



Winter Academy

Seacoast United Field Hockey is very excited for the 2019/2020 Winter Club Season to begin in November. Every year our full time and part time staff work tirelessly to deliver top notch instruction, and a developmental environment that match the needs of each individual player. We continuously look to make improvements to all aspects of our club and this year under the guidance of Leah Boody-Simpson, Director of Field Hockey and Madi Thompson, Assistant Director of Field Hockey and our entire staff has a clear and concise vision for the future. We are committed to making a difference in the field hockey community, and providing equal and quality opportunities to all. We appreciate your interest in our club program and we are looking forward to implementing some exciting changes this year!

Our Winter Athlete Program is open to those athletes who participate in other sports or other activities with a large time commitment throughout the season. This program is specific for those athletes in age groups U12, U14, U16 and U19 who would like to participate in off-season field hockey training but may not be available to commit to training multiple times a week throughout the winter. The Seacoast United Field Hockey staff wants to ensure all athletes have an opportunity to play the sport they love which is why we as a staff created the Winter Academy Program.

How it Works:

- Training takes place once a week during the Select Training Pool Age at New England Premier Sportplex in Danvers, MA
- Players are able to attend the training sessions on Sunday **or** Monday nights for their correct age group at the Select Training Pool level. Players **MUST** inform the Director of Operations as to which day they will train throughout the winter prior to the start of the program.
- Players have the options to start Winter Academy in November (full season) **or** January (half season).
- Players will be placed on a team within the Select Training Pool level within their age group for the duration of Winter Academy Program. These players will participate in practices once a week and 2 tournament dates. Additional tournament dates are available for an extra cost.

Best,

Leah Boody- Simpson, Director of Field Hockey

Madi Thompson, Assistant Director of Field Hockey

ACADEMY PROGRAM INFORMATION

Academy Program

Indoor Training

Master teaching

In-house scrimmaging

*Training Sessions: NEPS

*Strength and Conditioning Program

(21 training sessions minimum for full program)

(13 training sessions for half program)

Tournaments (2 total)

1- TBD

2- TBD

SportsRecruits

Individual Player Profile

(Each player will have unlimited access to this recruiting platform, that will allow them access to every college coach in the country. This platform will empower our players in the recruiting process while we oversee and help them in their efforts and communication.)

Office and Staff

Coach stipend

All printing/mail/phone/stationary

FH equipment/med supplies

Coaching coordinator stipend

***U19 rosters will include a maximum of 11 players**

Total Cost

Full Program \$1000

Half Program \$600

Payment Schedule (Full)

\$500 non-refundable deposit (when submit registration)

\$250 payment due 12/15/19

\$250 payment due 1/26/20

Payment Schedule (Half)

\$300 non-refundable deposit (when submit registration)

\$150 payment due 2/05/2020

\$150 payment due 03/05/2020

Winter Academy Athletes – November Start

Individual Skill Development & Pool Training (8 weeks- 1x per week)

- Training begins Monday November 4th - December 16, 2019 or Sunday November 10th – December 22, 2019
- All training in November & December will be at the New England Premier Sportplex in Danvers, MA time of the Select Age Group.
- Monday Time Frame: 6:00 – 9:00 PM
- Sunday Time Frame: 3:00 – 6:00 PM

Focus: Skill development and fundamentals of individual play.

Team Based Training & Tournament Play (13 weeks- 1x per week):

- Sunday January 5th – March 30th 2018
- Sunday's at New England Premier Sportplex with Select Age Group time
- Focus: Team development & tournament play

Winter Academy Athletes – January Start

Team Based Training & Tournament Play (13 weeks- 1x per week):

- Training begins Sunday January 5th, 2020 – March 29th, 2020 or Monday January 6th, 2020 – March 30th, 2020
- Trainings will be held at the New England Premier Sportplex in Danvers, MA time of the Select Age Group.
- Monday Time Frame: 6:00 – 9:00 PM
- Sunday Time Frame: 3:00 – 6:00 PM

Focus: - Skill development and fundamentals of individual play.
- Team development & tournament play

Gear

Training socks (Carolina blue)

Training shorts (Navy)

Training pinnie (Carolina blue & white)

Game socks (White & Navy)

Game Jersey's (White & Navy)

Game Skirt (Navy)

Embroidery/ Screening

Total Cost

\$225

***NEW-** All orders will be placed online this year*