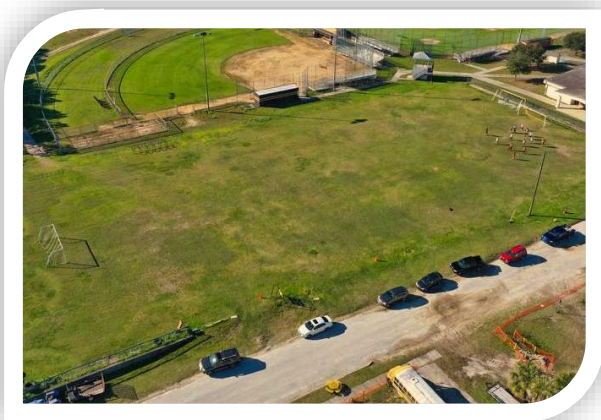




American Football / Soccer Field Maintenance Program

Expectations on today's sports fields are much higher than they were when many of us played in high school. High expectations often lead to disappointing outcomes when fields do not meet the expectations of coaches, players, and parents. There is often a gap between what is expected and what is necessary to provide a safe, playable field.

But with expectation comes challenge, Football / Soccer Field maintenance is no exception. In response to increasing demand for outdoor sports and activities. Facilities and departments must provide fields that are safe and prepared for play, while many times operating with limited resources. Sports turf managers are being called upon to find proactive and creative new solutions to maintain and even increase the quality of their Football / Soccer fields that are placed under higher traffic demands.



Aeration:

Concentrated foot traffic quickly compacts soil on fields, which eliminates air space and leads to suffocating roots. The gasping roots weaken and cause divots, which results in the stand of grass thinning out. The weak roots also require additional hydration, yet water from irrigation and rainfall is not able to penetrate the compacted soils easily.

Aggressive aeration solves many of these problems by increasing turfgrass density and decreasing water usage. Because water is better able to move through the soil profile, it also decreases the number of events cancelled due to rainfall.

An aeration program should be vigorously energetic implemented a minimum of 1-2 times per month. It should show initiative and forcefulness: taking place in short windows of opportunity between events and in conditions that may not typically be seen as ideal such as heat, at night, etc.

Fertilization:

Grass fertilization provides essential nutrients that support healthy turf growth, color, and resilience. By delivering key elements like nitrogen, phosphorus, and potassium, fertilization strengthens grass roots, boosts disease resistance, and enhances recovery from stress and wear. This is especially important for high-traffic areas like sports fields and golf courses to maintain a healthy, playable surface.

Nitrogen is one of three key macronutrients required for maintained plant growth and health. Because nitrogen is key in producing proteins, it should always be present. However, excessive nitrogen leads to faster growth, which is a factor in turfgrass destruction on high-traffic fields.

Whereas faster growth could be seen as essential to a plant's recovery time, the faster growth actually weakens the cell walls of the plant. Just as a child who is growing quickly can have weak bones, the plant's cell walls become weak and thin. They are easily invaded by pathogens and punctured by traffic. A stand of turf subjected to aggressive nitrogen fertilization will thin out quickly in the high traffic areas and will be prone to diseases such as brown patch and pythium.

A Fertilization program should take place at least 1-2 times per growing season to ensure that low and slow levels of nitrogen and other necessary micro-nutrients are delivered to the plant as needed throughout the growing season which will be determined by provided soil tests.

Topdressing / Levelling / Recycler Top-Dresser:

Topdressing is the process of applying a thin layer of material, usually sand or a compost mix, over the turf. This practice smooths the surface, improves soil structure, enhances drainage, and aids in thatch breakdown. Regular topdressing promotes healthier turf by encouraging deeper root growth and providing a more resilient, even playing surface. It's commonly used on athletic fields to maintain turf quality and longevity.

Successive applications of thick layers of topdressing without soil incorporation will result in a build-up of applied material at the soil surface that may cause rapid drying of turf roots and form a layer that restricts rooting into the soil. The best way to incorporate compost into the soil is through aeration. This operation is best performed during when grass is actively growing.

A recycling top-dresser is a turf management tool that collects, processes, and redistributes soil and organic material directly back onto the turf surface. By reusing existing materials, it reduces the need for additional topdressing supplies, cuts down on waste, and promotes healthier, more sustainable turf growth. This process helps improve soil structure, drainage, and nutrient availability, making it an ideal solution for maintaining high-quality turf while minimizing environmental impact and operational costs.

A topdressing or Recycling dresser program should be decided upon the facility's needs and budget. The recycler dresser is the most budget friendly option and can be completed one to two times per growing season.

Wash out or damage to the field or areas that are too heavily damaged must be filled & re-graded some sod-work may be necessary to re-establish grass. This can be priced in separately.

Scalping:

Scalping is the removal of dormant, straw-coloured turf, and it promotes earlier green-up and helps prevent thatch and weed problems throughout the summer.

The ideal time to scalp your field is early spring when the grass is about to or just starting to green up. This timing varies every year with temperatures, but is typically March 1st to April 1st for Bermuda land mid-March to mid-April for Zoysia.

Scalping at the start of the growing season will give you a competitive edge and quicker green up over your competition. One scalp per year is recommended at the beginning of the growing season.

Vertical Mowing:

Vertical mowing, is a turf maintenance practice that involves cutting vertically into the turf to remove thatch, improve air circulation, and encourage new grass growth. This process creates small grooves in the soil, which helps reduce compaction, enhances water and nutrient absorption, and promotes a denser, healthier turf. Verti-cutting is especially useful for high-traffic areas, as it helps prevent thatch buildup and maintains the playing quality of the turf by stimulating robust root development.

Vertical Mowing should be carried out in the middle of the growing season. Depending on the growing conditions it should be completed one or two times per season depending on need.