



## **FHBC Field Hockey Academy Athlete and Parent Information 2019-2020**

The North Vancouver Academy program runs on alternating days operating 5 days every two weeks. M/W/F one week and T/Th the following week.

**VENUE:** The academy meets at Rutledge Field, Ambleside Park (West Vancouver) or Sutherland High School (1860 Sutherland Ave, North Vancouver)

**TIME:** from 1:30-3:00pm on the scheduled days. Note training will commence between 130 and 145 when we determine the majority of athletes have arrived.

**SCHEDULE:** The training schedule and location of training is posted on the FHBC website. Coaches will periodically share updates to the schedule, location, curriculum and daily plans with athletes, and parents through email from our district teacher, as well as on our Academy Social Media (@fhbcacademy)

### **Athlete Expectations**

#### **1. Attendance:**

- The minimum standard for Academy attendance is 85% per grading period. This allows for incidental absences associated with illness and school commitments.
- Athletes who fall below the minimum attendance standard will see this reflected in their letter grade at reporting periods. Athletes that fall below 80% may have their involvement in the Academy Program re-evaluated (this will be done on a case-by-case basis), and their spot in the program may be offered to another athlete off the wait list. Attendance is tracked and monitored by your district teacher at the field with assistance from coaching staff.
- It is mandatory to have all proper field hockey equipment at each session. Failure to take proper Field Hockey equipment (stick, shin guard, mouthguard, glove) to each session will result in being marked absent. Athletes sitting out due to lack of equipment will also receive a training assignment to be completed during the session, monitored by our district teacher.
- It is mandatory to wear the Academy training uniform. Failure to wear this will result in being marked absent for the session.

#### **2. Mandatory Clothing**

- Athletes are expected wear Academy clothing at training sessions and any events where they may be representing FHBC and/or the Academy.  
The following clothing items are acceptable for such events:
- Academy Training Shirts
- Academy Shorts OR other black or navy shorts. NOTE: All Shorts must have appropriate coverage for multi-directional physical movement. Running shorts with high slits will not be allowed without a spandex under shorts.
- Academy sweatpants / sweat shirt or jackets
- Black, Navy or White Socks over shin guards



- FHBC Reversible Pinnie
- Weather-appropriate winter or rain jackets are encouraged. Throughout the winter, please always arrive at the field in full pants, jacket, and rain or cold weather gear.

### 3. Mandatory Equipment

- Field Hockey Sport Specific Equipment - Stick, Turf Shoes and/or Running Shoes
- Field Hockey Safety Equipment: Shin Guards, Mouth Guard, Left Hand Glove
- Personal Equipment: Water bottle, recovery snack and any personal medication you may need (inhalers, epi-pen, Advil / Tylenol, muscle rubs etc.)

#### PLEASE NOTE:

**\*\*If athletes DO NOT have safety equipment, they will be **marked absent** and asked to sit out. It is the athlete's responsibility to arrive prepared to participate with the appropriate safety equipment.**

**\*\*While coaching staff and teachers continue to remind athletes to have their mouthguard, it is up to each individual athlete to ensure they have properly fitting mouthguards, and these are fitted to teeth at all times during activity. Staff is not responsible for injuries associated with improperly worn safety equipment.**

#### **Communication:**

4. General Communication and Email: We encourage an open dialogue between coaches and athletes and strive to be transparent and accessible to athletes, both on field and via email, to make communicating easy, voice concerns, and/or ask questions.
  - All coaches are accessible to athletes on field, before and after training, and are happy to speak with parents regarding their athlete.
  - Email communication with regard to the academy (attendance, reporting, schedule or other questions) should go via our District Teacher, Jennifer Kinikin and can be sent to [jkinakin@sd44.ca](mailto:jkinakin@sd44.ca)
  - Correspondence directly related to FHBC, athlete pathway, field hockey development, or acute injury can be sent to Academy Head Coach Jenn Beagan via [academy@fieldhockeybc.com](mailto:academy@fieldhockeybc.com)
5. Reporting Attendance:
  - Academy absences must be called into Sutherland Secondary school office 604-903-3500
  - Medical absences beyond three days will require a doctor's note
6. Academy Social Media: The Academy is present on Instagram, Facebook and Twitter under the handle [@fhbcacademy](https://www.instagram.com/fhbcacademy)
  - Social Media accounts will post updates, images and video from on-field sessions, as well as schedule updates and important information.
  - We encourage athletes and families to follow these accounts and interact with us there! Please note, it is our expectation that all those using social media platforms do so in an



appropriate manner, using appropriate language and tone. We continue to encourage an inclusive, supportive environment for all FHBC athletes and families.

