

# **RAMPAGE FIELD HOCKEY**



## **PARENT HANDBOOK**

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The Rampage Field Hockey Club is the elite travel field hockey club for girls in Northern Virginia.

Since 1993, Rampage has provided thousands of girls the opportunity to practice and compete against some of the best field hockey players in the region, state, and nation, while honing their skills with the best coaches in the area.

We provide an opportunity for beginners, intermediate, and advanced players to participate year-round in spring and winter leagues. Our goal is to encourage players to discover field hockey – see what a great game it is and how much fun it can be to play in a social, supportive, and competitive atmosphere. The development of youth field hockey through junior high and high school programs has always been our goal. Helping coaches develop the game for players at their school sites is a priority. Players of all ability levels are encouraged to play.

## Club Founder Starr Karl

Starr Karl has been coaching field hockey for over 20 years. She has earned numerous titles as a high school field hockey coach; VA 6A State Champions, Northern Region Championships, District Championship, District Coach of the Year and All-Met Coach of the Year. This list could go on. She has received over 400 wins as a high school field hockey coach. She is an icon in the world of field hockey. Starr started the field hockey program for SYA and was its commissioner. Capitol Summer league was also created by her and allows teams to work on skills in small games to get ready for upcoming seasons. She has helped young women achieve their goals of playing field hockey at the next level and what it means to be a team player.

## Coaches

All coaches have extensive knowledge in the game. They have all played field hockey in high school and college competing at Division I- III.

## USA Field Hockey

USA Field Hockey (USAFH) is the governing body for all field hockey (outside of high school sports) in the United States. Rampage is a USAFH member team and all players are required to have current USAFH membership.

Go to <http://www.teamusa.org/USA-Field-Hockey> to register your player. All players must select Rampage as their team designation. Please keep membership current.

All players should keep a copy of their membership card/information with them for tournaments. If it is a USAFH- sanctioned tournament, players may not be allowed to play if they cannot provide a copy of their card.

USAFH membership includes insurance for all high school-age players.

## Rampage Try Outs

Rampage Tryouts are announced in early fall by coaches in the area nominating and giving information to players. It will also be held on the website ([www.rampagefieldhockey.com](http://www.rampagefieldhockey.com)) Players who are interested in trying out for Rampage after the published tryout dates should complete the tryout registration form during enrollment periods.

## Age groups

U-19: For Players 18, 17, or 16 years old up to Dec. 31

U-16: For Players 15 or 14 years old up to Dec. 31

U-14: For Players 13 or 12 years old up to Dec. 31

U-12: For Players 11 years old or younger up to Dec. 31

### U12-U14

We have a very strong program teaching fundamental skills to beginners thru advanced players. Most players come through the youth field hockey programs; we focus on field hockey skills since many players are already skilled at positional play.

Beginners are taught fundamentals of holding the stick, push passing, hitting and dribbling.

Advanced players are trained in the proper technique used by college players. That way, they have more options available to them as they get older.

We have tournaments at various locations for our players to get game experience.

Our top players get to play in the U12 and U14 USAFH National Indoor Tournament in late February.

### U16-U19

Players have mentally decided that they would like to play in college.

Many players are outstanding on their high school team but do not necessarily demonstrate the technique required to play at the college level. We teach that.

Our coaches are all current or graduated D1 - D3 players.

D1 - Exceptional speed is a top requirement.

Committed to making the extra effort to attend all major tournaments.

Committed to have an open mind to all types of coaching and are prepared to learn to play hockey the college way.

Highly coachable and A-team players.

We also target players interested in improving their game to make their school team better as well as be a fixture as a starter.

We have tournaments during the winter and spring to reinforce our teaching.

## Winter/Indoor

The Indoor season begins in late November and ends in March with National Indoor Tournament (NIT).

Tournaments (games) are held at various indoor locations throughout the season. Dependent on the tournament schedule, it may be necessary to arrive the night before. Accommodations are the player's (parent's) responsibility these are regional events leading up to the Qualifiers and National Indoor Tournament (NIT).

## Spring

The outdoor season begins at the end of Indoor (March) and goes through June.

## Practice Locations

Practice locations vary, but are announced in advance and posted on our website. Conditioning is also offered in the Spring/ season by a personal trainer.

## Tournaments

Rampage participates in local, regional, and national tournaments most weekends during the Winter Indoor and Spring Outdoor seasons. The tournaments dates are included with the list of the practices; however, this is subject to change based on schedules and player availability. Coaches may add or delete some tournaments throughout the season. The tournament game schedule is sent out sometime during the week preceding the tournament with subsequent changes being sent at any point approaching the tournament.

