

IFHCK has been providing top level instruction to athletes in the Louisville market for over 20 years.
Several hundred IFHCK athletes have gone on to play field hockey in college.
Come and see the IFHCK Difference!

IFHCK is recognized as one of the most prestigious clubs in America. *Come see the IFHCK Difference!*

IFHCK RISE ACADEMY 2nd through 4th graders (non- travel) (U-8-U-10)

Rise Academy is for our youngest players that want to experience the sport for the first time or continue to learn and develop. Each session includes; basic individual skills, team skills, decision making, athleticism, any specialty skills,

- Winter training is one day per week for 1.25 hours during the weekend (Sat or Sun) for 6 weeks on an indoor hard court surface and focuses primarily on skill development.
- Equipment required: Indoor Stick, mouth guard, shin guard, water bottle, notebook with the pencil or pen, no cleats, no jewelry, indoor shoes. Goalies need to bring their own equipment
- **When:** Dec – Jan (Session I) and Jan – Feb (Session II) - Tentative Day: Saturdays! Estimated Time: 8 or 9 am.
- No sessions during Legal Holiday's or weekends during Holidays
- **First come - first served basis for registration. Limited spots!**
- **The Registration "2016-2017 Rise Academy Registration" is not currently available. Please come back after (09/30/2016) to fill out this Registration under [Program & Register](#)**

IFHCK PREMIER ACADEMY - 4th through 12th graders (non-travel) (U-10- U-19)

Premier Academy is for players that love field hockey and want to develop their skills in a competitive but fun environment without a huge commitment of time to the sport. They may sign up for individual sessions in winter.

This Premier Academy is designed for young players first learning the game (U-10 and U-14) or for older players (U-16 and U-19) who need more time developing and honing their skills before they are ready to move up to one of our championship level Travel Academy. Each session includes; individual skills, stick skills, tactics, decision making, athleticism, any specialty skills and organized structured games. (If applicable)

The Premier Academy is an open enrollment program, **no trial is required.** The Premier Academy is open to anyone who wants to improve their field hockey game and have the desire to excel and prepare for the Elite Club trials in the future.

- Winter training is twice a week for 1.5 hours during the week and / or weekend for eight - ten weeks on indoor hard court surface
- Equipment required: Indoor Stick, mouth guard, shin guard, water bottle, notebook with the pencil or pen, no cleats, no jewelry, indoor shoes. Goalies need to bring their own equipment.
- **When:** Dec – Feb (U10- U19) - Tentative Days: Sat (AM) and Tue or Wed (PM)
- No sessions during Legal Holiday's or weekends during Holidays
- **First come - first served basis for registration. Limited spots!**
- **The Registration "2016-2017 Premier Academy Registration" is not currently available. Please come back after (10/15/2016) to fill out this Registration under [Program & Register](#)**

IFHCK SELECT ACADEMY- 5th through 12th graders (assessment / trial for travel) (U-12- U-19)

Select Academy is for players that are more committed to developing their skills and wish to spend more time playing field hockey. Players that want to be on the “Travel teams” MUST sign up for SELECT ACADEMY Assessment- Trial. Players must complete a trials assessment for placement into this program or be invited by IFHCK Program Directors based on past performance at the Indoor travel events. Participation in the Select Academy does not guarantee a spot on an Elite Travel Academy. Teams will be selected from the players within the Select Academy to represent IFHCK at the National, Regional and / or local events. Assessment of players for selection to travel teams will occur during the assessment –trial and / or during sessions if applicable.

- **Select Academy Trial Assessment: [REGISTER HERE](#)**
- Winter training is twice a week for 1.5 hours during the week and / or weekend for eight - ten weeks on indoor hard court surface
- We want the athlete who has a competitive attitude and the will to win. This is not a recreational club program; training and tournaments are high level play and we plan to field the most competitive teams possible.
- Equipment required: Indoor Stick, mouth guard, shin guard, water bottle, notebook with the pencil or pen, no cleats, no jewelry, indoor shoes. Goalies need to bring their own equipment
- **When:** Dec – Feb (U12- U19) Tentative Days: Sun (PM) and Tue or Wed (PM)
- **Teams:** Three – four teams in each age group based on total #'s, ability, talent and other components.
- No sessions during Legal Holiday's or weekends during Holidays

IFHCK ELITE ACADEMY- TRAVEL TEAMS

U12, U14, U16 & U19 Travel Teams (6th graders through 12th graders)

Elite Academy is for players in the U12, U14, and U16 & U19 age group. Players will be selected to the Elite Academy from the IFHCK Select Academy. Players wishing to get into the Elite Travel Academy must sign up for SELECT ACADEMY Assessment- Trial, and demonstrate the ability to compete at the highest level.

