

**QUIK STIX FALL 2016**  
***Elite Training & Practice Registration***

*Please Print Legibly:*

Name \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Position: \_\_\_ Fwd \_\_\_ Mid \_\_\_ Def \_\_\_ GK

Home # ( \_\_\_\_\_ ) \_\_\_\_\_ Email address \_\_\_\_\_ *(please print legibly)*

Cell # ( \_\_\_\_\_ ) \_\_\_\_\_ Emergency # ( \_\_\_\_\_ ) \_\_\_\_\_

Emergency Contact (name) \_\_\_\_\_ Relationship \_\_\_\_\_

USFHA Membership Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

High School \_\_\_\_\_ Graduation Date \_\_\_\_\_

Age as of: January 1, 2017 \_\_\_\_\_

**MAKE CHECKS PAYABLE AND MAIL TO:** *QuikStix, LLC*  
*1021 Kenyon Avenue*  
*Plainfield, NJ07060*

**LEVEL:** \_\_\_\_\_ *U12/14* \_\_\_\_\_ *U16* \_\_\_\_\_ *U19*

**Fall Training September 10 - December 10, 2016: Saturday and Sunday.**  
*Saturday 4pm - 7:00pm South Plainfield's Turf Field (time will vary check calendar)*  
*Sunday 11am - 2pm Montclair's Watchung Field.*  
*(Please check your preference below.)*

**Training ONLY:** \_\_\_\_\_ *Both Days (\$750)* \_\_\_\_\_ *Montclair only (\$455)* \_\_\_\_\_ *South Plainfield only (\$400)*

**National Field Hockey Coaches Association (NFHCA) Winter Escape Recruiting Showcase**  
**January 5-8 Naples, FL**

**Approximate cost \$2195/\$1895. Includes: Airfare, Hotel, Team fees, Officials Fees, Coaching Fees, Uniforms, Mailings, Media Booklets, Team Dinner for Players, Breakfast & Lunch for players, Team Vans/Cars, Fuel, All training Sessions November- December etc. (We may reduce the cost based on the flight cost.**

**TOTAL ENCLOSED** *(Payment plans available. Call to schedule)*

**YOU MUST BE A MEMBER OF USAFH. TO REGISTER GO TO THE FOLLOWING LINK AND SELECT QUIK STIX AS YOUR CLUB:** <https://webpoint.usfieldhockey.com/wp/Memberships/Join.wp>

**Training Site:**

**Watchung Field-** 306 North Fullerton Avenue, Montclair, NJ 07042.

**South Plainfield Memorial Field (behind PAL Building):** 1250 Maple Ave., South Plainfield, NJ, 07080.

*Both fields are turf!*

**To view the QuikStix Calendar online go to:** <http://www.quikstixllc.com/Calendar.php>

**NFHCA WINTER ESCAPE RECRUITING SHOWCASE:**

Most College coaches will be attending this event. It is very much like Festival and Disney and something to really consider if you are *even thinking* of playing in college. Over 225 college coaches attended last year. We will have 14 field players on the roster. Juniors, this is highly recommended if you wish to play in college. We will take 1 team, u19. Seniors are encouraged to participate.

**Dates:** January 5-8, 2017

**Location:** Naples, Florida

**Approximate cost \$2195/\$1895:** Includes: Airfare, Hotel, Team fees, Officials Fees, Coaching Fees, Uniforms, Mailings, Media Booklets, Team Dinner for Players, Breakfast & Lunch for players, Team Vans/Cars, Fuel, All training Sessions November- December etc. (We may reduce the cost based on the flight cost).

Parents are encouraged to purchase their plane tickets and hotel rooms through Quik Stix. I will book and place a deposit on a block of airline tickets and hotel rooms for Quik Stix players, spectators and family members. All players must travel together.

**PAYMENT DUE DATES:** Deposit: \$ 395 due upon acceptance

October 15      \$ 600/\$ 500

November 15    \$ 600/\$ 500

December 15    \$ 600/\$ 500

Cash, Check and/or Pay Pal are accepted. Other payment options are available. Please contact Mim

Name

Graduation year

\_\_\_\_\_ I am interested in attending the NFHCA WINTER ESCAPE RECRUITING SHOWCASE

## TRAVEL TEAM COMMITMENT FORM

I, \_\_\_\_\_, would like to be considered for

(Player's Name)

the QuikStix, LLC \_\_\_\_\_ Elite Travel Squad \_\_\_\_\_ Training only

(Please check all that apply)

I understand that by committing to this team, I will be required to attend select practices and tournaments. It is important that players attend as many practices and games as possible to improve individual skills and team play. The travel program is competitive and not recreational. The coaches will determine playing time and we encourage full participation by all players as well as emphasizing the need to provide individual development of all team members.