## Selection of Players for Tournaments and Teams

Players need to be available to play all day if they indicate availability for a tournament. In addition, players also need to be available for tournaments in any locations listed for a particular date. You committed to the program, so we expect you to attend all Rampage events. The coaches will decide who will be on a team. They will evaluate during practice and tournaments. A player can change teams throughout the season and all of this is based on the coaching staff. If you have a question about playing time or placement, your daughter is expected to communicate that to her coach at an appropriate time.

## Recruiting Tournaments

Not all girls available for a particular tournament may be selected. Sometimes there are more girls than slots available for a team(s). Playing on a particular team one tournament, does not necessarily guarantee placement on that team in subsequent tournaments. If you indicated availability, your player needs to be available to play all day and in any location listed for a particular date.

## Tournament Tips for Parents:

Players should always have their USAFH ID card with them. Most players keep a copy in their bag.

Teams will vary depending on who is available. Not all available players will play. Sometimes players are moved around.

If you sign up to play, **show up to play**. If a team does not have enough players they will have to forfeit. Tournament fees will not be refunded.

You should plan on staying the entire time of the tournament.

Players will have time between games to snack, bathroom, and study. Multiple games will run at once on a central clock with umpires.

Bring both jersey tops and socks (black and white) to every tournament. Players will need to change jerseys in public. Have appropriate undergarments. Report time is rumored to be supposedly about 1 hour ahead. Waivers please bring your waivers to your coaches soon as you arrive.

## Major Tournaments

Rampage attends the following major tournaments. For more information go to [www.usafieldhockey.com](http://www.usafieldhockey.com). Teams do not automatically attend these national tournaments and Rampage is not guaranteed teams in any of these of these events. Once the number of

teams in each tournament is made available (lottery or registration notification), the coaches collect player availability. Teams are created from available player lists a few months prior to tournaments to allow time to make travel arrangements, etc.

### [USAFH National Hockey Festival \(Festival\)](#)

When: Thanksgiving weekend. The coach will send out information as she receives it from USAFH.

Where: Location changes every two years. Phoenix, AZ & West Palm Beach, FL

What: Pool play. No ladders. The biggest college recruitment event of the outdoor season. Rampage publishes a brochure for distribution to college coaches attending event.

Teams: All players are invited; however, the number of available slots/teams determines the final roster. USAFH will determine number of teams attending.

Fees: Yes, there is a fee. In addition, families are responsible for transportation/lodging/dining/entertainment.

### [College Connections Shooting Stars](#)

When: Thanksgiving weekend. The coach will send out information as she receives it from the director

Where: Richmond VA

Teams: All players are invited; however, the number of available slots/teams determines the final roster.

Fees: Yes, there is a fee. In addition, families are responsible for transportation/lodging/dining/entertainment.

### [USAFH National Indoor Tournament \(NIT\)](#)

When: Late February or Early March

Where: Lancaster PA or Richmond VA

What: Indoor field hockey teams compete for National Titles. College coaches do attend.

Teams: Teams have to play qualifying tournaments to be eligible to compete in the NIT. Qualifiers are announced in late November. The coach will assign players to teams and locations. If you want to play at NIT you need to play in the qualifiers. Players may only be on one qualifier roster at each division. Qualifiers are played between December and February. To be selected for a qualifier team, you must be available for the NIT – players

listed on the rosters must stay with that group for both qualifiers and NIT. U12 and U14 teams do not qualify but are entered in a lottery to participate in this event.

Rampage NIT teams are determined during the winter indoor season at the discretion of the coaches.

Fees: Yes, there is a fee. In addition, families are responsible for transportation/lodging/dining/entertainment.

### [USAFH Disney Showcase \(Disney\)](#)

Where: Disney, Orlando, FL

What: College showcase with pool play and ladders. College recruitment. Rampage publishes a brochure for distribution to college coaches attending event.

Teams: All players are invited; however, the number of available slots/teams determines the final roster. Teams are determined by USAFH. The coach will send out information about Disney as she receives it from USAFH.

Fees: Yes, there is a fee. In addition, families are responsible for transportation/lodging/dining/entertainment.

### [USAFH National Club Championship \(NCC\)](#)

What: National Tournament for Club Teams with a national winner determined after pool play and brackets.

Teams: Teams must qualify based on tournament play during spring/summer. The coach will send out information. Your USAFH team affiliation MUST be Rampage to play at NCC.

Fees: Yes, there is a fee. In addition, families are responsible for transportation/lodging/dining/entertainment

For more information about Festival, NIT, NCC, or Disney, contact USA Field Hockey.

