



**CAPITOL PEGASUS FIELD HOCKEY  
CLUB**

**PARENT HANDBOOK**

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## **Welcome**

Welcome to Capitol Pegasus Field Hockey Club or CPEG. Capitol Pegasus is a premier travel field hockey club for girls U14 – U19 with an interest in playing field hockey year round, both indoor and outdoor, at a new higher level while having fun at both the local and national level.

This booklet contains information for CPEG parents and players. If you have any questions, please contact your parent rep.

CPEG website: <http://capitolpegasus.com/>

## **History of Capitol Pegasus**

The Capitol Pegasus Field Hockey Club (CPEG) was formed in January 2001 to give serious talented players an opportunity to compete in off-season tournaments against elite teams. CPEG is a member of USA Field Hockey (USAFH). For more information about USAFH go to <http://www.teamusa.org/USA-Field-Hockey>

The club is comprised of players ages 12-18 who live in Region 7 and 8 of the USAFH Futures Development program (Maryland, Virginia, and DC). More than 95% of CPEG players are USAFH Futures participants. Leadership is a key ingredient of players' development within the club. CPEG training is modeled after Futures with players usually practicing and playing with their respective high school year classmates. Players will play with appropriate age groups in all USAFH events.

## **Coaching Staff**

### **Head Coach**

Head Coach Lloyd Conyers is the former Coaching Director for the USAFH Region 7 Futures site at the University of Maryland. He coached the Region 7 U16 team at the National Futures Tournament in 2001 and the U19 teams in 2002 and 2003. Coach Conyers' primary sport is cricket and he integrates cricket techniques into his field hockey coaching. He was inducted into the Washington Cricket League Hall of Fame in 2002. Lloyd is a fan of Brazilian soccer as well as a Lakers/Magic Johnson fan; consequently, the team incorporates the upbeat full court press of an NBA team and a free-flowing counter attack offense, where every player has strong 1-vs-1 skills and any player on the field can score.

New players are assimilated into the system as coaches assess players and adjust practice teams to make each balanced and competitive.

Coach Conyers is usually referred to as Lloyd and can be reached via email at [coach@capitolpegasus.com](mailto:coach@capitolpegasus.com)

### **Assistant Coaches**

Assistant Coaches vary from year to year and are usually local college players. Most have come up through Capitol Pegasus program and are very familiar with Lloyd's techniques. They are DI, DII, and DIII players with a vast range of skills and bring enthusiasm and college experience. Contact Lloyd or your parent rep for a list of current assistant coaches.

## **USA Field Hockey**

USA Field Hockey (USAFH) is the governing body for all field hockey (outside of high school sports) in the United States. CPEG is a USAFH member team and all players are required to have current USAFH membership

Go to <http://www.teamusa.org/USA-Field-Hockey> to register your player. All players must select Capitol Pegasus as their team designation. Please keep membership current.

All players should keep a copy of their membership card/information with them for tournaments. If it is a USAFH-sanctioned tournament, players may not be allowed to play if they cannot provide a copy of their card.

USAFH membership includes insurance for all high school-age players.

## **CPEG Try Outs**

CPEG Tryouts are announced in late summer on the team website [www.capitolpegasus.com](http://www.capitolpegasus.com). Players who are interested in trying out for CPEG after the published tryout dates should contact Lloyd via email. There is no fee for tryouts.

### **Age groups**

U14 – Middle school players under the age of 14 as of January 01, 2015, typically grades 6-8.

U16 – Players under the age of 16 as of January 01, 2015, typically grades 9&10.

U19 – Players under the age of 19 as of January 01, 2015, typically grades 11&12

# Tracks

## **Middle School Track (6th thru 8th grade)**

We have a very strong program teaching fundamentals to beginners thru advanced players. Most players come thru the soccer track, so we focus on field hockey skills since many players are already skilled at positional play with both games being 11 V 11 and the only difference being using a stick instead of your foot to hit the ball and scoring in hockey is from within a limited area.

