



## South Mecklenburg High School Field Hockey

### TEAM DETAILS:

This is a SMHS Club team managed by Charlotte Ambush Field Hockey Club. The team is recognized as a full Varsity Program by the NC Field Hockey Association ([NCFHA](#)).

### Season Dates:

JV - August 2 - October 16 (End of Season Tournament)

Varsity - August 2 - mid-November depending on post-season play.

### Practice Information: Practice/Game Information:

- Practice will be Monday - Friday at [Marion Diehl Adaptive Turf](#) (Queens University Sportsplex - 2229 Tyvola Rd)
- We will have 14 games during the season.
- Practices are mandatory
- Games will typically be Tuesdays / Thursdays.
- Please plan for a 5 day a week commitment including practices and games.

### Coaches:

Casey Carrigan - [Casey@CharlotteAmbush.com](mailto:Casey@CharlotteAmbush.com)

Esty Byrd - [estherlaurabyrd@gmail.com](mailto:estherlaurabyrd@gmail.com)

Krista Meyers - [krimeyers@gmail.com](mailto:krimeyers@gmail.com)

We are looking for another coach - know someone? Contact [Terry@CharlotteAmbush.com](mailto:Terry@CharlotteAmbush.com)

**Teacher Liaison:** Jessica Repetti - [jessicak.repetti@cms.k12.nc.us](mailto:jessicak.repetti@cms.k12.nc.us)

### 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 are recommended. Alternatively a quality pair of athletic shoes with good traction sole (note - running shoes offer very little lateral support)

### Cost:

- \$425 for the season.
- We believe that money should never get in the way of the desire to play (need based 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.

### What do we 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 NOW!

For more information: Contact Terry Loeb at ([Terry@CharlotteAmbush.com](mailto:Terry@CharlotteAmbush.com))

### Where can I purchase Field Hockey supplies?

You can get some of these things at the local sports stores, but the best place to get them is through Aerial Field Hockey. The owner is super nice and very knowledgeable about the game and what you will need.

Call/Text: 704-650-1138 email: [aerialFH@gmail.com](mailto:aerialFH@gmail.com) Website: <http://www.aerialfieldhockey.com/>



Charlotte Ambush is a 501-c3 Non-profit organization.