

## 5 Ways to Gain Respect by Managing Stress

**T**HE EASIEST WAY TO COME TO MANAGEMENT'S ATTENTION is to melt down during a crisis. Or to say the wrong thing to the wrong person, just because you are having stress at home and you carry it over into the workplace. All of your good accomplishments, goals attained, and co-worker respect, all gone in one fleeting moment. All because you didn't know what to do to relieve stress.

Here are 5 ways to gain respect at work by being able to handle stress, specifically by managing your time better.

1. Have clear and defendable priorities. By being able to set your priorities, you are much more likely to achieve the most important items first. Also, being able to defend working on a priority, instead of working on a distraction, will allow you to accomplish more, in less time, and with less stress.

2. Have definite and defined short term, medium term, and long term goals. By being able to set specific deadlines for your goals, you can more easily decide the order in which your work needs to be done.

3. Have time in your schedule to handle stress. A good time management system will have gaps between appointments, and time allotted to pondering and thinking.

4. Have a tracking system for items you have delegated. Delegating work allows it to be done in parallel with what you are working on. So your efforts are doubled or tripled. You become more valuable by being able to get more accomplished.

5. Have time to rejuvenate. All your good intentions and skill aren't worth beans if you don't have the energy to accomplish them, your time management system should have time built in to focus on yourself.

Most stress management articles and books aim to answer the question of how does stress affect health. And with good reason. Stress not handled properly can kill or cripple you. But stress unhandled can also kill your career. One of the most respected qualities that management is looking for in choosing who to promote or who to give responsibility to, is the ability to remain calm under pressure, the ability to handle the day-to-day stress of the workplace, and to handle the sudden unexpected crises that always pop up. By having a quality time management system, you can more easily handle stress. By handling stress at work, you are much more likely to receive more promotions, more recognition for your skills, and the respect of your co-workers and management.

This article originally appeared on the STMA News online newsletter. ■

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## Facility & Operations

# NRPA's Annual Congress in Salt Lake City to host nearly 9,000

**F**UTURIST JIM CARROLL will deliver the keynote address in the opening ceremony of the National Recreation and Park Association's (NRPA) annual Congress & Exposition to be held at the Salt Palace Convention Center, October 14, 2009.

The association's annual gathering brings together parks and recreation professionals, citizen advocates, industry partners, suppliers and key policymakers for a 4-day event October 13-16 highlighted by the keynote presentation, educational sessions, a trade show of more than 400 exhibiting companies, the community service project Leave It Better, certification courses, workshops, special events, and social/networking activities.

Jim Carroll is one of the world's leading futurists, specializing in trends and innovations. As someone who has assisted hundreds of organizations in thinking about and preparing for the future, Carroll has been recognized for his insight into the leadership skills needed today. Carroll, whose clients include Nestle, Motorola, Verizon, the BBC, will help attendees explore new opportunities in the field of parks and recreation. He will address the challenges faced by parks and recreational professionals during the current economic contraction by focusing on innovation and by aligning success with fast-paced future trends.

Carroll will help clarify the impact and opportunities presented by President Obama's economic recovery plan, which focuses on health-care, education, infrastructure, and renewable energy, all of which parks and recreation can be a critical force. He'll concentrate his presentation on three areas:

- The ability to link organizational mission to the major trends and developments that will influence the field of parks and recreation through the coming years;

## Schedule At-a-Glance

### Sunday, October 11

8 a.m.–5 p.m. Aquatic Facility Operator Course (Day 1)

### Monday, October 12

8 a.m.–5 p.m. Aquatic Facility Operator Course (Day 2 and Exam)

