



**CALLING ALL GIRLS  
GRADES 3-6  
STICK TOGETHER, PLAY STRONG  
THE FUTURE OF  
SMITHTOWN FIELD HOCKEY  
STARTS HERE!**

**REGISTRATION  
DEADLINE MAY 16TH**

**LIFHA FALL JUNIOR PLAYER 2025 REGISTRATION  
GAME PLAY IS SUNDAYS  
STARTING SEPTEMBER -OCTOBER  
PRACTICE 1-2 EVENING PER WEEK**

**TEAMS WILL BE MULTI-GRADE 3-4 AND 5-6**

**SEASON CONSISTS OF 5-6 GAMES  
WITH 2-3 GAMES SCHEDULED THROUGHOUT  
NASSAU AND SUFFOLK COUNTY  
ADDITIONAL TOURNAMENT AT ADELPHI  
UNIVERSITY**



**REGISTER EARLY VIA LINK  
REGISTRATION INCLUDES LIFHA FEES AND ADDITIONAL  
PLAYER INSURANCE**

**ALL PLAYERS MUST BE REGISTERED WITH USA FIELD  
HOCKEY TO PARTICIPATE  
AND DECLARE SMITHTOWN YOUTH FIELD HOCKEY AS YOUR  
CLUB**

**PLEASE SEE REVERSE SIDE FOR CHECKLIST INFORMATION**

**FOLLOW US**



**@SMITHTOWN  
YOUTH\_FIELD  
HOCKEY**

# REGISTRATION INSTRUCTIONS

## 1. REGISTRATION FORM

Follow the athletes grade for Fall 2025.  
Registration is open for all entering 3rd through 6th grade girls.  
Complete registration form (QR code on the front of the flyer) or  
<https://syfh.cheddarup.com>.  
Non Refundable fee of \$185 is due by May 16th.  
Once registered and teams are formed, there will be a  
link provided to purchase uniforms.

## 2. LEAGUE INFORMATION

THE SEASON INCLUDES A 5 GAME TRAVEL TEAM SCHEDULE  
(SOME TEAMS ARE IN NASSAU COUNTY)  
PLUS A PLAY DAY/TOURNAMENT AT ADELPHI UNIVERSITY.  
GAMES ARE PRIMARILY PLAYED ON SUNDAY'S.

## 3. INSURANCE

All athletes are required to hold current USA Field Hockey membership for insurance purposes. The non-refundable cost is approx. \$25.00 annually. Click the link at the bottom of the page to join if you are not already a member.

## 4. USFH MEMBERSHIP

**\*\*Skip this step if you already hold an up to date USFH membership card\*\***

Scroll down the page to find the link that will send you to the USFH membership website. Once you are on USFH page, select "U12 Membership" and follow the instructions. Please register in the **athletes name** - not the parents name.

In the "Club" drop-down you should select "Smithtown Youth Field Hockey" or if you already play for another club team you can select that. If this athlete has already had this membership either current or expired, you should click the link to login to your account and simply "renew" the membership.

## 5. CHECKLIST

- Be sure all the requirements are completed
- Completed registration form with current USFH Membership number  
<https://www.usafieldhockey.com/types-of-membership>
  - Direct payment via <https://syfh.cheddarup.com>

**Equipment Needed: Stick, Shinguards and Mouthguard**

Any Questions Please Reach out to Tim or Diana Small at  
[smithtownyouthfieldhockey@gmail.com](mailto:smithtownyouthfieldhockey@gmail.com)

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