

Welcome to the Mid-Atlantic Premiership!

Thank you for supporting this event and becoming a part of our premiere pre-season tournament! The Mid-Atlantic Premiership is the new face of the Whitewater Field Hockey Festival. Maintaining all of the team-bonding and competitive aspects from past years, the Mid-Atlantic Premiership will also focus on the development of each and every player and coach.

With positive feedback about our new features from last year, we plan to expand and focus on these aspects of the tournament. One feature that was well received was the **College Recruiting**. This year, we hope to expand upon our range of universities and coaches in attendance. A list of coaches attending the tournament will be posted closer to the event. Please bring a personal bio to hand out to coaches if you are interested in playing at the next level.

As mentioned previously, not only exposure, but the development of each player is important to us. At least one field will be video taped throughout the tournament. **DVDs** of the games on that field will be available for purchase. In addition, there will be an option to get **personalized advice** about the your strengths and weaknesses on the field. We will watch the video and explain what you can focus on to improve your game.

Forms to **BRING** to the tournament:

- 1) Medical Release Form
- 2) Waiver & Agreement Form
- 3) Player Bio Form (to hand out to college coaches if you're interested in playing at the next level)

* *The Medical Release Form and Waiver & Agreement Form can be obtained from www.kapowfh.com under the "Register" link and then "Forms" link.*

Important Information

- * **Registration:** Please arrive 1.5 hours before your first scheduled game to register. You will need to hand in your Medical Release Form and Waiver & Agreement Form.
- * **Uniform Details:** You will receive a numbered red/white pinnie upon registration. You are responsible to wear navy blue shorts and bring both red and white socks.
- * **Game Schedule:** Will be released at least one week prior to your date of competition.
- * **Weather Cancellation:** You will be notified via email in case of game delays or cancellations due to weather conditions. We will also post any cancellation information on the website under "Event Status".
- * **KaPow Hockey Shop & Concession Stand:** We will have a shop with tournament t-shirts/field hockey merchandise, as well as a fully stocked concession stand.
- * **Share-a-Stick Program:** Used hockey sticks will be accepted for our Share-a-Stick Program. Any player donating a hockey stick will receive a \$10 credit towards KaPow merchandise (players can donate multiple sticks, however only one \$10 credit will be granted).
- * **Sun Safe:** Be sure to re-apply sun-screen all day and feel free to bring your own tents for shade, as it does get hot!

Thank you for your support and we look forward to a great tournament!

Kayla Bashore & Lauren Powley
Co-Directors of KaPow Field Hockey