

Princeton Field Hockey Club

2015 Club Season Overview



Disclosure: The following information is designed to give you a preview of 2015 so that you can make an informed decision about which club will be the best fit for you. While the broader elements will largely remain, it is possible that minor details could change in the coming months due to variables outside of our control.

A note about PFHC

Princeton Field Hockey Club offers competitive playing and training opportunities virtually year round for U12, U14, U16 & U19 athletes. The club is based out of Princeton, NJ and features an elite caliber coaching staff led by Princeton University Head Field Hockey Coach, Kristen Holmes-Winn.

PFHC trains exclusively at Bedford Field on Princeton University's campus. Bedford Field features the international standard in water-based turf- a key component to development in the sport from beginners to Olympians.

Approach to Developing Talent

- Provide athletes with high-end information consistent with the evolution of the sport internationally
- Provide athletes with competitive playing and training opportunities on a continuous, long term basis
- Make athletes aware of the factors (on & off the field) that influence performance

Practices are structured to prioritize information that is most relevant to the athlete. We work to create urgency in a training environment. This requires an athlete to take ownership of their level of performance on a given day and allows us to maintain a consistent, accountable standard. Our focus is to maximize long term gains in performance.

People

Head Coaches

Kristen Holmes-Winn: Head Coach, Princeton University and U19 US National Team

Michael Pallister: Assistant Coach, Princeton University

David Williamson; Assistant Coach, Princeton University
 Matt Winn: Managing Director, PFHC & Champion's Edge Field Hockey Camps

Assistants (Current Princeton University Field Hockey Team Members)

Colleen Boyce '15
 Annabeth Donovan '17
 Cassidy Arner '15
 Cat Caro '17
 Allison Evans '15

Age Group Outline

U19: Age 16 and above as of Jan. 1
 U16: Age 14 and above as of Jan. 1
 U14: Age 12 and above as of Jan. 1
 U12: Age 10 and above as of Jan. 1

2015 Season Team Forecast

The following outline provides our intentions for rostering teams in the 2015 outdoor season. The end result will be contingent on the number of athletes that try-out for the club and is therefore subject to change.

Training on a continuous basis allows us to gain enormous insight into the playing capabilities of every player. Therefore, we reserve the right to reallocate personnel across rosters when warranted due to performance throughout the season.

U19 (3 teams)

Black (16 athletes): This team will represent the top athletes in our U19 group. They will participate in all 11v11 competitions throughout the year (e.g. USFHA sanctioned events, JPOL, etc...)

Orange & White; (12 athletes each): We will form two teams in this category with 12 athletes on each team. The teams will participate in numerous 7v7 tournaments and play-days throughout the spring.

U16 (3 teams)

Black (16 athletes): This team will represent the top athletes in our U16 group. They will participate in all 11v11 competitions throughout the year (e.g. USFHA sanctioned events, JPOL, etc...)

Orange & White (2); (12 athletes each): We will form two teams in this category with 12 athletes on each team. The teams will participate in numerous 7v7 tournaments and play-days throughout the spring.

U14 (3 teams)

Black (14-15): This team will represent the top athletes in our U14 group. They will participate in the 11v11 Spring Inter-League, along with 7v7 competitions and USFHA sanctioned events.

Orange & White; (12 athletes each): We will form 2, 7v7 teams in this category that will participate in tournaments and play-days throughout the spring and summer. Additionally, from these two teams, athletes will be selected to participate in 11v11 competitions for USFHA sanctioned events and local exhibition matches on an ad hoc basis.

U12

We're rolling out a new program for the U12's in 2015. We aim to form 6-8 inter-club teams that will train once per week and compete within the club once per week starting the end of March into mid June.

From the broader group of U12's, we'll have an optional try-out in December 2014 to select one travel team (10) to compete in 7v7 tournaments and play-days throughout the spring and summer. This team will also participate in the regularly scheduled U12 club practices and inter-club games on a weekly basis.

Details to be posted online soon...

Academy

Athletes that were not selected for one of the teams listed above via the August/September try-outs have the option to train with our Academy on a weekly basis throughout the duration of the club season. There is no try-out required; just sign up.

Who is a good fit for PFHC?

Anyone committed to the process of increasing their level of performance will have a team to play for at PFHC. The outline below loosely defines the types of athletes that we see fulfilling each respective teams' roster. There will be outliers within each group when taking into account experience and overall athleticism. Please keep in mind that performance is dynamic among growing athletes; i.e. your level of play today is a snapshot in time. Tremendous gains in performance can be realized in relatively short amounts of time.

U19 Black: These athletes are at a minimum the top 2-3 players on their high school varsity team. They have realistic aspirations or desire to play field hockey at the NCAA Division I level. These athletes should be athletic and have the ability to sustain a high work rate.

U19 Orange & White Teams: Athletes that currently play varsity for their school team and/or rising U19 athletes that have previously played JV. These are athletes with a solid skill foundation looking to improve and compete on annual basis. They may or may not have aspirations to play in college.

U16 Black: Athletes that play varsity for their high school team or are the top 1-2 players on their school's JV team. They have realistic aspirations to play college field hockey. These athletes should be athletic and have the ability to sustain a high work rate.