8 a.m.–6 p.m. Alternative Funding Development Program

Leadership Development Seminar

Building Customer Service and Winning Customer

Loyalty

7:30 a.m.–5 p.m. AFRS PTI Training

### Tuesday, October 13

7:30 a.m.–5:30 p.m. Registration

8 a.m.–5:30 p.m. Meetings

8 a.m.–11 a.m. Alternative Funding Development Program

Leadership Development Seminar

Building Customer Service and Winning Customer

Loyalty

8:15 a.m.–5 p.m. Off-Site Institutes

8:30 a.m. Golf Tournament—Valley View Golf Course

12:15 p.m.–5:15 p.m. Education Sessions

1 p.m.–2:30 p.m. NRPA Leadership Orientation

5:30 p.m.–7 p.m. Welcome Reception

### Wednesday, October 14

7:30 a.m.–5:30 p.m. Registration

8:30 a.m.–10:30 a.m. Opening General Session & Keynote

2 p.m.–5 p.m. Meetings

10:30 a.m.–5 p.m. Exhibit Hall Open

2 p.m.–5:15 p.m. Education Sessions

### Thursday, October 15

7:30 a.m.–11:30 a.m. Meetings

7:30 a.m.–5 p.m. Registration

7:30 a.m.–8:30 a.m. Fun Run/Walk

8:30 a.m.–11:45 a.m. Education Sessions

8:15 a.m.–3 p.m. Off-Site Institutes

11 a.m.–4 p.m. Exhibit Hall Open

2 p.m.–5 p.m. Meetings

2 p.m.–5:15 p.m. Education Sessions

TBD Citizen Branch Awards

5 p.m.–7 p.m. Career Fair

6:30 p.m.–7:30 p.m. EMS Banquet

### Friday, October 16

7:30 a.m.–11:30 a.m. Meetings

7:30 a.m.–2:30 p.m. Registration

8:30 a.m.–11:45 a.m. Education Sessions

10 a.m.–2 p.m. Exhibit Hall Open

2 p.m.–3:15 p.m. Education Sessions

2 p.m.–5 p.m. Meetings

3:45 p.m.–5 p.m. Closing General Session

5:30 p.m.–7:30 p.m. Closing Party

### Saturday, October 17

7:30 a.m.–5 p.m. Meetings

\*Schedule and times subject to change

- A leadership style that encourages a culture of agility, one that allows for a rapid response to sudden changes in programs, markets, competition, and other technological and workplace trends; and

- A performance-oriented focus in which people are encouraged to turn new challenges into opportunities, rather than viewing change as a threat to be feared.

“In these difficult economic times, it will be refreshing and instructive to learn from one of the truly great minds in strategic planning,” says NRPA Chief Executive Officer Barbara Tulipane. “Attendees will leave the conference well armed with a variety of tools and strategies to help them successfully confront the challenges of the coming year.”

In addition to Carroll’s keynote address, the NRPA Congress features many other must-attend events and forums: more than 200 educational ses-

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sions, a trade show with more than 400 vendors specializing in parks and recreation, one-on-one introductions to colleges and universities offering parks and recreation degrees, and a career fair. Additionally, attendees will have opportunities to experience the beautiful areas surrounding Salt Lake City with custom-designed optional programs.

The National Recreation and Park Association is a national not-for-profit organization dedicated to advancing park, recreation and conservation efforts that enhance quality of life for all people. Through its network of 20,000 professionals and citizens, NRPA

encourages the promotion of healthy lifestyles, recreation initiatives, and conservation of natural and cultural resources.

Headquartered in Ashburn, VA, NRPA works closely with local, state, and national recreation and park agencies, citizen groups, and corporations to carry out its objectives. Priorities include advocating favorable legislation and public policy; increasing public awareness of the importance of parks and recreation; providing continuing education, professional certification and university accreditation; and conducting research and technical assistance. For more information, visit [www.nrpa.org](http://www.nrpa.org). ■

## Off Site Institutes

**October 13**

### **Unique Recreation Facilities**

#### **—Working with Special Interest Groups**

Salt Lake County residents overwhelmingly approved the Zoo, Arts and Parks (ZAP) Tax which provides \$0.01 of every \$10 spent in the county for the development and construction of recreation facilities. Salt Lake County parks and recreation have 23 ZAP projects currently underway with many special interest facilities designed to meet the needs of a specific user group. The "Flight Park" is a unique facility designed for the hang-gliding population. Learn about the process of working with and designing a special-use recreation facility.

### **The National Ability Center: The Recreational Approach to "Challenging All Abilities"**

Since 1985, the National Ability Center (NAC) has been providing opportunities for individuals with disabilities to discover their abilities. This institute will focus on teaching and demonstrating the methods NAC has used for more than two decades. Learn in a hands-on environment how five of the NAC's 23 programs work to see success.

