

SOUTH COUNTY
ROYALS
FIELD HOCKEY CLUB

WWW.SCROYALS-HOCKEY.COM



**PLAYER AND
PARENT GUIDE**



Thanks for your interest our club! You're going to have loads of fun, make new friends, and above all, play field hockey! Your interest helps grow the sport in Orange County and give kids a new chance to get involved. So, let's get started!

What we believe in

Safety and good sportsmanship are an absolute priority to us. We are registered with USA Field Hockey - the nationally recognized governing body for the sport, and our coaches are SafeSport trained as a requirement. In short:

- We believe in respect, fair play, encourage positive reinforcement and do not tolerate bullying.
- We welcome both genders and all ethnic backgrounds.
- Safety is crucial. We want you to have fun, but we recognize injuries happen. If a player is hurt, or we suspect they are injured, they will be taken out of play for rest or treatment.
- We will work hard as a team, but we respect it can get hot and players will be hydrated and shade breaks will be taken during training.

Training Schedule

At present, our annual plan will run as below, but is subject to changes:



ANNUAL SCHEDULE

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
<p>WINTER LEAGUE</p> <p>10-Week program: \$100</p> <ul style="list-style-type: none"> • Age-split teams in a league based in RSM • 4 weeks Sunday training • 6 weeks Sunday games • 10 weeks midweek training • Includes uniform and stick • Open to all SCR players and new kids • Teams balanced as best possible. Age splits TBD 			<p>SPRING/SUMMER</p> <p>April-June: 9+ age: \$200 8- age: \$100 \$50 uniform (if needed)</p> <ul style="list-style-type: none"> • Age-split training, 8U, U12 and U14 • Sunday training in RSM • Midweek training in Lake Forest • Travel and home scrimmages against other clubs (San Diego/Temecula) • 1-2 tournaments in San Diego • End of season beach day & picnic events 			<p>CAL STATE GAMES TOURNAMENT 7/30 IN SAN DIEGO</p> <p>1 day \$TBD</p> <ul style="list-style-type: none"> • Age brackets TBD 		<p>FALL LEAGUE</p> <p>10-Week program: \$100</p> <ul style="list-style-type: none"> • Age-split teams in a league based in RSM • 4 weeks Sunday training • 6 weeks Sunday games • 10 weeks midweek training • Includes uniform and stick • Open to all SCR players and new kids • Teams balanced as best possible. Age splits TBD 			<p>BREAK</p>	
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Games and Tournaments

At present, there is no inter-county league for field hockey, but we friendly games against other teams in Orange County and San Diego County as much as possible. We also enter tournaments in the area as much as possible. Typically these are held in San Diego county, or Moorpark, CA. Tournament dates are typically between May and July each year.

Fees

While fees may change, at present, Leagues are \$100 per player, and our Spring/Summer block is \$200. Player fees cover equipment costs, field fees, insurance and USA Field Hockey registration fees. All funds are 100% invested back into the team and advertising to grow the sport in Orange County.

Uniforms and Merchandise

Player uniforms cost \$50 and should be worn during training and games. Team merchandise is in development.

Equipment

Players will need to wear comfortable sportswear for training, shin guards, mouth guard and cleats/running shoes for training. And of course please remember water, especially in the summer months. Uniforms will be worn for games and tournaments. The Club provides a limited amount of sticks for players, but we encourage players to buy their own sticks and practice at home. Sticks can also be bought at the Dick's Sporting Goods store in Newport Beach, Amazon and Ebay.

Contacting Coaching Staff and Communication

We use TeamSnap to track player availability and schedule. If you cannot make training or a game, please contact us as soon as you can. Generally speaking, we will be as transparent with you as possible. We know many players will have competing schedules with other sports and activities, and we respect that. All we ask is that you do your best to make trainings and games within your limits. We understand field hockey is a relatively new sport to the area, but we hope your child loves it and we can all grow this exciting sport.

Coach Steve Beeny: 949-923-1048 Email: steve@scroyals-hockey.com

Coach Phil Ariza: 949-295-0484

Social Media and Web Site

We will send newsletters and update our web site and social media as much as possible to let you know what's coming up and share tips and drills. As part of the team, we ask your permission to use photos and promotional videos on our social media pages and web site. If you have any concerns about this, or wish to have any such photo or video of your child removed, please contact us as soon as possible.

How safe is the sport? Is my child likely to be injured?

As with any dynamic sport, there is always risk of injury. Stick contact, ball hits or general falls and bumps do, and will occur. We will do our best to minimize that risk, but know that there is that risk.

Is it a contact sport? Is it like ice-hockey?

No, and no. Although incidental contact does happen, it is not a contact sport, and body-checking, intimidating other players, and dangerous play are prohibited and punished.

How big will the team be? Will my child get playing time?

Full-sided games are 11 v 11, but at this youth level, we typically play 7 v 7. Your child will absolutely get playing time, and subbing is unlimited and frequent.

Are boys really welcome on the team?

Yes! But in tournaments, teams are often restricted to 2-3 boys per side. In friendly scrimmages against other teams, this is often not an issue.

Will there be social events?

There will indeed :) We hold BBQs, bowling, and other fun events off the field. Parents are more than welcome to suggest ideas.

How far can my child go with field hockey? Are there scholarships?

The sport is mainly an east coast sport, and is played at high school, NCAA college level up to Olympic and national team level. There are scholarships, but these are rare, and essentially for girls, hockey being a mainly female sport in the USA.

What season(s) are there for field hockey?

There is no set season for youth field hockey in Orange County. We aim to run a couple of 10-week leagues each year, and a tournament/scrimmage season from April-July.

What happens when they turn 14+?

If there is enough interest, we will form a U16/18 team.

Field Hockey Pitch Diagram

