



## Lake Norman Area Community Middle School Field Hockey

### TEAM DETAILS:

This is a middle school community field hockey team hosted by Lake Norman Christian School and managed by Charlotte Ambush Field Hockey Club. In addition to serving the middle school students of Lake Norman Christian School, individuals whose school doesn't have field hockey may join this team. The team is open to 6-8 graders.

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

#### Practice/Game Information:

- Practice will likely be Tuesdays and Thursdays after school. Exact Time/Location TBD (hopefully at North Meck Park between 4-5:30PM).
- Home games will hopefully be at Christ the King HS while away games will be at Matthews Sportsplex.
- Typically one to two games per week on Monday/Wednesday/Friday. (9 games per season)
- Plan on a 3-4 day/week commitment.



### Do I need experience to play?

- No! Middle School Field Hockey is all about learning skills and developing a love of the game!
- Head Coach Krista Ryan has years of experience coaching field hockey and looks forward to teaching you the game!
- We are looking for an assistant coach for this team. Know anyone with playing experience? Send them my way ([terry@CharlotteAmbush.com](mailto:terry@CharlotteAmbush.com))

### 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](mailto:Terry@CharlotteAmbush.com))

### What do I need to do now?

- Encourage your friends and classmates to join you in the fall! Beginners welcome!!
- Go to [www.CharlotteAmbush.com](http://www.CharlotteAmbush.com) > [Interscholastic Teams](#) and register!
- For more information: Contact Terry Loeb at ([Terry@CharlotteAmbush.com](mailto:Terry@CharlotteAmbush.com))
- **REGISTRATION officially CLOSES July 2!** (But we will hold it open until we have a full roster)

### Cost:

- \$395 for the season. You can simply put a deposit down now. Full payment is not due until Aug 15.
- 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](mailto:info@charlotteambush.com)) for information about 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](mailto: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](mailto:aerialfh@gmail.com) Website: <http://www.aerialfieldhockey.com/>**

