

## Synthetic Grass Improves the Sport of Field Hockey

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### **Play Field Hockey on Synthetic Grass to Improve your Game**

People of all ages and skill levels have had fun with the sport of field hockey for centuries. In one form or another, this game has been seen in places as far from each other as Ireland, India, China, and South America. The origins of the game reach way back in time, up to 1,000 years ago! The game as we know it today took shape in England during the 1800s. The surface for the sport then was natural grass, not synthetic grass. As time marched on, new advances were made in the game and the world of synthetic grass. From what the ball is made of to what the game is played on, things sure have changed. Now, many top teams play on field hockey turf. Live grass was the standard once, but in the 1970's, many arenas made the switch from natural to faux grass. Field hockey turf went world class at the 1976 Olympic Games. At those games in Montreal, the hockey pitch was plastic lawn, and the sports world took notice. Fans can now find a faux lawn to play on all over the world. In the SF Bay Area, Watersavers Turf offers a range of field turf that's great for any sport.

The modern rules came about in London at the start of the 1800s. A group of young men needed a game to keep them fit over the winter when other sports were out of season. They came up with a set of rules based on football, but with one big twist. They used sticks to move a rubber cube up and down the large field. The rubber cube gave way to new shapes and materials, and soon hockey sticks were shaved and shaped just for the new game. By the late 1800s, the sport was a hit. Associations were formed to govern the rules and keep an eye on the leagues. Over time, the sport made the leap across gender lines, and women took up the game. Now, it is one of the most widely played women's sports, with teams all around the world.

Fans of this game have a lot to look forward to in 2016. With the next Olympic Games being held in Rio de Janeiro this summer, there will be lots of matches to watch. As a lead up to the games, the United States women's team will host a series of three games in July, at Spooky Nook Sports. When they play India, the match will be shown on national TV for all to watch. Tune in, and you may find a new favorite player to root for!

### **The Field Hockey Turf Revolution and Safe Play for Field Hockey Stars**

The game has changed a lot since its early days. Sticks have become shorter in length over time, and their shape has changed for faster, cleaner shots. Balls are not the same as they once were, either. What once was a leather ball is now made from tough but light dimpled plastic. These new materials have improved the game in many ways. Players can move down the field with more speed, and the balls travel straight and true. This makes the game faster and more fun to watch and is part of why new records are set that beat past speeds and scores.

While some teams still play on live grass, many pitches have been converted to field hockey turf. The switch to faux fields, along with new equipment advances, helps make the game much safer now. Synthetic fields have shock absorbing pads under them, and when players wear new shoe styles and padding, there is less stress on bones and joints. Also, thanks to the smooth field hockey turf that lasts and wears evenly over time, players don't have to worry about stepping into holes in the dirt, which can twist or turn an ankle. No matter how rough the play gets, players won't trip over mounds of soil or skid on mud. Faux lawn dries fast after rain before puddles can form. That means injuries from slips on wet grass are cut way down, which is good news for your favorite team.

### **Artificial Turf is Good for the Environment and Saves Money Too**

The high cost of keeping natural grass lush and safe to play on is a burden for many field hockey clubs. The fees for mowing, watering and reseeding a live lawn are tough on budgets. Artificial turf requires a one-time investment to install. Then, there is virtually no upkeep for the artificial turf, and it looks good for season after season. Once installed, the field will last for many years of play. Natural sod needs constant care to stay soft, full, and even. That costs money, and the water use of a live grass is hard on the environment. Every gallon counts in the SF Bay Area, so why would you pick a lawn that you need to water? Faux grass care is waterless so that you won't waste a drop. No wonder artificial turf has caught on for this sport. It's a sensible choice for arenas and a good choice for the planet.

### **Watersavers Waterless Lawn is Free of Lead and Other Toxins**

There are many waterless lawn products on the market that may look the same at a glance, but don't be fooled. Not all fake lawn is the same. Some companies will try to sell you products made with crumb rubber, a material that's under scrutiny by a Federal task force right now. At Watersavers, none of our items are made with crumb rubber nor do we sell or promote it. All our grass is non-toxic and 100% lead-free. We would not want to play on a surface that could cause harm, and we don't want you to, either. All of our waterless lawn products are safe for kids, adults and pets. Sports should be healthy, and so should the field they're played on.

To learn more about how to switch to eco-smart turf, talk to the expert staff at Watersavers. Contact us online or by phone 844-974-8873 to get a free estimate for your sports club, or for any lawn area where you want to play a winning game. We even offer free 1'x1' faux grass samples, so get in touch or visit any of our SF Bay Area stores. To keep up with our Sports Newsletter, "Like" our Facebook page, or download a copy at [www.watersaversturf.biz](http://www.watersaversturf.biz).