Beginners are taught fundamentals of holding the stick, push passing, hitting and dribbling.

Advanced players are trained in the proper technique used by college players. That way, they have more options available to them as they get older.

We have “playday” tournaments at various locations for our players to get game experience.

Our top players get to play in the U14 USAFH National Indoor Tournament in late February. We participate in the Junior Disney tournament held in Orlando, late July.

## **High School Track**

Targets players interested in improving their game to make their school team better as well as be a fixture as a starter.

We focus heavily on hitting and shooting since this is a major weakness on many teams.

We have many play day tournaments during the winter and spring to reinforce our teaching.

## **College Recruit Track**

Players have mentally decided that they would like to play in college.

Many players are outstanding on their high school team but do not necessarily demonstrate the technique required to play at the college level. We teach that.

Our coaches are all current or graduated D1 - D3 players.

D1 - Exceptional speed is a top requirement.

Committed to making the extra effort to attend all major tournaments.

Committed to have an open mind to all types of coaching and are prepared to learn to play hockey the college way.

Highly coachable and consummate team players.

## **Practice/Seasons**

### **Winter/Indoor**

The Indoor season begins in late November and ends in March with National Indoor Tournament (NIT).

#### Practice

U14 and U16 practices are scheduled to be held Saturday evenings at the Dulles Sportplex located at 21610 Atlantic Blvd, Sterling, VA 20166. U19 practices are scheduled to be held Sunday evenings at Catholic University Dufour Center located at 3606 John McCormack Drive NE, Washington DC, 20064. Scheduling can be somewhat dynamic in nature and will be promulgated separately.

#### Tournaments

Tournaments (games) are held at various indoor locations throughout the season. Dependent on the tournament schedule, it may be necessary to arrive the night before. Accommodations are the player's (parent's) responsibility. These are regional events leading up to the Qualifiers and National Indoor Tournament (NIT).

#### Fees

Each tournament has a fee that is typically paid prior to the tournament. Each individual age group parent representative will inform you of the preferred timing for collecting payment. Checks will be collected well in advance. Checks are payable to Pegasus FHC. The fee per tournament usually amounts to \$55 per player.

### **Spring**

The outdoor season begins at the end of Indoor (March) and goes through June. An extremely successful outdoor season will conclude in July at the National Club Championships (NCC).

#### Practice

Practice locations vary, but are announced in advance. No conditioning offered in the Spring/Summer season.

#### Tournaments

Played at various local universities and other venues both turf and grass. Dates and times are announced in advance. This offers players and parents a chance to visit universities and to play against other regional teams.

#### League

In 2014, Capitol Pegasus was invited to play in the Junior Premier Outdoor League at the U16 and U19 levels. This is a USAFH sanctioned event(s) and the invitation to participate reflected the high level of play that Pegasus brings to the pitch. Given CPEG's U19 team's 10<sup>th</sup> place finish at the National Club Championship (NCC) and current USAFH National Ranking of 18 out of 150 clubs, an invitation to participate gain this spring is expected. More details will be provided as the program and schedule solidifies.

#### Fees

Each tournament has a fee that must be paid well in advance of the tournament. Checks are payable to Pegasus FHC. The fee per tournament usually amounts to \$55-\$65 per player.

### **Summer**

See information about spring. This season culminates in the National Club Championship in July.

# Communication

## From Lloyd

Lloyd sends all pertinent information via email through CPEG Google Group. *Suggestion: make a separate CPEG file in your email.* Lloyd normally sends information if there are changes to practice times and/or locations, announcements about upcoming tournaments, and general field hockey news.

## CPEG Google Group

Please join the CPEG Google Group to ensure that you receive Lloyd's emails and other pertinent information. By being a member, you will have access to all emails Lloyd sends to the group and other information.

