



**CHARLOTTE
AMBUSH**
FIELD HOCKEY CLUB



Alexander Graham Middle School Field Hockey

TEAM DETAILS: This is an Alexander Graham MS club team managed by Charlotte Ambush Field Hockey Club.

Season Dates: Start - First week of school. End - October 16 (End of Season Tournament)

Practice/Game Information:

- Practice will be Tuesdays and Thursdays at [Marion Diehl Adaptive Field](#) (5-6:30PM). Why? We are gathering a group of interested parties to renovate "the pit", until that is done, we feel like, for the sake of player development, the turf field will be advantageous.
- Games will be played at Matthews Sportsplex, Elon Park, and other area schools.
- Typically one to two games per week on Monday/Wednesday/Friday. Usually 5pm or 6pm.
- Plan on a 3-4 day/week commitment.

Do I need experience to play?

No! Beginners as well as experienced players are all welcome! MS field hockey is about developing skills and a love for the game!

What do I need to start playing Field Hockey?

- Field hockey stick (returning players, do you need a new grip?)
- Field Hockey Shin guards (we recommend the hard kind)
- Mouth guard (cannot be white or clear)
- Turf shoes or cleats are recommended. Please note that regular athletic shoes offer little support for lateral movement and minimal traction.

(if access to any of this equipment is a problem, please reach out to Terry@CharlotteAmbush.com)

Meet our head coach -

Hannah Retherford grew up in PA and played at St Francis University.

She has coached for Ambush for two seasons. She is looking forward to getting to know and work with your kids!



We are looking for an assistant for Hannah. Please spread the word!



What do I need to do now?

- Go to www.CharlotteAmbush.com > [Interscholastic Teams](#) and register now!
- For more information: Contact Terry Loeb at (Terry@CharlotteAmbush.com)

Cost:

- \$395 for the season.
- We believe that money should never get in the way of the desire to play (scholarships available)!!
- You can pay all at once or use a payment plan option.
- Contact Sarah (Coach K - info@charlotteambush.com) for information about confidential need-based scholarships.
- This cost covers all the nuts and bolts that it takes to run a sports program - coaches, umpires, field space, EMTs, equipment, etc.

Got Questions?? Contact Terry Loeb - Charlotte Ambush Athletic Director (Terry@CharlotteAmbush.com)

Where can I purchase Field Hockey supplies?

You can get some of these things at local new or used sporting goods stores, but the best source is Aerial Field Hockey. The folks who own Aerial are super nice and very knowledgeable about the game and what you will need. They have extremely competitive pricing and beginner kits.

Call/Text: 704-650-1138 email: aerialfh@gmail.com Website: <http://www.aerialfieldhockey.com/>

