

Welcome to the Mid-Atlantic Premiership!

Thank you for supporting this event and becoming a part of our premiere pre-season tournament! The Mid-Atlantic Premiership is the new face of the Whitewater Field Hockey Festival. Maintaining all of the team-bonding and competitive aspects from past years, the Mid-Atlantic Premiership will also focus on the development of each and every player and coach.

With positive feedback about our new features from last year, we plan to expand and focus on these aspects of the tournament. Two features well received were the **College Recruiting** and **High School Coaching Clinics**. This year, we hope to expand upon our range of universities and coaches in attendance. A list of coaches attending the tournament will be posted closer to the event. Please bring a personal bio for each player to hand out to coaches if your girls are interested in playing at the next level.

With Jarred Martin (Duke), Brian Schledorn (Rutgers), and Christina Restivo (Wake Forest) heading our coaching clinic in 2009, high school coaches received top-notch coaching advice from some of the best collegiate programs in the country. We hope that more high school coaches will take advantage of this great clinic at your fingertips. Knowledge is power, and it is crucial for the development of the sport we love.

As mentioned previously, not only exposure, but the development of each player is important to us. At least one field will be video taped throughout the tournament. **DVDs** of the games on that field will be available for purchase. In addition, there will be an option to get **personalized advice** about the players' strengths and weaknesses. We will watch the video and explain what they can focus on to improve their game.

Form to complete **NOW**:

- 1) Team Roster Form - Whomever registered the team online must compile all of the necessary information from each player for the roster form. You must sign back into your account and complete this information 2 weeks prior to the tournament date.

Forms to **BRING** to the tournament:

- 1) Medical Release Form (1 per player)
- 2) Waiver & Agreement Form (1 per player)
- 3) Player Bio Form to hand out to college coaches (for players interested in playing in college)

** The Medical Release Form and Waiver & Agreement Form can be obtained from www.kapowfh.com under the "Register" link and then "Forms" link.*

Important Information

- * **Registration:** Please arrive 1 hour before your first game to register the team with all required forms.
- * **Uniform:** Be sure that your team brings both a dark and light colored jersey and socks.
- * **Game Schedule:** Will be released at least one week prior to your date of competition.
- * **Weather Cancellation:** You will be notified via email in case of game delays or cancellations due to weather conditions. We will also post any cancellation information on the website under "Event Status".
- * **KaPow Hockey Shop & Concession Stand:** Please remind your team to bring money for food, drinks, tournament t-shirts, and field hockey merchandise. We will have a fully stocked concession stand and hockey shop.
- * **Share-a-Stick Program:** Used hockey sticks will be accepted for our Share-a-Stick Program. Any player donating a hockey stick will receive a \$10 credit towards KaPow merchandise (players can donate multiple sticks, however only one \$10 credit will be granted).
- * **Sun Safe:** Be sure to re-apply sun-screen all day and feel free to bring your own tents for shade, as it does get hot!

Thank you for your support and we look forward to a great tournament!
Kayla Bashore & Lauren Powley