eat.

#4 – Refuel

It is really important that you are refueling after your activity whether it's a training session, gym session or a game. The general guideline is to try to consume something that is high in protein and carbohydrates within 30 minutes of finishing. It can take your body up to 48 hours to repair from intense activity so it is important that you refuel to prevent overtraining and it also ensures that you don't lose muscle.

#5 – Ensure you are eating enough

Nutrition is a vital component of recovery. I often find that players don't eat enough of the right foods. Not all calories are equal and most junk food is empty calories which offer very little (if any) value to your body. I am not saying don't eat junk food (as long as it's not every day), but make sure you are getting enough nutritious calories for the amount of activity you are doing.

Remember: There wouldn't be a game without the efforts and achievements of all the participants; the game is something greater than each of us!



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

10 Reasons Every Field Hockey Player Needs to be Doing Strength Training

By Lauren Penny

<http://hockeyperformanceacademy.com/>

If you are field hockey player and want to be a step ahead, have been struggling with your hockey fitness, speed or you keep getting little injuries then you need to read this entire article. The improvement in performance in field hockey has drastically sky rocketed in the last few years thanks to strength training. There is now also more awareness of the level required (or that's possible) thanks to an increase in coverage for various field hockey competitions and events like the Olympics, Hockey World Cup, Commonwealth Games, Hockey India League, etc. Seeing top level players moving around the pitch with speed, power and agility has resulted in more players starting to take their personal performance more seriously. This means that playing environments have become more competitive and the standards are higher than before for those players wanting an edge in their game. Strength training is crucial at international level but is so often ignored by many players which may be because they don't understand the benefits of how it can help their game. Below I explain why I believe that every single field hockey player, regardless of their level should be following a properly planned out and structured field hockey strength training program which is designed to combat the demands of the sport.

10 Reasons Every Hockey Player Needs Strength Training:

1. Strength is the foundation of athleticism

If you want to be an athletic player that is fast and powerful then you must strength train to maximize your athletic potential, even if you are already fast. You need to have good relative body strength to be fast, that means strength in relation to your bodyweight. Studies have shown that sport's people with high relative body strength will possess the ability to run faster than weaker players.

2. Increases confidence

Most players could do with more confidence and the mind is connected to the body. Strength training takes a bit of determination, perseverance and hard work which are key qualities which also translate to other areas of life. With improved strength, you will gain a new confidence to perform well in your sport and in other areas of your life too.

3. Improves performance

If hockey players develop greater strength they will have a better chance of outmuscling the opponent for possession of the ball and are less likely to be knocked off the ball. The stronger your muscles are the more forceful your muscle contractions will be which means the faster you will run, the harder you will hit, the more explosive your leads, the more powerful your drag-flick will be, etc.

4. Injury Prevention

A common misconception is that strength training will leave you muscle bound and cause injuries. But in fact, hockey players that follow a structured strength training program tend to get fewer injuries, (unless they are using bad technique or following bad training programs). Strength training will help you to get rid of nagging injuries and help to prevent future injuries.

5. Faster recovery

If hockey players that strength train do get injured, it tends not to be as serious and they tend to heal much faster than those that don't follow a structured strength training program. This is also because strength training gets your body used to stress placed on your muscles (a bit like having a flu jab to prevent getting the flu in winter).

6. Works the energy systems relative to hockey

Find yourself struggling with your hockey fitness? Field hockey predominantly uses the two anaerobic energy systems which require short bursts of intensive efforts; think of hitting, intercepting, counter-attacking, diving, dragflicking, etc.

Effective strength training develops these two anaerobic systems, without excessive impact on your joints, so that you don't get fatigued after these intensive efforts. Training the anaerobic systems is actually proven to also develop dramatic improvement in the aerobic system, so it is a winner all round.

7. Strengthens your core

Compound strength training exercises will significantly improve your core strength. Having better core strength will help you to avoid back pain and make you faster and more powerful on the field. The core is the powerhouse of the body, particularly in sport and includes the muscles around your mid-section, including hips (not just your abs).

8. Better body composition

Strength training combined with proper nutrition and recovery can aid in fat loss and building lean or “toned” muscle. With better body composition you are much more likely to remain healthy and compete in sport with more ease.

Basically, the more fat you have on your body, the harder it is to carry it around with you compared to lean muscle which makes things feel effortless.

9. Better hormone balance

If your energy levels fluctuate then the good news is that strength training improves hormone balances, particularly in this case insulin sensitivity. Insulin is responsible for your energy levels along with the speed of recovery, by replenishing the glycogen stores after training or games. We all want a fast metabolism, better energy levels and to recover quickly so the best way to do that is to eat well and do strength training.

10. It's fun, challenging and makes you feel good

If you enjoy hockey, you probably have a bit of a competitive streak and you are someone who enjoys a challenge. Those who do strength training are likely to agree that it is actually really enjoyable especially once you know what you are doing.

You will always finish feeling good about yourself and a sense of accomplishment, especially when you notice progress and improvements, not only in the gym/home but also on the hockey field.

If you are already strength training... make sure you are following a program, not just random workouts.

Don't keep doing the same workout for months, you need to plan your progress, change your program every 4-6 weeks and focus on the right variables at the right time of the season. You need to build upon each phase, program design is a science and what you need is not necessarily the same as someone else.



Congratz to the following G Alumnae that have made an impact with their college teams this past season:

KRYSTAL MAYERS, RAE CALIENTO, MELANIE CONSIGLIO, DANIELLE DEGROOT, MAGGIE GOSSIAUX:

Congratulations on four great years of collegiate field hockey

RACHEL COLVIN: NFHCA Division II All American (2nd Team)

SARAH ANTHONY: LIU Post played in the NCAA Division II National Championship Game

HANAA MALIK: Tufts University played in the Division III National Championship Game

KRYSTEN MAYERS: Named Cornell's Offensive MVP, All-Ivy Team and NFHCA All Mid-East Region (2nd Team)

EMILY DAVIS: Muhlenberg won the ECAC Conference Championship

TAYLOR BARRETT, SIDNEY PADILLA & RACHEL GULOTTA: College of NJ won the NJAC Conference Championship and played in the Division III National Championship tournament

ALISON BALIGAN: Named 2nd Team All MAAC

MELANIE CONSIGLIO & MEL GULA: Played in the NCAA Division III Championship Quarterfinals

LIA DIPIAZZA: Named Rookie of the Week for Kean University in a November 2016 NJAC Weekly Field Hockey Award honor, and was named to ECAC All Tournament team

GABBY HYMAN: Skidmore earned the Liberty League Conference Championship and played in the NCAA Division III Championship Quarterfinals

MAGGIE GOSSIAUX: 1st Team NCAC

HAILEY KOHLER: Academic All Conference at Wheaton

VICTORIA ROSSI: Played in the NCAA Division III National Championship tournament for MSU

Apologies for anyone we may have missed!

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

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 University
- Carli Tetla - University of Scranton
- Sophie Haiman - Penn State University
- Emily Bean - Bucknell University
- Rachel Iaione - University of Rochester

Class of 2017

- Jackie Smith - University of Mary Washington
- Eva Verzani - Bowdoin College
- Amelia Evans - Skidmore College

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!
