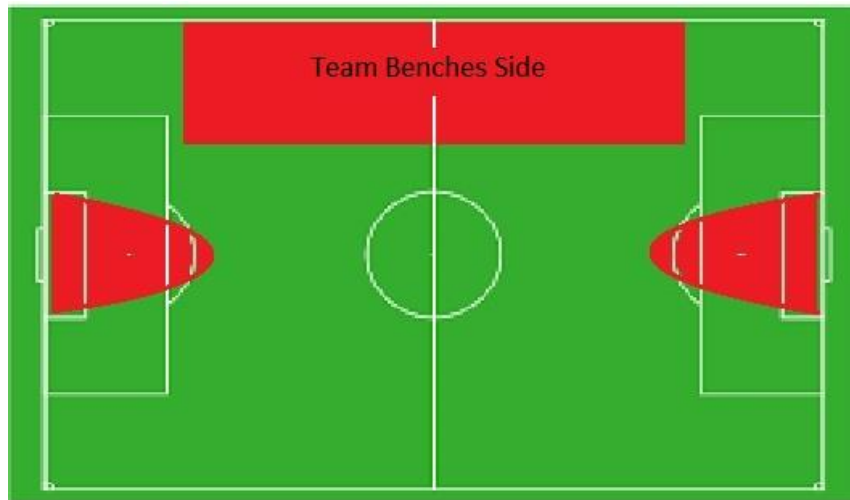


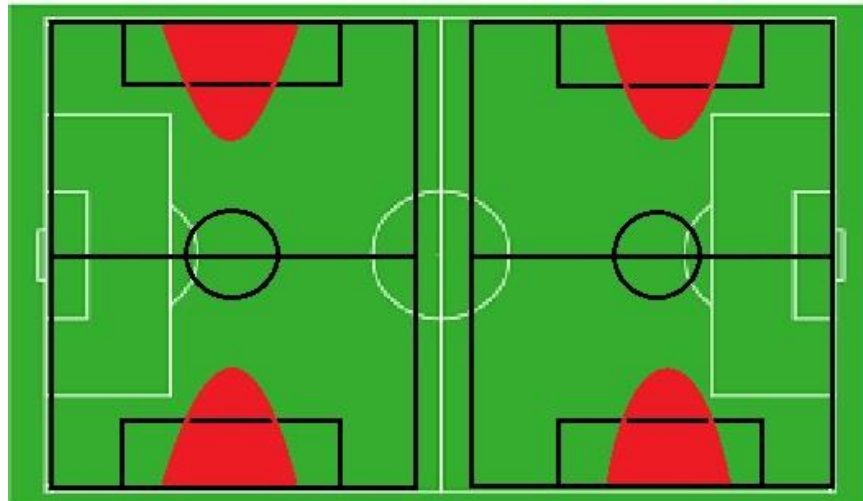
How to Keep Soccer Fields in Good Condition:

- Proper Management of Field Activities (i.e. Do Not Warm Up in the Heavy Traffic Areas).
 - Most people probably do not realize the amount of damage done to natural grass soccer fields during pre-game warm up routines. Many pre-game warm up routines have a concentrated repetition of movement that cause much more damage to the grass than normal wear from games.
 - Extremely damaging activities like “line drills” or “ladder drills” should always be done off of the fields.
 - Many teams do their pre-game warm up routines in the same areas, over and over, in the easiest places to reach, i.e. right in front of the team benches. These parts of the fields also get heavy foot traffic from 8v8 soccer and Ultimate (Frisbee) games.
 - To keep grass on the entire field, warm up routines and practice drills should be done in the corner areas of the big fields. If these drills require a box, please place the first cone in the corner of the field by the corner flag and start building the box out from there.
 - Most goalkeepers can do most of their warm up routines without the goal and should not warm up in the goal areas whenever possible. By doing their warm ups in the corner areas where the grass is thicker, goalkeepers use the softest surface for diving drills, and they help to keep the grass in the goal areas alive for the games. Most goalkeepers like to have fields with grass in the goal areas. Win/Win!
 - Goal areas are the parts of the fields where it is most difficult to keep grass alive, and these areas should be off limits for everyone, except for games. That means besides limiting goalkeeper warmups, there should be no pre-game shooting drills if possible, and definitely no free play from players or fans in those areas. If shooting drills with goalkeepers are required, the goals can be moved to the sides of the goal areas and re-anchored. Always check that portable goals are anchored.
 - When goals are used during practice sessions they should be moved to the sides of the goal areas whenever possible. Again, always double check portable goals to make sure they are anchored (with sand bags and/or anchor stakes).
 - Venue managers should move field lines/paint after the heavy traffic areas start to show wear (i.e. playing a tournament or a lot of games on a very wet weekend). By moving lines just a few steps every month or so, the places where the heaviest wear from goalkeepers and assistant referees can be varied, and allow the grass to rest and regrow.
- Proper Field Design, Grading, Drainage, Soil Profile, Grass Type, Equipment, Maintenance, Irrigation, Mowing, Soil Testing, Fertilization, Aeration, Dethatching, Topdressing, and Weed, Insect, Fungus and Disease Control are also required. Please contact the facility manager for more details.
- Re-sodding / Sprigging can be minimized and even avoided when fields are properly managed and not overused, allowing for less down time, financial savings, and a more established and better natural grass surface.