## [Player Information and Registration](#)

Please complete an online player information form for each player. The form is completed at the beginning of the season when you register your daughter and thereafter directly to late additions. This will be used for college coaches to see player profiles. It also will create age group email lists, contact lists, and brochures for USAFH tournaments and events.

Personal Information: Full Name- Birth date- Height-Uniform Number (when you receive your Rampage Jersey number) -Contact information.

Academic Information: High School- Graduation Year- Test Scores

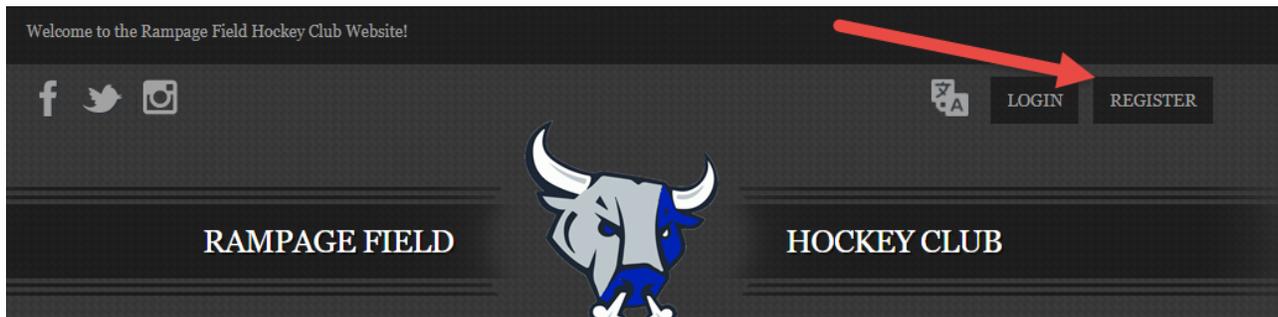
Hockey Information: List of field hockey accomplishments (ex: how long you have been on rampage, high school awards 1st team all-district, Second team all-region, Coaches award etc.)

Other Sports and Extracurricular Activities: (list other sports and accomplishments)

## Registration information

Go to [www.rampagefieldhockey.com](http://www.rampagefieldhockey.com)

If you are new to the club/organization, click on **Register** in the top right-hand corner of the site and register your “parent” profile, then our daughter’s profile. For detailed instructions, download our **Registration Guide**.



## Uniforms and Equipment

Rampage jerseys will be given out during the season. If your player was on Rampage in previous years they will use the same gear.

The Rampage uniform consists of the following pieces:

- Black Skirt
- White Top (home)
- Black Top (away)
- Pennie (you are expected to wear it every practice. It will be issued at one of the first practices)
- Black Shorts
- Indoor Glove- A left hand indoor glove is mandatory, and it is strongly recommended that a right-hand glove also be worn. –you will be ordering the left glove through your head coach at an early rampage practice before we order them.

- Black and White Socks (these you will purchase yourself)

Rampage players need to bring sticks, mouth guards, shin guards, appropriate shoes, and gloves (for indoor play) to all practices and tournaments. The following are guidelines for equipment:

**Sticks-** You must have an indoor stick for the winter season and in addition to an outdoor stick for the spring season.

**Mouth Guards-** Mandatory. They should be well fitting so players can wear them when comfortably as they play. A mouth guard not completely inserted in a player's mouth does not do its intended job of protecting a player! All players including Goalies must have a mouth guard. No one is allowed to compete or practice without one. A spare is always a good idea.

**Shin Guards-** Mandatory. Full hard plastic shin guards are recommended (TK Safeguards, Brine O2 Oxygen, or similar models). They do a better job of protecting the player's shins. Please note that soccer shin guards are NOT acceptable. They do not offer sufficient protection for field hockey.

**Shoes-** For indoor play shoes are required no turf shoes. For outdoor play, turf shoes (wet/dry) are needed for playing on turf fields and cleats for grass. Running Shoes are recommended for conditioning.

**Gloves-** For indoor play, gloves are mandatory and must be the thick heavyweight indoor field hockey gloves. At least a left-handed indoor glove is needed for indoor play. However, it is strongly recommended that players wear gloves on both hands when playing indoors. This will be issued to players at the beginning of the season. For outdoor play, gloves are not required.

**Goggles-** Rampage follows USAFH rules, which means goggles are not required for play.

### Choosing a Stick

Choosing a stick is an important task for every player. Sticks come in different lengths and different weights, and compositions. Many factors go into choosing a new stick. Position, experience, and skill all should be considered as you make your decision.

Below is some general guidance for choosing a stick. Although our daughter may disagree, color should not be the deciding factors when selecting a stick.

*Junior and wood* sticks provide maximum control, making them great for the new field hockey player.

