

## THE TFHC PATHWAY

Each player that joins the TFHC will enjoy the sport of field hockey by learning how to play and compete in a Supportive, Respectful, Learning Environment. The TFHC uses the coaching curriculum, [www.fieldhockeycoachingcurriculum.com](http://www.fieldhockeycoachingcurriculum.com).

The first stage for all players is called **Level One**. The next learning stage is **Level 2 & 3**.

The **Level One** athlete will continue to improve their skills and learn how to play field hockey in TFHC organized leagues and in club leagues and tournaments against other level one type teams.

The **Level 2 & 3** athlete will continue to improve their skills and play in club leagues and tournaments against other similar level clubs in Ontario and beyond. Some **Level 2 & 3** athletes may continue in a pathway to become university, provincial and national team athletes.

All players can also **Learn to Teach** which involves learning how to coach and/or umpire and they will choose to coach or umpire at either the *Level One* and/or *Level 2 & 3* levels. Everyone will begin to coach and/or umpire at Level One.

Coaches will develop by first understanding **Level One** and will first coach at this level only. Coaches will then progress to the **Level 2 & 3** stage. Umpires will go through a similar progression.

**Learn to Organize** is also something available to everyone who plays field hockey. Planning and implementing playing opportunities, social events and administering the club are organizing activities.

A player will choose through their time at the TFHC to pursue field hockey solely as a recreational activity or choose to be involved in the competitive part of field hockey for some period in their life with the expectation they will always do field hockey as their sport for life. Throughout their lifetime from youth to a senior citizen athlete, a player may play, coach, umpire or help organize the playing of field hockey.