### **Collaborating to Bring About the Future of Recreation**

Snyderville Basin Special Recreation District, a special service district, along with Park City Recreation, a municipal department, have collaborated to bring residents of Western Summit County a wide variety of recreational opportunities unique to the area: Tour the Basin Recreation Field House, an indoor artificial turf facility; Park City's Dirt Jump Bike Park, with over an acre of jumps for beginner to advance riders; Park City's Skate Park, Utah's largest concrete park; and Park City's Sports Complex, a collaborative effort by both entities to bring an Olympic size Ice Rink, an outdoor artificial turf field, three softball fields, two multipurpose fields, and one exhibition field with stadium seating to the area. Learn about the political process, development, operations and maintenance, and programming unique to each facility.

### **Cities Partnering with Developers to Create Community**

South Jordan is one of the fastest growing cities in Utah. Development has skyrocketed in the past 5 years with much of the growth occurring within Daybreak, a planned community on the west end of the city that includes more than 1,000 acres of parks,

trails, open space, and a 35-acre lake. With so much growth in such a short period of time, it is important to establish a strong working relationship between the city and developers as many of the parks have already or will in the future be turned over to the city. Learn how to maintain an effective working relationship with developers in creating an effective park system within the community. Visit the new Oquirrh Lake, Daybreak Information Pavilion, and various parks throughout the community.

### **Parks and Recreation as an Economic Development Tool**

Major League Soccer's ReAL Salt Lake franchise sought a new soccer-specific stadium in 2005. After much debate, a site in Sandy City was selected for the stadium. Sandy City supported the stadium development to pursue redevelopment in the surrounding area and to create a partnership between the team and the parks and recreation department for support of local recreation programming. In addition to touring the soccer stadium, we will tour another location where park facilities played key roles in the surrounding commercial development.

### **Horses to Horse Power**

**9:45 a.m. – 5 p.m. 0.7 CEUs**

Deseret Peak Complex, a public facility, and Miller Motor Sports Park, a privately owned company, are located strategically adjacent to one another. Together they provide an interesting mix of recreation and culture, both public and private. It is a multi-use recreational facility built on 206 acres with a variety of venues that reflect the needs and customs of the community. The various activities include: equestrian, sport fields, swimming pool, BMX and Moto X tracks, a museum, and convention facilities. Miller Motor Sports Park is the premier road race course in North America sitting on 511 acres and the amenities include: a Kart Track, Paddock, Rental Garages, Club House, Larry H. Miller Auto Museum and Performance Training Center Home of the Ford Racing High Performance Driving School.

### **Municipal Golf:**

#### **The Economic Impact and Opportunities for Success**

Participate in a series of highly interactive, hands-on walk-throughs covering a variety of golf operations topics including the economic impact of golf to park and recreation agencies and tips from the industry professionals to ensure positive economic revenue.

Experience five mini-sessions on the following topics: the customer experience; accessible golf; evaluation and planning for golf course improvements, the health and wellness benefits of golf; golf course maintenance and operations. Each session will last approximately 40 minutes.

### **Building the Future: Green Recreation Facilities**

Salt Lake County residents overwhelmingly approved the Zoo, Arts and Parks (ZAP) Tax which provides \$0.01 of every \$10 spent in the county for the development and construction of recreation facilities. Salt Lake County parks and recreation have 23 ZAP projects currently underway with two multi-million dollar recreation facilities being built to new LEED Certification standards. They will be two of the first buildings in the county to be green buildings. Come see, visit, and learn about the LEED certification process and building first hand.

### **Community Fishing: Landing Partnerships in Fisheries Management and Education**

Gone Fishing. As cities increase in size and developments expand outward, outdoor recreation becomes more difficult. Community or urban fisheries is one way the Utah Division of Wildlife Resources is bringing back traditional outdoor activities. The Division is committed to developing community fisheries: places one can walk, bike, or bus to; and catch a fish or two. Community fisheries provide a fun, easy way to spend quality time with family and friends outdoors. Nearly 40 community fishing waters have been developed in Utah, many by partnerships with local park and recreation agencies. Visit three local waters and discuss their creation, operation, maintenance, and funding.

