

## Field house offers indoor facilities for athletes

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For athletes, it is important to prepare year-round in anticipation for a season. However, training and conditioning are hampered by the cold and snow during the winter months. A solution has come in the form of the Sono Field House, an indoor facility with full-size fields on which players can practice lacrosse, soccer, football, and field hockey.

Located in South Norwalk, the Field House offers membership for just \$49 a year for an individual or \$150 for a family. Members can then pay extra for sessions to hone their skills in their respective sports.

Junior Joe Costigan uses the Field House every weekend. "It's good for preparation because you can't play outside because it's too cold," he said. "You also get outside competition by playing with players from other teams or towns. The facilities are very new and it's huge, so you can play full-size games without worrying about space," he said.

Coach Jeff Brameier, the head boys' lacrosse coach at Darien High School and the Director of Lacrosse at the Field House finds that athletes who train and condition during the off-season are at an advantage. "For sports like lacrosse, field hockey, tennis, baseball, softball, football, and soccer — sports that have a unique skills set — it is clear that individual and small group efforts to improve skills will enhance one's ability to perform," he said.

"Every athlete is going to have to decide how much energy and effort is going to be spent on out-of-season training and skill development," Coach Brameier said, and it is likely that a player who takes advantage of resources like the Field House is going to be much more prepared and valuable for the season.

The Field House also offers fitness programs and general training courses to help improve the general physical prowess of athletes.

Coach Brameier has student-athletes who use the Field House three to four times a week during the winter off-season. “There are even some players that are playing winter sports that get in once or twice a week to keep up their skill work,” he said.

The Field House also has a full ropes course and rock climbing wall, where members can take instructional courses to learn how to use the ropes or wall, or just utilize them freely at allotted times. Both can also be rented out by youth groups or camps. Additionally, their [website](#) advertises that they have plans to make their [ropes course](#) even more extensive in the future.

The Field House also allows corporations and individuals to rent out their facilities. Their website advertises that they will decorate, cater, and organize activities for any event, including business gatherings, adult and children’s birthday parties, and charity events. The Field House has also created pre-made parties, like ‘Lil’ Kickers Parties’ and ‘Rock Climbing Parties’ for fun and productive birthday parties that require minimal organization by the parents.

Coach Brameier summed up his feelings on the Field House. “The Sono Field House offers a unique opportunity for athletes to train and compete.