U16 Orange & White Teams: Athletes that currently play for their high school JV team or are rising U16 athletes that previously played for their middle school. This group may have a range of experience levels, from those with a solid skill foundation to those relatively new to the game that possess an above average degree of athleticism. Regardless, they are all looking to train and compete throughout the year. These athletes may or may not have aspirations to play in college.

U14 Teams: Athletes that currently play for their middle school or who may be younger but possess several years of experience. Relative athleticism and long term, projected potential will largely determine the Black, Orange & White teams in this group.

U12: Athletes with an above average foundation of skill and knowledge of the game; or those new to the game who are highly athletic.

Academy: Athletes new the game and/or those with a skill set that requires improvement to reach an internal club standard. These may also be athletes looking for a less intense experience and time commitment, but would like to continue playing year round and receive high-end coaching.

Attendance Expectations

We have a strong interest in working with motivated athletes who play with a sense of urgency. It is understood that as club member, you will be expected to attend the vast majority of practices and competitions. Failure to do so will undermine your ability to improve, which runs counter to the premise of playing for PFHC in the first place.

A consistent pattern in unwarranted absences from practices and competitions will severely limit playing time and/or render your removal from the club roster with no hard feelings. PFHC is not for everyone. We want see you spending time doing something you love, rather than being 'okay' at something on a part time basis.

Club Affiliation

All members of PFHC must register as members of the United States Field Hockey Association and 'affiliate' as Princeton Field Hockey Club members. Your membership

affords you the ability to compete in US sanctioned events, along with several other minor benefits (publications, group insurance coverage, etc...).

2015 Outdoor Season Outlook

The 2015 Club Season runs from the end of January until the end of June. The outline below provides an overview of the practice schedule and various competitions by team. Please be aware that we are only in the initial stages of mapping this schedule; actual practice dates will be listed in November/December. Competition dates will not likely be available until well into 2015.

Practices

End of Jan. (tbd) to March 8

U19: Wednesdays (5:30-7pm); Saturdays (12-1:30pm)

U16: Tuesdays (5:30-7pm); Saturdays (1:45-3:15pm)

U14: Thursdays (5:30-7pm); Sundays (12-1:30pm)

U12 Travel: TBD

Academy: Sundays, 1:45-3:15pm

March 9 - June 30

U19: Mondays & Wednesdays (6:00-7:30pm)

U16: Mondays & Wednesdays (7:30-9:00pm)

U14: Mondays & Wednesdays (4:30-6:00pm)

U12 (Travel & All): TBD

Academy (U19, U16, U14 & U12): TBD

Competitions by Team

U19 & U16 Black

- Junior Premier Outdoor League (April - June, mix of Saturdays & Sundays)
- National Club Championships (July '15, by qualification)
- Disney Showcase (Feb. '15,)
- National Hockey Festival (Nov. '15)
- Local exhibition matches
- Regional 7v7 tournaments (depending on availability)

U19 & U16 Orange and White Teams

- Regional 7v7 tournaments and play-days (Mar. - June; mix of Saturdays or Sundays)
- Local exhibition matches

These teams will play in numerous tournaments throughout the spring and early summer. Each tournament is generally a half day of 4 games per tournament. This competition schedule does not appear as robust as the Black teams; however, the cumulative number of games played in the 7v7 tournaments is comparable to the Black team competition schedule in terms of volume and relative level of play.

U14 & U12

- Regional 7v7 tournaments and play-days (Mar. - June; Saturdays or Sundays)
- Local exhibition matches
- Disney Jr. Showcase (July '15)
- National Hockey Festival (U14, Nov. '15)

Academy

There are no current plans to engage in outside competition. We will scrimmage internally on a regular basis to supplement the instructional aspects of practice.

2015 Outdoor Season Club Fees

\$1300 (U16 & U19); \$1100 (U14); \$TBD (U12)

- Estimate 42+ practices
- Practice Uniform

You will have the option to pay this fee in two installments.

Additional Fees (will vary according to Team)

- 7v7 Tournaments (Orange & White teams, U14, & U12): \$50-60 per event (est. 6-7 events)
- Junior Premier Outdoor League (Black teams): \$125-150
- Membership Fee with US Field Hockey (All): \$53
- Exhibition Match Fees (All): \$10-15 per (est. 3-4 events)
- Match Uniform (All): \$75-100
- Additional Club Gear (optional); items TBD.

Lottery or Qualification Based Sanctioned Events (applicable to Black teams)

- Disney Showcase
- National Hockey Festival
- National Club Championships

International Trip (optional)

The club will likely pursue an international trip in 2015. All details TBD. Expenses fall outside of the annual club dues outlined above.

2015 Academy Fees

\$595 (U16/U19); \$495 (U12/U14)

- Est. 20-22 Practices (late Jan. - end of June)
- Practice Uniform

You will have the option to pay this fee in two installments.

To reiterate, the information outlined above is designed to give you an understanding of the major elements involved in participating in our club so that you can make an informed decision how to best utilize your time and resources in 2015. Given the timing of this publication, is entirely possible that minor details may change in the coming months due to variables outside of our control.

If you have any questions, please don't hesitate to reach me at the following:
609-924-2897 or info@princetonfhc.com.

Best regards,



Matt Winn
Managing Director
Princeton Field Hockey Club