### **Discover the Reinvention of Ogden City: World Class High Adventure Sports Capital!**

Is it getting harder to attract new businesses and families to your town? Then it is time to learn how Ogden City reinvented itself from a railroad town to a world class high adventure sports capital! Learn how your city can find a new marketing niche that could bring new businesses and families to your town. See Ogden's High Adventure facilities, how they secured world class sporting events and meet their leaders! Learn their secrets how they created a new marketing niche.

# Like politics, all overseeding is local

*Editor's note: We asked university professors from warm-season states for advice on more successful overseeding results. Here are the responses we received.*

## HERE ARE THE QUESTIONS WE ASKED OUR PANEL:

What criteria should be used to make a choice to overseed bermudagrass athletic fields? What turfgrass variety works well for overseeding in your region? Is there any good choice other than perennial ryegrass? What is the best timing to overseed in your region? Do you recommend using a plant growth regulator before overseeding bermudagrass? What other practices/strategies do you recommend for best overseeding results?

### Dr. A.J. Powell, University of Kentucky

Since our bermuda growing season is only about 4–5 months, bermuda is always best if not overseeded at all. However, overseeding is a must for bermuda baseball/softball fields since almost the entire spring season would be played on dormant—ugly bermuda. Football and soccer fields that are mostly used in the summer and/or fall should not be overseeded because of several reasons: (1) Even with

successful overseeding, the green extension period is only important for about the last one or two games after the bermuda would normally be dormant; (2) we can never get a uniform overseed cover unless you have a 2–3 week period in the fall where play can be excluded and the overseed can be forced to establish from seed. Overseeding in the fall while play resumes never gives the overseed a chance to establish in the high traffic areas, which are the most visible areas on the fields. (3) The overseed species is very competitive with the bermuda and always reduces the amount of verdure (organic cover) that can be established during the summer off-season establishment period. Even when a successful herbicide and management program is used to remove the overseed species in late spring or early summer, the bermuda is never as good as it would be if overseeding had not occurred. If you have a choice, don't overseed!

Perennial ryegrass is the only species that we in Kentucky can get established fairly quickly and the only species in which the seedling



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can take the heavy traffic normally imposed.

Mid-September to mid-October is our best seeding period, i.e. after the bermuda slows growth with cooler nights and shorter days, but before the soil temperature reduces to the point that rapid germination of the perennial ryegrass cannot be achieved.

I have never found growth regulators to be effective. Since we cannot slit seed for fear of increasing winter kill, the growth regulator used on the bermuda will likely increase the bermuda density, possibly making it more difficult to get good soil/seed contact and subsequent seedling growth. Using a PGR just before seeding has normally been inconsequential.



» TURFCO'S TriWave 60 Overseeder

What other practices/strategies do you recommend for best overseeding results? Force ryegrass germination; remove all traffic, thin the bermuda canopy by slightly lowering the mowing height and removing the clippings, overseed with at least 10 pounds of perennial ryegrass seed per 1000 sq ft, mat/chain drag the seed to the soil surface, frequently irrigate to keep surface moist until germination occurs, apply about 1 pound/1000 of soluble N immediately after germination. Then, just watch the perennial ryegrass prosper and the bermuda begin to suffer!

#### **Dr. Gil Landry, University of Georgia**

Agronomically, your choice should be the frequency and type of use during the dormant season; certainly for sports like soccer and baseball where field surface may significantly impact the play of the ball. Overseeding provides the ability to recover from injury during bermudagrass dormancy. Finally, if appearance is important then it should be done. To evaluate the entire picture costs of seed, fertilizer, any herbicide changes from normal, water, mowing, equipment maintenance and personnel time is certainly increased to accomplish this task.

Annual ryegrass is fine for low budget situations and there are transitional mixes or blends that are promoted for easing spring transition.

What is the best timing to overseed in your region? Some common indicators for timing overseeding include: soil temperatures at a 4-inch depth approaching 75 degrees, night temperatures consistently in the 50's, average midday temperature below 70 degrees, or 2 to 4 weeks before the average annual first killing frost date.

Do you recommend using a plant growth regulator before overseeding Bermudagrass? What other practices/strategies do you recommend for best overseeding results?

We would not recommend a growth regulator unless overseeding had to be done earlier than recommended and the bermudagrass was still aggressively growing. Success is dependent on a 365-day program but the bermudagrass canopy should be opened by scalping or sweeping to provide reasonable opening for the ryegrass. If they want strong ryegrass in the spring good seed to soil contact is important. If not then a less open canopy is fine. Water during emergence and establishment are important. Finally, chemical removal of ryegrass in spring significantly enhances earlier green-up of bermudagrass in the spring.