To join the CPEG Google Group

1. Send Lloyd an email with all of the names and email addresses you want to be added to the CPEG Google Group. These can be parents and/or players.
2. Lloyd, via Google Groups, will send you an invitation to join the group.
3. *You must accept the invitation in order to join the group.*
4. Add [cpplayers@googlegroups.com](mailto:cpplayers@googlegroups.com), [Lloydcon@gmail.com](mailto:Lloydcon@gmail.com), [Lloydcon1@gmail.com](mailto:Lloydcon1@gmail.com) and [Lloydconyers@capitolpegasus.com](mailto:Lloydconyers@capitolpegasus.com) to your address book(s).
5. Be sure to check your email trash/spam for invites. This may require logging directly into your email server and checking the SPAM/Junk folders at the root level.

## From Parent Reps

CPEG uses parent representatives to coordinate routine activities and collect tournament fees. ***If you have questions regarding CPEG, you should contact your parent rep first to determine if she/he can help. Parent reps are your source of answers and information.*** They are parents of girls who have played with Pegasus for several years and are knowledgeable about the club. Most of your contact should be with the parent rep for your daughter's age group.

## Parent Reps

Lloyd will announce parent reps at the beginning of the season.

## **Player Information Form**

Please complete an online player information form for each player. The link for this database will be sent out at the beginning of the season and thereafter directly to late additions. The parent reps use this information to create age group email lists, contact lists, and brochures for USAFH tournaments and events. You will need to contact your parent rep to get the link for your age group online form.

If for some reason, you are unable to complete the online form, the following information should be forwarded to your parent rep as soon as possible after joining CPEG.

Full Name

Address

High School

Graduation Year/Class

Birthdate

USAFH Membership Number

USAFH Membership Expiration Date

Height

Weight

Uniform Number - when you get it

Contact emails addresses and phone numbers for parents and players

# Uniforms and Equipment

## Uniforms

Lloyd will send out information regarding the purchase of uniform pieces. All questions regarding uniforms go through Lloyd. All players in U16 and U19 are required to purchase a uniform. U14 players will be given a loaner jersey (or pinnie) to wear. Players may wear Under Armour or like pieces under uniform in cold weather.

The CPEG uniform consists of the following pieces:

- ♣ Purple/Gold skirt
- ♣ White Top (home)
- ♣ Purple/Gold Top (away)
- ♣ UA or Reebok Gold Socks – to be purchased separately; Lloyd orders a few early in the season
- ♣ UA or Reebok White Socks – to be purchased separately
- ♣ Warm-Ups – optional/ordered through Lloyd
- ♣ Indoor Glove- A left hand indoor gloves is mandatory and it is strongly recommended that a right hand glove also be worn. -Lloyd offers a limited number of purple/gold gloves but gloves of any color may be purchased separately.

## Equipment

CPEG players need to bring sticks, mouth guards, shin guards, appropriate shoes, and gloves (for indoor play) to all practices and tournaments. The following are guidelines for equipment:

**Sticks:** Lighter sticks are recommended. Players are expected to be ambidextrous. Heavier wooden sticks were used in the past to give more power. However, modern sticks are made of synthetic material and provide extra power with a less weight. Stick work is not sacrificed. You must have an indoor stick in addition to an outdoor stick.

**Mouth Guards:** Mandatory. They should be well fitting so players can wear them when comfortably as they play. A mouth guard not completely inserted in a player's mouth does not do its intended job of protecting a player!! All players including Goalies must have a mouth guard. No one is allowed to compete or practice without one. A spare is always a good idea.

**Shin Guards:** Mandatory. Full hard plastic shin guards are recommended (TK Safeguards, Brine O2 Oxygen, or similar models). They do a better job of protecting the player's shins. Please note that soccer shin guards are NOT acceptable. They do not offer sufficient protection for field hockey.

### **Shoes:**

For indoor play, volleyball shoes are strongly recommended. They offer better support for the lateral movement typical of indoor field hockey.

