

Thank you for joining the KaPow Hockey Klub. We hope you're ready for a season filled with new field hockey concepts and experiences! As always, our goal for each athlete is positive growth both on the court and off. We have assembled an amazing, knowledgeable staff eager to coach.

KaPow Hockey Klub Goals

- * Expose each athlete to top level coaching in order to learn new and essential field hockey skills and concepts for indoor field hockey.
- * Create a positive and motivating atmosphere throughout each session.
- * Educate athletes on concepts such as: community awareness, proper nutrition, recruiting process.

Athlete's Mission

- * Have proper fitness level that allows you to compete in all sessions and prevent injury.
- * Treat everyone with respect.
- * Be ready to learn and push yourself to the next level.
- * Have a positive attitude and most importantly.....HAVE FUN!

Klub Rules

- * Please plan arriving 15 minutes prior to your practice time. Be dressed with shinguards, mouthguard, and stick ready to play by the start of practice.
- * Use of alcoholic beverages, tobacco products, or drugs of any kind on Klub-related premises are prohibited.
- * All players must wear non-marking shoes (no black soles) and tape the bottom of their sticks with athletic stick tape in order not to leave marks on the YMCA court surfaces.
- * Notify coach of all medications and inhalers.
- * Immediately notify your coach of any injury outside or during practice.
- * For serious injury, a doctor's note must be submitted for clearance of play.
- * If you are unable to attend practice, notify your Head Coach ASAP via phone or email with reason for absence. See attendance policy for further details.

Training Sessions

- * All training sessions will be held at the YMCA in Wilkes-Barre, PA.

Shooting Stars (U14 - U19)

- *Start November 14th - Feb 19th (unless attending NITs and then 1st or 2nd week of March depending on age group)
- *1 Practice a week on either a Monday or Wednesday: 14 practices in total
- *1 League Night a week (consists of two 25 minute games) on Sunday evenings: starts the week of December 4th, 11 League nights in total
- *2 outside tournaments at the WC Eagles Facility, which you get to schedule
- *1 playday, which we will schedule
- *National Indoor Qualifier (most likely sometime in January)

The Academy (U14 - U19)

- *Start December 4th - Feb 19th from 7:30 - 9:00 PM on Mondays: 11 practices in total
- *2 outside tournaments at the WC Eagles Facility

Rising Stars (U12)

- *Start December 4th - Feb 19th
- *1 Practice a week on Sunday from 3:30 - 5:00 PM: 11 practices in total
- *1 tournament at the WC Eagles Facility

Twinkling Stars (U7 & U10)

- *Start December 4th - Feb 19th
- *1 Practice a week on Sunday from 2:00 - 3:00 PM: 11 practices in total

What to Bring

- * Indoor Stick (U-12 through U-19)
- * Outdoor or Indoor Stick (U-7 and U-10)
- * Athletic Stick Tape (need to tape bottom of the stick so that it doesn't scratch the floor)
- * Shinguards
- * Mouthguard
- * Left Hand Glove
- * Sneakers or Court Shoes (a non-marking sole)
- * Goal Keepers - Full Equipment
- * Water Bottle (with name on it)
- * Pen & Notebook - take important notes from practice
- * Extra stick to donate (optional)
- * Money for KaPow Hockey Shop

KaPow Hockey Shop

- * The KaPow Hockey Shop will be available at the YMCA during the first week of practice. Please be sure to take advantage and purchase anything you will need for the season then. The shop will include: Sticks, Shinguards, Mouthguards, Gloves, Stick Tape, Stick Grip, Shamois, Pre-Wrap, T-Shirts, And More...

Contact Information

Klub Director Phone Number: Lauren Powley: 301.928.2200

Email: directors@kapowfh.com

KAPOW HOCKEY KLUB CONFIRMATION LETTER

Important Information for Guardian

1) **Klub Payment Process:** All final Klub Fee payments are due October 1st. You will receive a reminder email one month prior to the final payment date. If you are new to the Shooting Stars program and need a uniform: all final uniform payments are due November 1st. Please make all checks out to "KaPow" and mail to:

KaPow Hockey Klub
Attn: Lauren Powley
5 Pine Tree Road
Mountaintop, PA 18707

2) **Refund Policy:** Please submit any requests for cancellation in writing. If a cancellation is made prior to October 4th you will receive your payment, except the non-refundable deposit. After October 4th, there will be no refunds granted.

3) **Klub Fundraising Procedure:** If you signed up for the Twinkling Stars program and would like to participate in any of the fundraisers, all money raised will be credited towards the following season Klub fee. If you are in the Rising Stars or Shooting Stars program and would like to participate in the summer fundraisers only pay the deposit portion of the Klub fee. We will then credit all of the fundraised money to your online account on August 1st.

4) **Medical Release Form and Waiver & Agreement Form:** Each athlete is required to complete the Medical Release Form and Waiver & Agreement Form. Forms must be completed, signed and submitted before any activity is permitted. Shooting Stars, submit at your first activity, either a tryout or practice. Twinkling and Rising Stars, submit at your first practice of the season. In addition, copies of all players' USFHA membership cards are to be handed in at these times.

Thank you for joining the KaPow Hockey Klub. We are extremely excited for the upcoming season! Look forward to meeting you.

Sincerely,

Lauren Powley
Director of KaPow Field Hockey