#### **Dr. John Sorochan, University of Tennessee**

What criteria should be used to make a choice to overseed bermudagrass athletic fields? First is cost/budget; this includes seed cost and additional labor costs for continued maintenance of growing turf. If you're in the transition zone and you can overseed, do it.

Overseeding is the approach where the upcoming game is the most important game, and as bermudagrass goes dormant in the fall it is important to maintain a consistent playing surface, and overseeding does this. Also, you want to be able to remove overseeding in spring as soon as possible, because it will set back the bermudagrass otherwise.

Most improved perennial ryegrass varieties do well in Tennessee; you do get what you pay for regarding quality seed with high purity and high germination. Pretty much all of the major seed companies have excellent overseeding blends of perennial ryegrass. My experience comparing perennial ryegrass, intermediate ryegrass, annual ryegrass, and rough bluegrass for overseeding athletic fields is the perennial ryegrass, regardless of variety, is the superior choice. Intermediate ryegrass and annual ryegrass establish much quicker, but do not have the wear tolerance of perennial ryegrass, and they grow too fast increasing mowing frequencies. Thus, you again get what you pay for.

Perennial ryegrass is more expensive, but it wears better, looks better, grows slower, and doesn't require reseeding as often, so in the long run will end up costing you less even when you pay more per pound of seed. Rough bluegrass takes too long to establish compared to perennial ryegrass.

What is the best timing to overseed in your region? Late summer early fall just as the bermudagrass begins to slowdown in growth. In Tennessee this is typically mid September to early or mid October.

*Continued on page 29*

# New Golden Gopher football stadium opens

TCF Bank Stadium, the new home of Minnesota Golden Gopher football, isn't just a football venue, according to the university, but also a monumental contribution to the university's heritage, as well as a living, breathing icon for the whole community to enjoy. The stadium is located on the northeast side of the Minneapolis campus, near the site of the former Memorial Stadium.

The stadium's open-air horseshoe design allows a capacity of 50,000. With sustainability in mind, 97% of the nearly 9,000 tons of steel used in the structure came from recycled steel. Flexibility was also a key component of the design, with expansion capability up to 80,000 seats. All those seats are housed in a collegiate look and feel that will complement the campus environment, create two landscaped plazas, and accommodate other uses. The total cost is \$288.5 million, which includes site preparation, the stadium itself, and district improvements. The improvements are particularly notable. The stadium is part of a 75-acre expansion of the Twin Cities campus—the largest since the West Bank was built in the 1960s. Current plans for the area call for the construction of as many as 10 new academic buildings by 2015. The proposed Central Corridor light rail transit line is expected to run near the stadium, with a station in Stadium Village serving the facility.

Minnesota selected FieldTurf for the new stadium, which will officially debut on September 12 when the Gophers host Air Force.

HOK Architects (now known as Populous) was the primary architect and designer. The facility is a traditional horseshoe-style college stadium that retains many of the design elements of Minnesota's Memorial Stadium. The stadium's field is oriented in an east-west configuration, the only football stadium in the Big Ten to be laid out that way. Fans will understand this orientation come game days, with the sweeping views of both campus as well as the Minneapolis skyline through the structure's magnificently open west end. Installation of the brick and cast stone portion of the building began in the summer of 2008; the first brick was laid by Hilding Mortenson, 100 years old, who was a bricklayer for Memorial Stadium in 1924. TCF Bank Stadium will also feature the fourth largest video board in all of college football.

» Below: TO MAXIMIZE USABLE SPACE, RESI created a multi-functional plaza that eliminates the need for a traditional stormwater holding pond.



Above: Photo by Eric Miller, University of Minnesota Athletics



» Above: THE EPIC SYSTEM located within the subsurface of the landscape plaza filters, stores and controls storm water runoff from 3.75 acres of TCF Stadium's drainage area.

Designed and built by Daktronics, the video board is 48 feet high by 108 feet wide and includes Daktronics' HD-X light-emitting diode (LED) video display technology.

