



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*

Who / Age Group:

Age divisions; U19, U16, U14, U12, U10, U8. Based on age as of December 31, 2018

Take your age on December 31, 2018

This is according to the player's age as of 12/31/18. **For example:** If a player turns 14 on or before 12/31/18, she is considered 14 and thus a U-16 player for the 2018-19 INDOOR SEASON. ***

Schedule / Time: Available on the program sign up link

Session 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: (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). The U-12 group usually stay with their parents during away events.

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. This 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 April 2019. 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 **BY OR BEFORE DEC 1, 2018**. After that date, a player would have to ask permission to change affiliation from their current club director ONLINE. You will log into your member account with USA Field Hockey here and request to change the affiliation to “IFHCK”.

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.

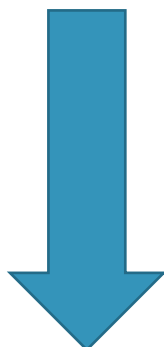
Contact: Web address: www.ifhckfieldhockey.com | E-mail: support@ifhckfieldhockey.com | Ph: 502.802.6048

2018-19

WINTER

INDOOR

PROGRAMS



IFHCK RISE ACADEMY K through 6th graders (no trial) (U-8 - U-12) (1-Day/Week Program)

Rise Academy is for our youngest players to some experience players and is open to any under 8 or under 12 athletes. Rise is the perfect fit for a beginner or a player who wants extra touches with the stick and ball. Winter program will emphasize basic skill mastery, off ball-movement, 1st touch on the ball, tracking on angles with the ball, learning the use the boards on the indoor surface, increasing speed of skill execution and much more. Athletes are welcome to register for winter season.

- Winter training is one day per week for 1.25 hours (U-8-U12) during the weekend (Sat) for 8 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:** Dates will be available on the Programs & Registration Page by late Sep –early Oct!
 - **Estimated Time:** Saturdays between the hrs. 8 – 11 am *based on total #'s in each age group*. You will be notify the exact times after the registration is closed!
 - No sessions during Legal Holiday's and / or weekends during Holidays! Dec. 22 – Jan 1!
 - **First come - first served basis for registration. Limited spots!**
 - **2018-19 RISE ACADEMY REGISTRATION" WILL BE AVAILABLE IN SEP-EARLY OCT!**
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IFHCK PREMIER ACADEMY-Skills Training - 4th through 12th graders (non-travel) (U-10- U-19) (2-Days/Week Program)

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:** Dates will be available on the Programs & Registration Page by late Sep –early Oct!
 - **Estimated Time:** Saturdays between the hrs. 8 – 11 am AND Mondays hours between 4-6:30 pm *based on total #'s in each age group*. You will be notify the exact times after the registration is closed!
 - No sessions during Legal Holiday's or weekends during Holidays! Dec. 22 – Jan 1!
 - **First come - first served basis for registration. Limited spots!**
 - **2018-19 PREMIER ACADEMY REGISTRATION" WILL BE AVAILABLE IN SEP-EARLY OCT!**
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IFHCK SELECT ACADEMY- 5th through 12th graders (assessment / trial for travel) (U-12- U-19) (2-Days/Week+ events Program)

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 + 1-2 regional and/or national events.
- 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: Sat (afternoons) or Sun (Mornings) and Wed (evenings)
 - No sessions during Legal Holiday's or weekends during Holidays. Dec. 22 – Jan 1!
 - **First come - first served basis for registration. Limited spots!**
 - **2018-19 SELECT ACADEMY TRIAL ASSESSMENT" IS AVAILABLE NOW!**

[REGISTER HERE](#)

IFHCK ELITE ACADEMY- TRAVEL TEAMS

U12, U14, U16 & U19 Travel Teams (6th graders through 12th graders) (2-Days/Week+ events Program)

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/national 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: Sat (afternoons) OR Sun (Mornings) and Wed (evenings)
 - No sessions during Legal Holiday's or weekends during Holidays- Holidays. Dec. 22 – Jan 1!
 - ELITE SELECTION WILL BE ONLY FROM THE SELECT ACADEMY PIPELINE!

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