



**CHARLOTTE
AMBUSH**
FIELD HOCKEY CLUB

Cuthbertson High School Field Hockey Team

TEAM DETAILS:

This is a Cuthbertson High School Field Hockey team managed by Charlotte Ambush Field Hockey Club. Open to students of Cuthbertson HS.

Season Dates: August 16 - October 16 (End of Season Tournament)

Practice/Game Information: This will be an "introductory season" with only 2 practices per week and a total of 5 games. Practices will be Monday & Wednesday at Matthews Sportsplex 3:30-5PM. This is a 2-3 day per week commitment. Games will typically be Tuesdays or Fridays at Matthews Sportsplex or schools in the Charlotte Area.

Do I need experience to play?

No! Please come on out and we will all learn together! Multi-sport athletes welcome!!

Head Coach: Jordan Parody

Assistant Coaches: Tina Dannaker

We still are in need of two more assistants. Please contact Terry@CharlotteAmbush.com if you or someone you know might be interested.

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)

Registration is open NOW

Please register by July 30

What do I need to do now?

- **Go to www.CharlotteAmbush.com > [Interscholastic Teams](#) and pre-register now!**
- **For more information:** Contact Terry Loeb at (Terry@CharlotteAmbush.com).
- CHS requires that each player have a NCHSAA sports physical in order to participate. Please [USE THIS FORM](#). Physicals need to be completed before athletes can start workouts.

Cost:

- \$250 for the season. (note: this is an "introductory season" fee to reflect two practices and 5 regular season games).
- 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 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 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 **Website:** <http://www.aerialfieldhockey.com/>