For outdoor play, turf shoes (wet/dry) are needed for playing on turf fields and cleats for grass.

Running Shoes are recommended for conditioning.

### **Gloves:**

For indoor play, gloves are mandatory and must be the thick heavyweight indoor field hockey gloves. At least a left-handed indoor glove is needed for indoor play. However, it is strongly recommended that players wear gloves on both hands when playing indoors.

For outdoor play, gloves are not required.

**Goggles:** CPEG follows USAFH rules, which means goggles are not required for play.

## **Games/Tournaments/Events**

Capitol Pegasus participates in local, regional, and national tournaments most weekends during the Indoor and Outdoor seasons. The tournaments dates are included with the list of the practices; however, this is subject to change based on schedules and player availability. Lloyd may add or delete some tournaments throughout the season. The tournament game schedule is sent out sometime during the week preceding the tournament with subsequent changes being sent at any point approaching the tournament.

*Parent reps do not receive information about team selection or tournament details before parents. They typically know only as much as everyone else about upcoming tournaments.*

### **Selection of Players for Tournaments and Teams**

Each age group has a system for tournament signups. Please contact parent rep for details and signups.

Players need to be available to play all day if they indicate availability for a tournament. In addition, players also need to be available for tournaments in any locations listed for a particular date. There will often be two tournaments on the same day in different locations. Based on the number of available players, both locations may not be supportable. If your daughter can attend only at a single location, please ensure the parent rep is aware of this. The default assumption is that they are available for both. The American Legion Bridge goes both ways. To the best of our knowledge, every Maryland player that had ventured into Virginia has made it back home.

\*An exception to contacting the parent rep may be for the large national tournaments where a different parent may coordinate the information for that event.

1. Parent reps will respond to you so that you know he or she received your sign up/email and added your daughter to the list of available players.
2. Lloyd will then send a request to the parent rep for a list of the players available for a particular tournament.
3. Using the list of available players the parent rep furnishes, Lloyd selects players to participate in a particular tournament and assigns them to teams. The teams are typically selected by mid-week for the weekend. Not every player available may be selected to play every tournament. Schedules are distributed a couple of days in advance of the tournament.
4. If the players name was on the available list and is on Lloyd's list of selected players, you are responsible for payment of the tournament fee,
5. Tournament fees are typically \$55. However, they are higher for longer travel or national tournaments. Travel/lodging/dining are not included in the tournament fee.
6. Procedures for payments will be sent out via parent rep. Please, pay fees in a timely manner as requested.

Parent reps only compile a list of the available players; the parent reps have no part in selecting who plays or for which team players are assigned. Lloyd selects players from the list provided by the parent rep and assigns them to teams so each team is balanced.

Not all girls available for a particular tournament may be selected. Sometimes there are more girls than slots available for a team(s). Playing on a particular team one tournament, does not necessarily guarantee placement on that team in subsequent tournaments. If you indicated availability, your player needs to be available to play all day and in any location listed for a particular date.

## **Tournament Tips for Parents**

Players should always have their USAFH ID card with them. Most players keep a copy in their bag.

Teams will vary depending on who is available. Not all available players will play. Sometimes players are moved around.

If you sign up to play, show up to play. If a team does not have enough players they will have to forfeit. Tournament fees will not be refunded.

You should plan on staying the entire time of the tournament.

Players will have time between games to snack, bathroom, study?,:), but should not leave building.

Multiple games will run at once on a central clock with umpires.

Bring both jersey tops and socks (gold and white) to every tournament. Players will need to change jerseys in public. Have appropriate undergarments.

Report time is rumored to be supposedly about 1 hour ahead.

### **Checks and Waivers**

Please bring your waivers to your parent rep as soon as you arrive.

If a waiver is needed, Lloyd will send it out ahead of time. Parent Reps will not have blank copies.