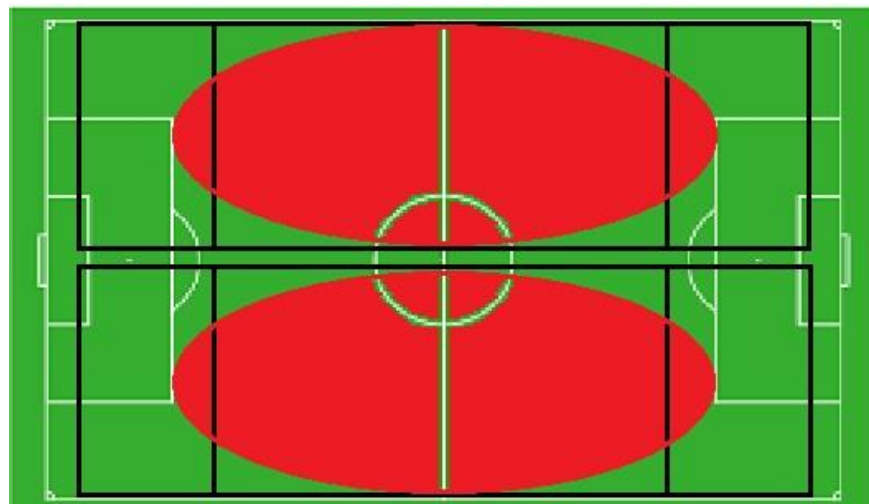
Heavy Traffic Patterns / Wear Areas from 11v11 Soccer Games



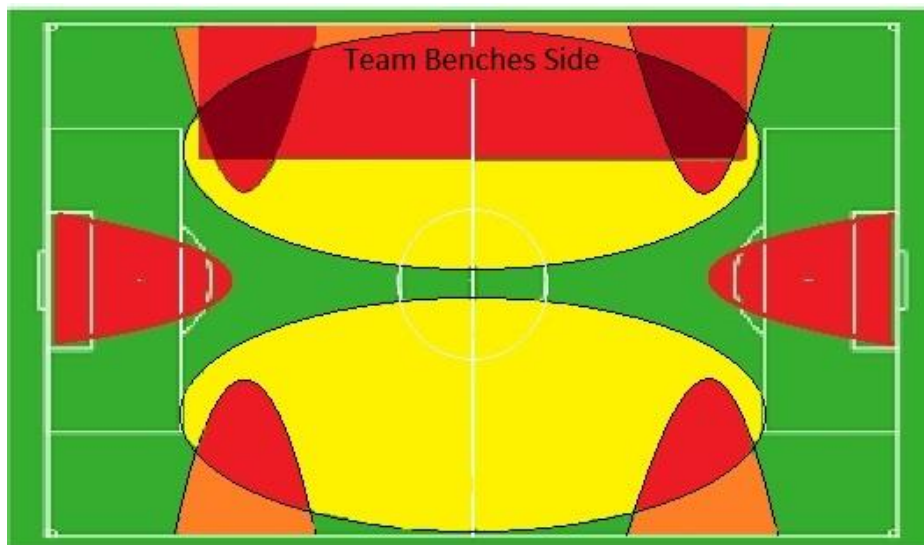
Wear Areas from 8v8 Soccer Games



Wear Areas from Ultimate Frisbee



Combined Heavy Traffic Patterns / Wear Areas



Summary:

To keep the fields in good condition, teams should do pre-game warm up routines and practice drills in the corner areas of the fields, where there is a lot less traffic from games. In the corners, the grass is thicker and softer, so it is a great place for goalkeepers to dive around and warm up too.



PS. Salty foods and some types of drinks can harm the grass too. Please help keep the park beautiful by putting litter in its place. Sunflower seeds should be spit in a cup. The salt is harmful to the soil and grass will not regrow in those spots. Some types of beverages like coffee and soda can leave dead spots too.

Thank You and Enjoy the Fields!

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