



Elite Team Registration 2017

The purpose of this team is to help players fulfill the dream of playing field hockey in college. Players will have the opportunity to improve skills through a variety of means including additional small group and/or individual instruction, personal mentoring and goal setting, video sessions, goal setting, personal evaluation and team selection. Members of the Elite Level Training Team must:

- Be on the U16 and/or U19 teams
- Attend a minimum of 80% of the practices and tournaments
- Fill out an application
- Be approved by the coaching staff (to ensure skill level)
- Pay additional fee of \$100 (In addition to applying for Competition and Training Teams)

Some of the benefits of participating in the **Elite Level Training Program** include:

- **Mentoring**-Players will be expected to keep a journal and complete assignments. Viewing videos, focus on mental game techniques and guest speakers will help players develop to the next level. Coach to player ratio will be a minimum of 10:1
- **Small group and/or individual practice sessions**-Sessions will be scheduled for Tuesday evenings from 6-7:30 at Campbell Middle School. Elite Team members must sign up for the Competition and Training Teams This will be an additional 16 hours with a total of 51 hours including Training Team and Competition team practice sessions. The team will be limited to 20 players. Two sessions may be scheduled depending on number and ability levels of players.
- **Filming**-A filming session can be scheduled to allow players to have film clips of various drill and individual skills. These clips can be used to create player recruiting videos.
- **First choice on elite level teams** (National Festival, India Cup, Cal Cup, Spring 7 v 7 league)- These players will have first opportunities to be on these tournament teams. Players are encouraged to sign up for as many of these tournaments as possible. Players and parents will work on fund raising projects to help lower the individual costs of these teams.
- **Playing as a team**-As much as possible, the Elite Level Training Team players will be put on the same team(s) for local club tournaments. This will allow more development of team play concepts.
- **Preparation for college play**-Players will learn about college recruiting and actually be mentored through this process.

All applications are due by **Sat., Feb. 4thth**. Teams will be selected and posted after Feb. 4th and the first session is scheduled for Tuesday, Feb. 28th. You can bring the application to practice or mail it to the address below. Make checks out for \$100 to **Stryker Field Hockey Club**.

Send payment and application to:

Stryker Field Hockey Club
4566 Napa River Court
San Jose, CA 95136

NOTE: Turning in an application and payment does not commit you to the program, however you cannot be considered without turning in the application and fee. We will hold all payments until final decisions have been made.

Elite Team Application

Player Name _____ Level (circle one) U16 U19

1) What is your field hockey experience? _____

2) What are your goals as related to field hockey? _____

3) Why do you want to be a part of this program? _____

Evaluation-Rate the level you feel that you are at in each area. Circle from 1 to 5 with 5 being the highest. NA means that you are unfamiliar with them or haven't learned them. These could be areas that you work on throughout the season. Add any general comments (both strengths and weaknesses) about your skills in each section. This information may be used to help with goal setting.

Individual Offensive Skills:

Hitting	NA	1	2	3	4	5
Push passes	NA	1	2	3	4	5
Sweeps (left and right)	NA	1	2	3	4	5
Flick Drag	NA	1	2	3	4	5

Lifted shots/balls	NA	1	2	3	4	5
Speed dribble (straight forward at full speed)	NA	1	2	3	4	5
Indian dribble (dribbling around objects/players)	NA	1	2	3	4	5
Fakes	NA	1	2	3	4	5
Pulls (left and right)	NA	1	2	3	4	5
Spin Move (left and right)	NA	1	2	3	4	5

Comments: _____

Individual Defensive Skills:

Marking	NA	1	2	3	4	5
Block Tackles	NA	1	2	3	4	5
Channeling	NA	1	2	3	4	5
Jabs	NA	1	2	3	4	5
Defensive Position (engaging distance)	NA	1	2	3	4	5
Footwork	NA	1	2	3	4	5

Comments: _____

Team Skills:

Passing	NA	1	2	3	4	5
Receiving on the move	NA	1	2	3	4	5
Game Strategies	NA	1	2	3	4	5
Seeing the Field (able to see plays develop)	NA	1	2	3	4	5

Comments: _____

Overall:

Speed	NA	1	2	3	4	5
Endurance	NA	1	2	3	4	5
Agility	NA	1	2	3	4	5
Power	NA	1	2	3	4	5
Strength	NA	1	2	3	4	5
Flexibility	NA	1	2	3	4	5

Comments: _____
