



## Porter Ridge High School Field Hockey Team

### TEAM DETAILS:

This is a Porter Ridge HS Interscholastic Field Hockey team managed by Charlotte Ambush Field Hockey Club in partnership with Porter Ridge High School. The team is open to all PRHS girls.

### Season Dates:

August 2 - October 16 (End of Season Tournament)

### Practice/Game Information:

- Practice will be Monday - Friday on the PRMS practice field 3:30-5:00pm.
- We will have 14 games during the season. One or two games per week.
- Games will typically be Tuesdays /Thursdays at Matthews Sportsplex.
- Please plan for a 5 day a week commitment including practices and games.

### Do I need experience to play?

**No!** We have fabulous coaches who will teach you the game!!

Multi-sport athletes are welcome to play!

**Head Coach:** Carissa Pitera ([carissa.pitera@gmail.com](mailto:carissa.pitera@gmail.com))

**Assistant Coaches:** Abby Moore ([ahmoore.75@gmail.com](mailto:ahmoore.75@gmail.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 pre-register now!
- Check the website for Summer Training opportunities.
- **REGISTRATION CLOSES July 2**

### Cost:

- \$425 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](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. NOTE: NEW UNIFORMS THIS SEASON!!

**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 new or used sporting goods stores. We recommend Aerial Field Hockey (locally owned and operated). The folks at Aerial are super nice and very knowledgeable about the game and help fit equipment to your specific needs/budget. They have competitive pricing and beginner kits. Call/Text: 704-650-1138 email: [aerialfh@gmail.com](mailto:aerialfh@gmail.com) Website: <http://www.aerialfieldhockey.com/>