### **Athlete Training Groups:**

Athlete training groups may vary slightly daily, depending on coach availability and field programming, however, our goal is to maintain consistency. Groupings do not affect school report card grading.

Athletes will be evaluated and assessed during the first two weeks of the Academy Calendar and placed in one of two groups:

1. “Senior” group (primarily T2C aged athletes with exceptional T2T)
2. “Junior” group (T2T athletes)

Generally, athlete evaluation and monitoring will happen continuously throughout the year, and some movement between groups should be expected. Group composition is created and monitored using the following guidelines:

- 1) **Grade / Age category:** Based on Canadian Long-Term Athlete Development (LTAD) has standard processes and training type suggestions based on an athlete’s age and development.
- 2) **Commitment & Attendance:** Athletes can show commitment by arriving on time, prepared, having all mandatory equipment, mandatory Academy clothing, and demonstrating regular attendance.
- 3) **Work Ethic & Focus:** Athletes can show dedication to personal improvement by working at a high level of intensity and competitiveness, remaining focused on the task, asking clarifying questions.
- 4) **Skill Level:** Athletes who demonstrate growth and development within their technical and tactical skills and abilities will be monitored to ensure they are in a group that challenges them. Athletes clearly and consistently outperforming their peers may be moved to a higher skilled group.
- 5) **Leadership and Communication:** Athletes show confidence in communicating on the field, show leadership abilities, have a good attitude, and mindset for improvement.

### **Injuries:**

Injuries resulting in non-participation for more than 2 Academy sessions should be seen and monitored by a physiotherapist. To assist with your rehabilitation, and ensure we can support you in managing your return to play, the coaching staff would like to receive information from the physio with:

1. A diagnosis, description of injury and current status
2. Return to play guidelines - ie is this athlete able to fully participate, (games, change of direction, acceleration/deacceleration, contact) or is this athlete limited (and in what way)
3. A schedule estimate for re-integration into full training if there are limitations.



For the health and safety of the athlete, and for long term, successful, injury rehabilitation, if there are limitations to playing then the athlete will need to be medically cleared for participation prior to joining game or tactical situations on field.

### **Concussion Protocol:**

If an athlete has had a collision, or impact to the head and a medical professional has diagnosed a concussion (mild or otherwise) OR an athlete is experiencing concussion-like symptoms including but not limited to headaches, nausea, dizziness, seeing stars, being irritable or grumpy, not feeling like 'themselves' or acting or behaving abnormally then the Academy coaching staff will enact the concussion return to play protocol.

#### Concussion Return to Play Protocol:

1. An athlete must first return to learn. Meaning they are at school full time and experiencing no symptoms.
2. An athlete can participate in a short light exercise activity. walking, jogging or straight accelerations. No sports equipment is involved. The athlete must not experience symptoms during this activity, nor in the hours following.
3. An athlete can participate in a controlled training activity. Team warm-up and individual non-contact drills such as dribbling or passing/receiving with no pressure or defender involved. The athlete must not experience symptoms during this activity, nor in the hours following.
4. An athlete can participate in a full training session.

If at any stage symptoms return, the athlete must return to the previous stage.

We do not play games within the Academy, but no athlete should be playing in a competition setting (for any team, league or sport) prior to progressing to, and passing, the full training stage of the concussion return to play protocol.

Any or all of these stages may be completed outside of academy time, for example, an athlete can do light exercise managed by their parents. An athlete can participate in training for another sport or organization monitored by a coach, **Completion of these stages should be reported to the Academy coaching staff and district teacher via email or the athlete will be put through the staged protocol by our coaches, and will be withheld from full participation until they are able to prove they are symptom free.**

For the long-term health and well-being of the athlete, this protocol must be followed no matter how much an athlete wants to jump right back into full participation.