The Elite Academy (Travel) is for players that are very serious about their commitment to field hockey. They are willing and able to make the sacrifice of time necessary to train and compete. The U14, U16 and U19 Travel Teams are required to train two - three times per week in the winter and attend min. two regional events, and National Indoor Tournament. (If qualified). They are also required to attend all Travel Team tournaments. The U12 Travel Teams are required to train two times per week in the winter and attend min. one regional event and National Indoor Tournament (If invited by USA FH)

- Winter training is twice a week for 1.5 hours during the week and or weekend for eight - ten weeks on indoor hard court surface
- We want the athlete who has a competitive attitude and the will to win. This is not a recreational club program; tournaments are high level play and we plan to field the most competitive teams possible.

- Those selected to the Elite Academy will be expected to attend training two times a week, and some play days throughout the season in preparation for the NIQ and NIT.
- Equipment required: Indoor Stick, mouth guard, shin guard, water bottle, notebook with the pencil or pen, no cleats, no jewelry, indoor shoes. Goalies need to bring their own equipment
- **When:** Dec – Feb (U12- U19) Tentative Days: Sun (PM) and Tue or Wed (PM)
- **Teams:** Three - four teams in each age group based on total #'s, ability, talent and other components.
- No sessions during Legal Holiday's or weekends during Holidays

FAQ'S:

Who / Age Group:

Age divisions; U19, U16, U14, U12 & U10. Based on age as of January 1. 2017

Take your age on January 1, 2017

If you are 9 and under on January 1, 2017, than you are in the U10 age group.

If you are 10-11 on January 1, 2017, than you are in the U12 age group.

If you are 12-13 on January 1, 2017, then you are in the U14 age group.

If you are 14 or 15 on January 1, 2017, then you are in the U16 age group.

If you are 16 -18 on January 1, 2017, then you are in the U19 age group.

Can you explain the age cut off or U19, U16, U14, U12, U10.....: An athlete's age on December 31st of that given year determines what age group the athlete will be in for the following year. For example if the athlete is 15 on December 31st and turns 16 on January 1st they remain in the U16 division. Again the age of the athlete on December 31st determines their age grouping for the following year.

Schedule / Time: Will be available in late Sep. early Oct.

Program Note: No make-up session with other age groups is allowed due to very limited space. You MUST PRACTICE with the group you sign up with per age group guidelines. Director approval is required to make any changes due to extenuating circumstances.

Where: LSA- 4109 Simcoe Lane Louisville, KY, 40241

Tuition: Will be available during the registration period.

Reg. Note: ATHLETES MUST REGISTER FOR THE INDOOR ACADEMY PROGRAM ONLINE PRIOR TO THE POSTED DEADLINE FOR EACH PROGRAM. THERE IS NO WALK UP OR PAPER REGISTRATION.

Enrollment / Deadline: Will be available in late September or early October. (First come, first served) for Rise and Premier Academy. The Select Academy registration will take place after the trial assessment and by invitation only.

Travel Teams: The selected travel tournament squad will require additional fees for entry into additional tournaments, court rental for additional training sessions and, if a tournament requires an overnight stay, hotel and other logistics (players stay three - four to a room to minimize expenses). (U14, U16, U19)

Refund Policy: Refunds are not available for this program. Player can request a transfer to another IFHCK program for medical reasons only. A physician's letter must accompany the request. *NO EXCEPTIONS*

Notes Regarding USA Field Hockey Membership:

IFHCK REQUIRE the players register with USA Field Hockey membership www.usafieldhockey.com and select a club affiliation. You can do that at August 1st – October 1st and will need to have that done prior to registering with IFHCK Indoor Academy since it will ask for you USA Field Hockey Number. A player cannot participate in IFHCK training without a valid number, and expiration date good through March 2017. If a player is currently a USA Field Hockey member but has their affiliation listed with another club but wants to play with IFHCK they would need to have changed their club affiliation with USA Field Hockey BEFORE Oct 1, 2017. After that date, a player would have to ask permission to change affiliation from their current club director, with his or her authorized signature. [FORM HERE](#)

If they are not currently a USA Field Hockey member, or do not have a club affiliation listed with USA Field Hockey they should be able to choose their affiliation at the time they register with the club or join USA Field Hockey.

Attendance Policy *Select / Elite Academy*: Athletes MUST attend 80% or more of their total sessions to qualify and maintain their travel team standings.

About Indoor Field Hockey:

The playing field is an indoor hard, court surface that is smaller than the outdoor field. Side-boards mark the sidelines, helping to keep the ball in the field of play and allowing players to play off it. Despite who push it, when the ball goes over the endline the defensive team will receive a free-push coming out. The indoor goals are smaller than the outdoor game. A team consists of 6 players on the court-5 field players and a goalie with a maximum of 12 players on a team. Players may not hit the ball, only push it or deflect it. The ball cannot be raised except when shooting the ball in the circle with the purpose of scoring a goal. Athletes play with an indoor stick that is lighter as well as a protective glove on their left hand as a defenders low positioning requires them to have close contact with the court.

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