*Elite* sticks combine innovation and technology to create the most advanced field hockey sticks in the world. These sticks are designed to maximize power.

*Advanced* sticks are for the cutting-edge, progressive athlete. These field hockey sticks are powerful, but more flexible than the Elite-level sticks, allowing for softer receiving.

*Competitive* sticks are more flexible, enhancing ball control. These field hockey sticks produce less vibration, but still provide adequate power.

### How to Size a Stick

There is not an exact science when it comes to choosing the correct length of a field hockey stick. Players have different preferences based on their level of play and what feels best to them. There are two methods in which a stick can be chosen. One is based on a height chart and the other is the Dutch sizing method.

### Height Chart Method

<b>STICK LENGTH GUIDE</b>	<b>Stick Length</b>	<b>Height</b>
	28" .....	4'0" & under
	30" .....	4'1" – 4'3"
	32" .....	4'4" – 4'6"
	34" .....	4'7" – 5'0"
	35" .....	5'1" – 5'3"
	36"/36.5" .....	5'4" – 5'6"
	37"/37.5" .....	5'7" – 5'9"
	38" .....	5'10" & up

## Dutch Sizing Method

Hold your field hockey stick upside down, with the head in the air, and insert the head into your armpit, as if it were a crutch. The end of the handle should fall between the middle of your kneecap to no more than two inches below the bottom of your kneecap.



## YouTube Instructional Videos

- Pushing technique: <http://www.youtube.com/watch?v=ACeFkQA7Fgg>
- Passing drill: <http://www.youtube.com/watch?v=vS00V-DOUqg>
- Step to target when pushing: [http://www.youtube.com/watch?v=7RivLED\\_Lg](http://www.youtube.com/watch?v=7RivLED_Lg)
- Hitting: <http://www.youtube.com/watch?v=PiCwSHDJIP0>
- Hitting and ball position: <http://www.youtube.com/watch?v=JfRWyOTGf-4>
- Hitting: <http://www.youtube.com/watch?v=Ju3jcwqabfA>
- Receiving techniques: <http://www.youtube.com/watch?v=xGfgeVU-mDY>
- Receiving on Reverse: [http://www.youtube.com/watch?v=6IK\\_4obsrNA](http://www.youtube.com/watch?v=6IK_4obsrNA)
- Receiving Bouncing ball: [http://www.youtube.com/watch?v=69CUZH\\_Hgo8](http://www.youtube.com/watch?v=69CUZH_Hgo8)
- Body position in tackling: <http://www.youtube.com/watch?v=FTHwSpJaNOI>
- Tackling decisions: <http://www.youtube.com/watch?v=75-OLknM5g>
- Tackling footwork and jab/poke: <http://www.youtube.com/watch?v=FECUW5FTSw0>
- 2 v 1 eliminations: <http://www.youtube.com/watch?v=Xbcf9X5syXw>
- Technical Development for Goalkeepers: [https://www.youtube.com/watch?v=fp\\_qIhIDMOQ](https://www.youtube.com/watch?v=fp_qIhIDMOQ)

## RESOURCES

<p><b>USA Field Hockey</b></p> <p>The governing body for field hockey programs (not high school) in the U.S.</p>	<p><a href="http://www.teamusa.org/USA-Field-Hockey">http://www.teamusa.org/USA-Field-Hockey</a></p>
<p><b>USA Field Hockey Futures</b> (Futures, National Futures Tournament – NFT)</p> <p>The Futures Program regionally develops the best athletes for the purpose of identifying talented "future" Olympic-level athletes and to strengthen the level of field hockey throughout the United States. Try outs required.</p>	<p><a href="http://www.teamusa.org/usa-field-hockey/futures">http://www.teamusa.org/usa-field-hockey/futures</a></p>
<p><b>National Field Hockey Coaches Association (NFHCA)</b></p> <p>The governing body of field hockey coaches in the US. Holds recruitment seminar/senior night at Festival</p>	<p><a href="http://www.nfhca.org">www.nfhca.org</a></p>
<p><b>National Federation of State High School Associations</b></p> <p>Governing body of high school sports in the United States. Regulates play at the high school level.</p>	<p><a href="http://www.nfhs.org">http://www.nfhs.org</a></p>
<p><b>NCAA</b></p> <p>The governing body of all collegiate sports.</p>	<p><a href="http://www.ncaa.com/sports/fieldhockey/d1">http://www.ncaa.com/sports/fieldhockey/d1</a></p>
<p><b>FIH</b></p> <p>The international governing body of field hockey</p>	<p><a href="http://www.fih.ch/en/home">http://www.fih.ch/en/home</a></p>