2022 NEXUS CHAMPIONSHIP
ATHLETE INFORMATION PACKET

VIRGINIA BEACH REGIONAL TRAINING CENTER
VIRGINIA BEACH, VA
JUNE 23 - 30, 2022
Congratulations!

USA Field Hockey would like to congratulate you on your selection to the 2022 Nexus Championship, presented by Osaka Hockey. Your advancement makes you part of an elite group of USA Field Hockey athletes poised to propel the United States forward as an international field hockey powerhouse. Best wishes for a great, fun tournament and the continued pursuit of your Olympic aspirations.

Please carefully read the following information. Additional details on arrival and departure times, athlete registration, meeting times, team practice schedule, housing, required forms, vendors and raffle tickets are included in this athlete packet.
VENUE INFORMATION

VIRGINIA BEACH REGIONAL TRAINING CENTER
72044 Landstown Centre Way
Virginia Beach, VA 23456

*All competition activities will take place at the Virginia Beach Regional Training Center

ARRIVAL & DEPARTURE DATES

<table>
<thead>
<tr>
<th>Division</th>
<th>Arrival</th>
<th>Athlete Arrival</th>
<th>Competition</th>
<th>Athlete Departure</th>
<th>Departure Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>U-16/Rise</td>
<td>June 23</td>
<td>Before 8:00 AM</td>
<td>June 23-25</td>
<td>June 25</td>
<td>After 4:30 PM</td>
</tr>
<tr>
<td>U-14</td>
<td>June 26</td>
<td>Before 8:00 AM</td>
<td>June 26-28</td>
<td>June 28</td>
<td>After 11:45 AM</td>
</tr>
<tr>
<td>U-19</td>
<td>June 28</td>
<td>Before 11:00 AM</td>
<td>June 28-30</td>
<td>June 30</td>
<td>After 2:30 PM</td>
</tr>
</tbody>
</table>

Visit the Nexus Championship Event Page by clicking here!
ATHLETE PACKET

TEAM REGISTRATION & MEETING

Athletes will be required to register themselves individually at the USA Field Hockey Tent prior to their first practice. Athletes will need to bring their Raffle Drawing Stubs/Money. Team uniforms will be distributed by the head coach after registration.

TEAM PRACTICE SCHEDULES

U-16/Rise: June 23, 2022

<table>
<thead>
<tr>
<th>Practice Time</th>
<th>Field</th>
<th>Team 1</th>
<th>Team 2</th>
<th>Team 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM - 8:55 AM</td>
<td>1</td>
<td>Melbourne</td>
<td>Oslo</td>
<td>Paris</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Beijing</td>
<td>Salt Lake City</td>
<td>Montreal</td>
</tr>
<tr>
<td>9:00 AM - 9:55 AM</td>
<td>1</td>
<td>Rome</td>
<td>Calgary</td>
<td>Moscow</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Atlanta</td>
<td>Los Angeles</td>
<td>Cortina</td>
</tr>
<tr>
<td>10:00 AM - 10:55 AM</td>
<td>1</td>
<td>Berlin</td>
<td>Mexico City</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>St. Louis</td>
<td>Brisbane</td>
<td></td>
</tr>
</tbody>
</table>

U-14: June 26, 2022

<table>
<thead>
<tr>
<th>Practice Time</th>
<th>Field</th>
<th>Team 1</th>
<th>Team 2</th>
<th>Team 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM - 8:55 AM</td>
<td>1</td>
<td>Albertville</td>
<td>Helsinki</td>
<td>Torino</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Rio</td>
<td>Nagano</td>
<td>Vancouver</td>
</tr>
<tr>
<td>9:00 AM - 9:55 AM</td>
<td>1</td>
<td>Innsbruck</td>
<td>Sapporo</td>
<td>Sarajevo</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Munich</td>
<td>Lillehammer</td>
<td>Stockholm</td>
</tr>
</tbody>
</table>

U-19: June 28, 2022

<table>
<thead>
<tr>
<th>Practice Time</th>
<th>Field</th>
<th>Team 1</th>
<th>Team 2</th>
<th>Team 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:30 PM - 1:30 PM</td>
<td>1</td>
<td>Antwerp</td>
<td>Squaw Valley</td>
<td>Tokyo</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>London</td>
<td>Athens</td>
<td>Seoul</td>
</tr>
<tr>
<td>1:45 PM - 2:45 PM</td>
<td>1</td>
<td>Amsterdam</td>
<td>Barcelona</td>
<td>Lake Placid</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Sochi</td>
<td>Sydney</td>
<td>Grenoble</td>
</tr>
</tbody>
</table>

ATHLETES ARE REQUIRED TO ATTEND THEIR PRACTICE!