RESI (Rehbein Environmental Solutions, Inc.) installed its Environmental Passive Integrated Chamber (EPIC System) stormwater management system and Netlon Advanced Turf System (Netlon ATS) outside the stadium. To maximize usable space, RESI created a multi-functional plaza that eliminates the need for a traditional stormwater holding pond. Netlon ATS stabilizes soil, improves load bearing capacity, reduces compaction and decreases the potential for rutting and deformation when it will be used for media vehicle parking, says RESI. The EPIC System located within the subsurface of the landscape plaza filters, stores and controls storm water runoff from 3.75 acres of TCF Stadium's drainage area. This watershed is seven times the footprint (0.54 acres) of the underground EPIC System, will manage all runoff from a 3.5-inch rain event and filter and hold more than 140,000 gallons of water.

Water treatment capability of the EPIC System removes pollutants from stormwater by filtering runoff through the plants roots and sandy soil. At TCF Bank Stadium, the EPIC System can remove more than 85% of phosphorous pollutants in the water. The design and system will prevent downstream water bodies from having excessive algae growth and maintain the health of the Mississippi River.

"Within this highly urban site, space is at a premium and we added value to the landscape function" said Mark Apfelbacher, Senior Sustainability Consultant and LEED AP at RESI. "The system provides a beautiful solution that improves water quality, enhances natural turf grass strength to support the weight of media trucks and can still be a usable space for Minnesota fans."

Headquartered in Minneapolis, RESI is a green-build environmental company that consults and designs with proprietary technology to create usable green spaces, such as parks or athletic fields, grass parking areas and green roofs that clean, store and re-use storm water and other water resources. RESI projects include the Houston Texans Stadium, Southern Methodist University (SMU), the Minnesota Twins Stadium Plaza and the FIFA 2010 World Cup Nelson Mandela Bay Stadium in Port Elizabeth, South Africa. ■



Photo by Eric Miller, University of Minnesota Athletics

## Smart tech could save billions of liters of water

An article by Mark Kolmar and Michael Szabo on [www.reuters.com](http://www.reuters.com) says Americans can save some of the 225 billion gallons of water wasted each year through over-watering by installing smart systems which deliver just the right amount of moisture.

Homeowners and companies overwater their grass and plants by between 30 and 300 percent, said Chris Spain, chief sustainability officer at water management company HydroPoint, citing a report by the American Water Works Association.

"The reason for the waste is because of dumb technology," Spain said. "There are 45 million irrigation systems in the U.S. (controlled) by simple timers. They do a great job of keeping time but a lousy job of irrigating to what the land requires."

City landscaping, or "urban irrigation," makes up 58 percent of urban water use, Spain said, adding that the water wasted generates more than 544,000 tons of greenhouse gases annually.

Smart irrigation systems are programmed to optimize water use based on parameters including plant and soil types and amount of sunlight, and also feature weather sensors that monitor soil moisture levels following rainfall.

"U.S. water-related energy use is at least 521 million megawatt hours a year, equivalent to 13 percent of the nation's electricity consumption," said a River Network Carbon Footprint of Water report published in May.

"The carbon associated with moving, treating and heating water in the U.S. is at least 290 million tons a year."

Climate change also affects water levels, with western states experiencing their driest years since records began.

This year marks the third of drought for the most-populous state of California where lawmakers are urging residents to take shorter showers and water lawns less frequently to cut consumption a fifth.

Several studies found that smart irrigation systems command water savings of between 16 and 30 percent over traditional timer-based controllers, which come at a similar cost.

"It's not like solar, lighting or other systems which require vast infrastructure changes," Spain said, adding that his clients have saved \$75 million in water cost savings.

Jennifer Riley-Chetwynd of Rain Bird said her company saw a corporate headquarters nearly halve water used for irrigation from 416,000 gallons per year to 214,000 gallons. ■

## A few words from Mike McDonald, CSFM

**SportsTurf:** How was the decision made on installing FieldTurf, and were you involved in that choice?

**Mike McDonald, CSFM, turf manager for the University of Minnesota:**

Administrators and the football coaching staff picked from different companies, then put it out to bid. I was not involved but I did put in my 2 cents anyway.

**ST:** What systems have been installed to irrigate/cool the field? What is the drainage system? And how much were you involved in those choices?

