do's and don'ts

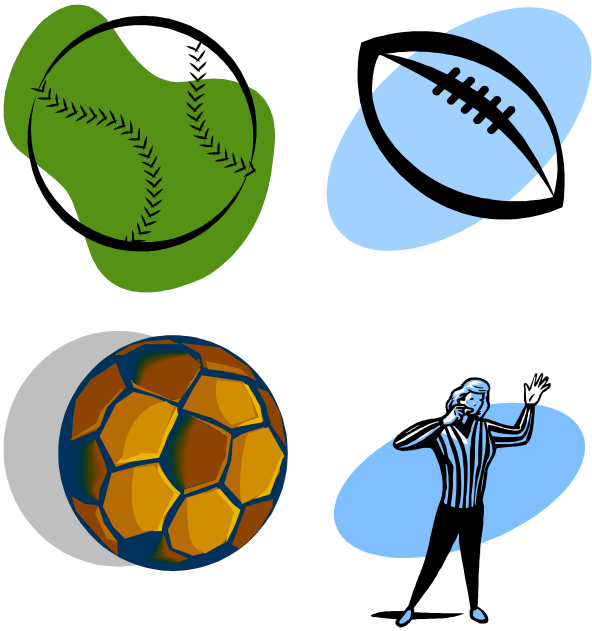
* Do take a moment to enjoy the turf
* Don't stand there too long
* Do use the practice areas for drills that require you to be in one place for extended amount of time, (goalie & speed drills)
* Don't continue to use that same spot for that particular drill
* Do feel free to move nets around to help reduce wear in goals & center of field
* Don't leave nets out in middle of playing surface
* Do leave the field picked up of trash and equipment
* Don't worry about the plugs, they're not goose droppings

did you know ...

* Nobles has 27 acres of sportsturf
* If we mowed a straight line instead of mowing the fields we would end up at Milton Academy
* If we made a straight line out of all the lines drawn on the fields, we would have one line from here to the Norfolk House of Correction
* The striping/designs are made from the rollers on the mower and not the blades
* We plow the snow off McLeod every winter
* It takes 80 gallons of paint to paint the fields each week
* The turf is primarily varieties of Kentucky blue-grass and perennial ryegrass

Joe + Pete's

Sportsturf Rules



Noble + Greenough School

Dedham, Massachusetts

TURF TALK

Let's educate you a little on the surface you spend so much time on

First and foremost, the grass plants are what makes everything look so nice. These plants are primarily made up of water. They are not made of steel or wood, so they cannot withstand an athlete standing on top of them, day after day, in the same spot, as can a basketball court or an asphalt tennis court. These plants need time to recover, as does an athlete) after a strenuous workout. When the plant gets cut or run on, it needs time to recover from this stress. If it does not get enough time, the plant will thin and eventually die off.

Second and most important, is the soil in which everything is grown. As you may know, the soils native to New England have a high clay content. This is good for baseball and softball skins, but not so good for turf. For turf to be healthy, the roots need pore space in the soil for air, water, and nutrients.

Clay is a fine particle and it ends up causing a cement type effect, shutting down the pore space for the air, water, and nutrients. This is what is commonly referred to as compaction. The means for correcting compaction is through aeration, we use a method called core aeration, which leaves plugs on the turf. This is necessary due to the amount of traffic certain areas of the field constantly receive. By utilizing the practice areas and more of the field, we can help to minimize compaction.

Paint is applied to the turf on a weekly basis or as needed. Mowing is done on most fields twice a week. This is important to help maintain the plants health and vigor. It is important to keep the playing surface clear of nets and benches as work is done daily on the fields.

Now that we've educated you a little on the surface you spend so much time on with those spikes, let's see how we can help to keep up the health and vigor of our natural playing surfaces. Remember grass plants help to produce oxygen, the more plants the cleaner the air.

Sportsturf Etiquette

* Replace your divots
* Move goals off playing surface at end of session
* Stretching, warm-ups; and quickness drills should be done in different areas
* Rotate warm ups daily to different areas of the field
* Try to practice in areas where normal play does not occur
* Utilize practice areas

TEAMWORK:

Together we can promote healthy safe turf.