TEAM ASSIGNMENTS WILL BE POSTED ONCE REGISTRATION IS COMPLETE
PRE-EVENT CHECKLIST

Make sure you run through this checklist prior to departing for the event. Have you...

☐ Sold raffle tickets (see information on 2022 NXC Raffle Tickets)
☐ Booked a hotel through Team Travel Source <<Click Here to Book Your Hotel>>
☐ Followed USA Field Hockey on Facebook, Twitter and Instagram @USAFieldHockey for event updates and promotions

RAFFLE TICKETS

Now that it’s tournament time, showcase your leadership skills off the field. Each year, USA Field Hockey hosts a fundraising raffle that benefits the future of the field hockey community. The funds raised in the raffle will help make field hockey more accessible and inclusive to all and introduce the sport to aspiring athletes and provide increased opportunities to those that couldn’t participate without financial assistance. These gifts ensure that field hockey continues to grow across the nation and helps develop the game from grassroots through the Olympic Development Pathway. The financial assistance given each year allows more than a hundred athletes to participate in the Olympic Development Pathway.

Attached to the email, and on the Nexus Championship Event Page are a sheet of raffle tickets. Each athlete is REQUIRED to sell a minimum of fifteen (15) raffle tickets at $5.00 per ticket. It is encouraged that athletes rise to the challenge and sell even more than that. Simply print out the attached sheet, cut each individual raffle ticket and sell! Please bring all tickets (sold or not) and money to athlete registration at the Nexus Championship. If needed, there will have extra raffle tickets at check-in.

Tickets are entered into the main raffle drawing for cash prizes as shown on the raffle ticket. The cash prize drawing will take place after the Nexus Championship!

TEAM COMPETITION CHALLENGE: The Nexus Championship team that sells the most combined raffle tickets will receive a gift from presenting sponsor, Osaka Hockey, for the ENTIRE TEAM! *

*Note: The combined tickets sales of the team must meet the minimum of 400 tickets to win (average 20 tickets per athlete).

Need more tickets? Just print more with the document attached or found on the Nexus Championship Event Page!

USA Field Hockey would like to thank you for your participation in this fundraising initiative. Without your support, USA Field Hockey wouldn’t be able to provide athletes, like you, with the opportunity to succeed both on and off the field.
ATHLETE PACKET

PACKING CHECKLIST

When packing for the Nexus Championship, don’t forget to throw the following items into your suitcase. *Note: Team uniforms will be provided by USA Field Hockey.*

- Nexus reversible/Goalkeeper jersey
- Hockey stick/Goalkeeper equipment
- Shin guards
- Turf shoes
- Black shorts
- Mouthguard
- Face Masks
- Water bottle
- Sunblock
- Mask
- Raffle money/Ticket stubs
- Extra socks

2022 SELECTION OPPORTUNITIES

Through your participation at the Nexus Championship, you will have the opportunity for selection to advance within USA Field Hockey’s Olympic Development Pathway. The following selection opportunities are available directly from the Nexus Championship:

STARS & STRIPES ELITE GAMES

The Stars and Stripes Elite Game(s) will be held at the conclusion of each age division’s competition. Please refer to the 2022 Nexus Championship schedule for specific times.

Athletes will have the opportunity to showcase their talents in the Stars and Stripes Elite Game(s). Selections for the Stars and Stripes Elite Game(s) will be posted at the venue on the last morning of the tournament.

AAU JUNIOR OLYMPIC GAMES

*August 1 - 4, 2022 | Kentner Stadium | Winston-Salem, N.C.*

The Amateur Athletic Union’s premier multi-sport event, the AAU Junior Olympic Games, brings together more than 14,000 athletes to compete in 20 sports. The event provides U-14 and U-16 athletes with the opportunity to experience an Olympic-like multi-sport competition on a college water-based turf, while enjoying the camaraderie and inspiration from top athletes in other featured sports. Invited athletes are responsible for all of their expenses, including the AAU tournament fee, travel, housing and food.

Selections for the AAU Junior Olympic Games will be announced following 2022 Nexus Championship.

**Estimated Cost for AAU Junior Olympic Games:** $275.00 plus room and board, travel, food and AAU fees.

For more information, go to: [aaourogames.org](http://aaourogames.org)
Parking is free in the large lot located just outside the main Stadium at the Virginia Beach Regional Training Center.