StickStarz & TurfTykes

2012

USA Field Hockey Club members: Running a StickStarz / TurfTykes site is an exclusive benefit of our member clubs. The following Site Guide will help you get started. Whether you decide to run a StickStarz site for 8 – 11 year olds or a TurfTykes site for 5 – 7 year olds, USA Field Hockey is excited to offer StickStarz and TurfTykes exclusively to our member clubs.

Club Guide

Contents

Introduction 2
About StickStarz and TurfTykes 2
Program Information 3
Athlete and Athlete's Ages 3
Coaching recommendations. ..... **Error! Bookmark not defined.**
Setting your program dates ..... **Error! Bookmark not defined.**
Session Length ..... **Error! Bookmark not defined.**
Curriculum 3
Staff Payment 4
Equipment 4
Awards and Certificates 4
Risk Management plan. 4
Selection into Futures 5

Introduction

USA Field Hockey is pleased to announce that StickStarz and Turftykes is an exclusive program offered only through **USA Field Hockey Club members**. We encourage all member clubs to run at least one program per year and highly suggest you offer StickStarz and TurfTykes multiply times a year.

Although the curriculum, branding marks, and some materials are available for your use the Club will be responsible to organize and administrate the program from start to finish. You set the price, collect the registration fees, pay (or not pay) the coaches, arrange the site and enjoy the profits. Our main request from our Clubs is to take an active role in developing the youth in your area. It is our hope this will help grow the sport and keep a flow of youth players strengthen the club system

About StickStarz and TurfTykes

Designed specifically for boys and girls ages 5-11, TurfTykes (for 5 to 7 year olds) and StickStarz (for 8 to 11 year olds) introduce young players to the game of field hockey while building a foundation of solid skills. The program consists of eight, 1 ½ hour sessions with 45 minutes

dedicated to skill development and 45 minutes dedicated to fun games, which are designed to enhance and reinforce the skill development. The program has the flexibility to operate during any season of the year. It can run every Sunday for 8 weeks or as a summer day camp program. The schedule needs to fit the needs of the community or group. StickStarz / TurfTyke sessions may take place on multiple surface types such as a turf field, outdoor grass field, tennis court, or gym floor. TurfTykes feeds into StickStarz and is an Olympic Development program that serves as the feeder system directly into the already nationally recognized and successful Futures Program. It is important to our member clubs the StickStarz graduates will feed into your club system.

Program Information

Athlete and Athlete's Ages

- For the StickStarz program players MUST be between the ages of 8-11. Age is determined by how old the athlete is on January 1. As long as the athlete is age 8-11 on January 1, then they can participate in the **StickStarz Program** that given year.
- For the **TurfTykes** program the players must be between the ages of 5 – 7. Age is determined by how old an athlete is on January 1.
- StickStarz should be limited to U12. From Stickstarz the athletes can move into Futures or into other development programs within your club.
- You can run a StickStarz and TurfTykes together to accommodate a broader age group range; however we recommend different coaches working with each age group.
- Both boys and girls can participate in **StickStarz** and **TurfTykes** programs.

About the Coaches

- USA Field Hockey recommends Clubs secure minimally Level I coaches.
- USA Field Hockey recommends a coach to player ratio of 1:12.
- USA Field Hockey recommends the same head coach be assigned for the duration of the program.
- Coach payment is 100% the responsibility of the club.
- All coaches must be USA Field Hockey members.

Curriculum

- The **StickStarz and TurfTykes** Curriculums were developed by USA Field Hockey's National Technical Director, Terry Walsh.
- The curriculums are an interactive online program with video links and associated .pdf files available for download.

- The curriculum offers an 8 session guideline to skills and fundamental development. Each session is carefully mapped out with specific drills which focus on pertinent skill development.
- Member Clubs will be given access to the StickStarz and TurfTykes Curriculum.

Staff Payment

- Staff payments are totally at the discretion of the Club.

Equipment

- The club must provide the equipment for program
- USA Field Hockey Recommends Harrow as the StickStarz supplier.

Awards and Certificates

- The National Office will provide a downloadable participation certificate to present to the athletes at your site at the end of the season. Every athlete deserves a certificate of participation!
- The National Office will also send to each site a sticker and poster for each athlete while supplies last.

Risk Management plan.

- Athlete Safety
  - Mandate athletes wear shin guards and mouth guard.
  - Inspect the venue for safety
  - Make sure there are rest room facilities
  - Ensure there is adequate staffing for the number of athletes participating in the program. We suggest adult supervision of 1:8.

- CPR Certified Personnel
  - USA Field Hockey recommends during each session there should be minimally <u>ONE</u> CPR / First Aid certified individual on duty.

- Safety Plan
  - Have an emergency action plan for medical emergencies

  - Have an emergency action plan for evacuation due to weather or other unforeseen circumstance.

- Make sure all coaches are certified USA Field Hockey Level on and have current USA Field Hockey memberships. This will ensure you are insured and all your coaches are background checks.

Selection into Futures

- At the end of the eight sessions StickStarz Program, coaches will have the opportunity to recommend age appropriate athletes into the Futures Program.
- Any athlete who is currently 11 will be age eligible for the Futures Program in 2013.
- Clubs must submit the approved recommendation process. Contact futures@usafieldhocckey.com for the Futures recommendation process. Coaches will be asked to submit their selections at the end of each Stickstarz 8 week session.

For future information contact Stickstarz@usafieldhockey.com