

## **FREQUENTLY ASKED QUESTIONS**

### **Q: What is IFHCK?**

**A:** IFHCK is the International Field Hockey Club of Kentucky. IFHCK is conducted under the umbrella of the United States Field Hockey Association and is dedicated to providing first-rate training for serious hockey players, regardless of race, nationality or ability to pay.

### **Q: When are tryouts?**

**A:** Tryouts are typically held in the beginning of December for the winter indoor season and in March for the spring outdoor season. Tryout information will be posted on IFHCK's website, [www.ifhckfieldhockey.com](http://www.ifhckfieldhockey.com). Please check often!

### **Q: When does the season start and end?**

**A:** IFHCK's indoor season starts in January and ends in March. The outdoor season starts the end of March and ends with a tournament on Memorial Day Weekend.

### **Q: How many days a week do the girls practice?**

**A:** IFHCK's competitive program practices twice a week – usually one-week night and one day on the weekend, for 1 ½ to 2 hours per session.

### **Q: Where are the practices held?**

**A:** IFHCK Indoor Center is at 1819 Taylor Avenue, Ste. B, Louisville, KY 40213. Most outdoor practices will be held at Trager Field at the University of Louisville.

### **Q: I am confused by the age groupings (Under-12, Under-14, etc.)**

**A:** The U-12, U-14, U-16 and U-19 age groupings are the system used by the U.S. Field Hockey Association. The basic rule is this: think of the age your daughter will be on January 1 for the year in which the program is being held. If she won't be 12 by January 1, she will play in the Under-12 group. If she is at least 12 but not yet 14 by January 1, she plays in the U-14 group – and so on.

In some cases, IFHCK will group girls in programs according to their grade in school.

### **Q: What is the cost to train with IFHCK?**

**A:** The cost will depend on the session involved (competitive vs. developmental, indoor vs. outdoor, clinics, etc.) but will be made clear on the application form available at the time of tryouts.

**Q: Are scholarships available?**

**A:** A limited number of partial scholarships are available. Scholarship application forms must be completed with tax forms attached from the most recent year. Scholarships will be distributed among the schools and priority will be given to those with the greatest demonstrated need. All requests for scholarships will be held in strict confidence.

**COMMUNICATION**

**Q: What should I do if my daughter has to miss a practice?**

**A:** Attendance at practice is considered very important. Participating players are expected to attend at least 85 percent of the practices. If your daughter will be absent for any reason, please send an email to ifhck@aol.com notifying the IFHCK coaches that your daughter will not be present and explaining why. The coaches will read them, but most likely won't have time to respond to such notices individually.

**Q: Will practice be cancelled because of bad weather?**

**A:** Weather-related cancellations will be posted on the IFHCK website ([www.ifhckfieldhockey.com](http://www.ifhckfieldhockey.com)) one hour before practice time. Make a habit of checking the website regularly for weather-related and other important announcements.

**TRAVEL TEAMS**

**Q: How are players chosen for the travel teams?**

**A:** Players are selected for a specific tournament by the IFHCK coaches depending on the player's performance and the mix of players needed. Being selected for one tournament does not guarantee that a player will be chosen for a travel team for a different tournament. Sometimes alternates are named as well.

**Q: How is a player notified if she has been selected for a travel team?**

**A:** usually their age-group coordinator, either by telephone or e-mail, will notify the players selected. The age-group coordinators aren't involved in selecting the players for travel teams – the coaches make that decision – but the coordinators help with communication and planning once the travel team players have been selected.