**McDonald:** The cooling theory has been proven not to last long, so no underground irrigation was installed. I did have four water connections put in the goal line areas of the field wall. The drainage is a herring bone system draining into a perimeter main around the field. No say in this area.

**ST:** What new equipment has been purchased to maintain the synthetic surface?

**McDonald:** Along with the brush and sweeper FieldTurf includes with their system, we purchased a Redexim sweeper from Charterhouse.

**ST:** Have you put together a maintenance plan for this surface?

**McDonald:** We're going with the same type of plan as our practice turf. Hand pick after daily use. Broom as needed. Redexim sweep every 3-5 weeks as use/debris determines. Because this is an outdoor field, we do not plan on sanitizing it. ■



Continued from page 26

The playing schedule is also important. It is best to plan overseeding where you can limit the use as long as possible to allow the seed to germinate and begin to establish. You can overseed just before a game or practice to allow the athletes to push the seed in to promote necessary seed to soil contact, but you still want to limit use as much as possible after to promote germination and establishment.

I actually have a student working on PGRs and overseeding right now, and I will know a lot more after this season. So far from what we have seen it depends on the bermudagrass variety being grown and the timing of the PGR application. PGRs do help with wear on some bermudagrass varieties that we have tested.

Anything you can do to promote optimal seed to soil contact when overseeding, with the exception of scalping the bermudagrass, is great. Scalping the bermudagrass may stress it too much and limit its winter survival/recovery. Brushing in the seed, light sand topdressing after, and rolling are three keys to improving seed to soil contact.

#### Dr. James McAfee, Texas A & M

What criteria should be used to make a choice to overseed bermudagrass athletic fields? If the field is used extensively during the dormant season for bermudagrass, then the manager should consider overseeding the field for play. Basically overseeding is done primarily on baseball/softball and soccer fields in this area.

What turfgrass variety works well for overseeding in Texas? Is there any good choice other than perennial ryegrass? I still recommend the perennial ryegrass as the best choice. While annual ryegrass can be used, it does not work as good as the perennial ryegrasses. Also, when you look at the difference in seeding rates, annual is not all that much cheaper than perennial. Only advantage I can see to the annuals is a quicker spring transition.

What is the best timing to overseed in your region? For the Dallas/Fort Worth area of the state, mid-October to early November is the best time to plant the cool-season grasses such as perennial ryegrass.

Do you recommend using a plant growth regulator before overseeding bermudagrass? I do recommend using a growth regulator. However, I don't think very many sports field managers in this area are using growth regulators in conjunction with overseeding.

What other practices/strategies do you recommend for best overseeding results? One of the keys to a successful overseeding is getting good seed to soil contact. Therefore, I normally recommend scalping the bermudagrass and a light vertical mowing of the bermudagrass. The next key is proper irrigation following application of seed. In my experience, most overseeding failures can be tied to improper irrigation of the newly planted ryegrass seed. ■

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## Selecting the proper synthetic turf maintenance equipment

» REGULAR SYNTHETIC TURF MAINTENANCE insures long life and safe playing conditions.

Pick a drag brush that is designed **specifically** for synthetic playing surfaces.

*Editor's note: This article was written by Paul Hollis of Redexim Charterhouse, Inc.*

**T**he sports turf industry has seen a great increase in the number of synthetic turf fields over the past decade. Unlike the first and second generations of synthetic turf, the third generation playing fields have longer fibers and are filled with rubber, sand, or a mixture of both to reduce the hardness of the playing surface.

While many buyers of these surfaces cite their being "maintenance free" as a major purchasing consideration, after seeing many fields that are 6-8 years old that have not been maintained, the manufacturers themselves will admit that there needs to be a degree of maintenance done to the fields to prolong the life of the field

and keep them aesthetically pleasing. The most disappointing thing to sports turf managers is that most of manufacturers will claim that only they or one of their installers can properly maintain the carpet.

To better understand the maintenance required of today's synthetic fields, one must understand the basic construction of the synthetic playing surface. It consists of fibers or carpet, the infill (sand or rubber), backing material, a choker stone layer, open grade and soil. It



» **IF USED PROPERLY** a vacuum can remove hair, dust and other small pollutants that a blower will move from one place to another.

may sound complicated, but in essence the fields are not all that different from your household carpet. In order to select the proper maintenance machine for your field you must remember three