Please do not give checks or waivers directly to Lloyd. and checks payable to Pegasus FHC

### **Games At Garrison Forest School (Typically CPEG will play 3-4 tournaments a year here)**

Plenty of parking.

Parents: There are no chairs available, bring your own. Court #1 has some bleachers.

Some players bring blankets to sit on between games and a few snacks. A lounge area near the front door is popular and has seating and carpet.

Sometimes GFS has a snack table set up but not always.

The courts are surrounded by a track upstairs for viewing, but nobody runs on this during tournaments,

Food and Starbucks can be found in the shopping center across the road from the main entrance to the campus.

## Major Tournaments

CPEG attends the following major tournaments. For more information go to [www.usafieldhockey.com](http://www.usafieldhockey.com)

Teams do not automatically attend these national tournaments and Pegasus is not guaranteed teams in any of these of these events. Once the number of teams in each tournament is made available (lottery or registration notification), Lloyd (or parent reps) collects player availability. Teams are created from available player lists several months prior to tournaments to allow time to make travel arrangements, etc.

Note: Only a certain number of younger players are allowed to “play up” on each team. A limited number of guest players are permitted.

### *USAFH National Hockey Festival (Festival)*

When: Thanksgiving weekend. Lloyd will send out information as he receives it from USAFH.

Where: Location changes every two years. 2010/2011 Phoenix, AZ 2012/2013 & 2013/2014– West Palm Beach, FL

What: Pool play. No ladders. The biggest college recruitment event of the outdoor season. CPEG publishes a brochure for distribution to college coaches attending event.

Teams: All players are invited; however, the number of available slots/teams determines the final roster. USAFH will determine number of teams attending.

Fees: Yes, there is a fee. In addition families are responsible for transportation/lodging/dining/entertainment.

### *USAFH National Indoor Tournament (NIT)*

When: Early March

Where: U14 3/06/15-3/08/15, Lancaster PA; U16 2/20/15-2/22/15, Lancaster PA; U19 2/27/15-3/1/15; Richmond VA;

What: Indoor field hockey teams compete for National Titles. College coaches do attend. CPEG publishes a brochure for distribution to college coaches attending event.

Teams: Teams have to play qualifying tournaments to be eligible to compete in the NIT. Qualifiers are announced in late November. Lloyd will assign players to teams and locations. If you want to play at NIT you need to play in the qualifiers. Players may only be on one qualifier roster at each division. Qualifiers are played between December and February. To be selected for a qualifier team, you must be available for the NIT – players listed on the rosters must stay with that group for both qualifiers and NIT.

CPEG NIT teams are determined during the winter indoor season at the discretion of the coaches, mainly Lloyd. The national finals are reserved for teams already rostered in the months before that qualified for the tournament. CPEG teams compete in preliminary qualifiers in December and January. Girls are chosen by Lloyd and coaching staff based on play in tournaments leading up to the qualifiers.

Fees: Yes, there is a fee. In addition families are responsible for transportation/lodging/dining/entertainment.

*USAFH Disney Showcase (Disney)*

When: February 5 – 8, 2015

Where: Disney, Orlando, FL

What: College showcase with pool play and ladders. College recruitment. CPEG publishes a brochure for distribution to college coaches attending event.

Teams: All players are invited; however, the number of available slots/teams determines the final roster. Teams are determined by USAFH. Lloyd will send out information about Disney as he receives it from USAFH.

Fees: Yes, there is a fee. In addition families are responsible for transportation/lodging/dining/entertainment.

*USAFH Junior Disney Showcase (JR Disney)*

When: July

Where: Disney, Orlando, FL

What: Disney Junior Field Hockey Showcase offers younger age groups (U-14 and U-12 Divisions) the chance to experience the same great national competition and top-notch tournament organization as their older counterparts in the Disney Field Hockey Showcase in February.