QuikStix offers a variety of playing opportunities for the development of its members. The majority of our programs are inclusive (open to anyone). However, our travel programs are restricted to those players who are planning to compete exclusively for on a QuikStix team.

By signing this waiver, I agree to train and compete *exclusively* for QuikStix, LLC. If I choose to transfer to another team, I will notify QuikStix in writing or by email and I agree to wait sixty days from that date before I will compete with another club team.

Note: All of our summer camps are open to all players looking to develop their skills and/or those players that are looking for an invitation to one of our travel teams.

\_\_\_\_\_  
Athlete signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

Grade as of September 2016 \_\_\_9\_\_\_10\_\_\_11\_\_\_12

Age as of January 1, 2017 \_\_\_\_\_

*Please return this form with your registration information*

## Players Goals:

1. **Do your best and have fun !!!**
2. **Trust and respect your coach**
  - take every practice seriously
  - when the coach is talking, listen – don't talk or fool around
  - when the coach is demonstrating something, watch, listen and learn
  - try new moves as instructed by the coach
3. **Focus on improving your individual skills and being a team player**
  - improvement takes time and a lot of practice
  - try new skills – it's the only way you'll learn
  - be open minded about playing different positions
  - don't give up
  - don't say "I can't"
4. **Be a team player**
  - share the ball – it takes a whole team to play field hockey
  - compliment your teammates when they do something good
  - don't complain
5. **Be on time and ready to play for every practice and game**
  - arrive promptly to practices with equipment on ready to play
  - arrive at least 30 minutes prior to games – VERY IMPORTANT
  - unexcused absences may affect your playing time in a game
  - have your equipment on and ready to play: cleats, shin guards, water and ball
  - hair tied back, jewelry removed
  - inform the coach the previous week if you will be late or will not be able to make a practice or game
6. **Display good Sportsmanship at all times**
  - do not yell at referees, coaches, opponents or teammates
  - don't criticize your teammates when they make mistakes
  - don't be negative when you talk to other players
  - absolutely no profanity
7. **Spend non-practice time improving your skills and knowledge of field hockey**
  - stay in good physical condition
  - practice skills you learn during practice – the more touches you get on a ball, the better you will be
  - learn from watching other games – adults, college games, etc.

I, \_\_\_\_\_ have read and agree to abide by this player commitment for the 2016/17 field hockey season

Please return this form with your registration information

## Parents Goals:

1. **Trust, Respect and support your coach**
  - do not "coach" any players, including your child during practice or games
  - offer to help the coach at a practice
  - thank your coach for his/her work
2. **Support your team administrators**
  - volunteer to assist with team responsibilities
  - provide payments promptly
  - thank them for his/her work
3. **Make certain that your child is on time equipped for all practices and games**
  - ensure your child arrives promptly to practices with equipment on ready to play
  - ensure your child arrives at least 30 minutes prior to games – VERY IMPORTANT
  - ensure your child has proper equipment and is ready to play: cleats, shin guards, water and ball
  - inform the coach the previous week if your child will be late or will not be able to make a practice or game
4. **Encourage your child and their teammates to do their best**
  - as a parent your focus should be on your child's growth – *not wins & losses*
  - don't place pressure on players to win -they create enough pressure on themselves
  - remind them that their skill development & knowledge of the game takes time, patience and practice !!!
  - encourage your child to try new moves
5. **Display good sportsmanship at all times**
  - you are your child's role model
  - model sportsmanship, as you expect your child to exhibit
  - do not yell at any players, parents, referees or coaches – don't be negative
  - absolutely no profanity
  - referee has authority to remove parents from the sidelines based on conduct

I, \_\_\_\_\_ have read and agree to abide by this parent commitment for the 2016/17 field hockey season.

Ours is a competitive society producing competitive children. Children aspire to be winners. Competition helps children cope in society. We must understand that winning and losing is temporary. We cannot create an environment in which children always succeed. The child who competes learns to win and learns to lose. They learn to lose without being devastated and they use this experience to grow. They will grow and they will achieve in life and in society.