Teams: All players are invited; however, the number of available slots/teams determines the final roster. Teams are determined by USAFH. Lloyd will send out information about Jr Disney Showcase as he receives it from USAFH.

Fees: Yes, there is a fee. In addition families are responsible for transportation/lodging/dining/entertainment.

*USAFH National Club Championship (NCC)*

When: July

Where: 2014 – Lancaster PA.

What: National Tournament for Club Teams with a national winner determined after pool play and brackets.

Teams: Teams must qualify based on tournament play during spring/summer. Lloyd will send out information. Your USAFH team affiliation MUST be Capitol Pegasus to play at NCC with CPEG.

Fees: Yes, there is a fee. In addition families are responsible for transportation/lodging/dining/entertainment

For more information about Festival, NIT, NCC, or Disney, JR Disney contact USA Field Hockey.

## **Brochures for Major Tournaments**

### UNIVERSITY ATHLETE

All players are encouraged to complete University Athlete page as provided by USAFH. Log into your USAFH account to access the files. College Coaches have access to University Athlete pages. Players are responsible for keeping their information current.

CPEG publishes a Players' Brochure for distribution to college coaches who attend each major tournament/event. Brochures contain the following information. Most of this is collected on the player information form. Prior to the event, updated information will be collected by parent reps. There is a fee collected for brochures.

Name

Position(s)

Class/Year

Height and Weight

High school

Hometown

Head Shot photo – see below

Field Hockey Achievements: individual and team, club and high school

Academic/Social Achievements

Test scores (SAT or ACT)

GPA

Contact information: phone and email

### **Head Shots**

Please take a photo in your purple CPEG jersey without a necklace.

It should be shoulders up and against a light background.

More information will follow.

## **Other Field Hockey Information**

### **USA Field Hockey (USAFH)**

The governing body for field hockey programs (not high school) in the U.S.

<http://www.teamusa.org/USA-Field-Hockey>

### **USA Field Hockey Futures (Futures, National Futures Tournament – NFT)**

The Futures Program regionally develops the best athletes for the purpose of identifying talented "future" Olympic-level athletes and to strengthen the level of field hockey throughout the United States. Try outs required.

<http://www.teamusa.org/usa-field-hockey/futures>

### **National Field Hockey Coaches Association (NFHCA)**

The governing body of field hockey coaches in the US. Holds recruitment seminar/senior night at Festival

[www.nfhca.org](http://www.nfhca.org)

### **National Federation of State High School Associations**

Governing body of high school sports in the United States. Regulates play at the high school level.

<http://www.nfhs.org/>

### **NCAA**

The governing body of all collegiate sports.

<http://www.ncaa.com/sports/fieldhockey/d1>

### **FIH**

The international governing body of field hockey

<http://www.fih.ch/en/home>

# CPEG Rating System

Players often find it very beneficial to get feedback on tournament performance. Lloyd developed the CPEG Rating System so players can rate themselves and keep track of progress. It is recommended that players use the enclosed scorecard during tournaments by having a parent or friend complete it for them. College coaches are looking for minimal errors from players. The goal is to eliminate or minimize minuses and build on a plus score at all games. By keeping track of progress, a player will be able to identify areas of her game that need improvement. You can give the cards to Lloyd after each tournament, so he can see how you are progressing. This is a quantifiable goal you can pass on to college coaches to show your progress.

CPEG Rating System

Name: \_\_\_\_\_

Plus	Game 1	Game 2	Game 3	Game 4	Game 5
- Defensive save					
-Goal saved					
-Goals scored					
-Assists					
-Multiple dodges					
-Single dodge					
-Shots on goal					
-Tenacity –high --- medium –low					
-Tackles					
Strength					
Minus					
-Unforced errors					
-Bobble ball					
-Bad pass					
-Miss hit ball					
-Miss push ball					
-Miss ball completely					
-Missed tackles					
-Tired					
-Scored own goal					
-Penalty causing goal					
Rating +5 --> TOTAL					