



**CHARLOTTE
AMBUSH**
FIELD HOCKEY CLUB



East Community JV Field Hockey Team

TEAM DETAILS:

This is the East Community Field Hockey team managed by Charlotte Ambush Field Hockey Club. This community Interscholastic Field Hockey Team is open to players from **any High School**.

Season Dates:

August 2 - October 16 (End of Season Tournament)

Practice/Game Information:

- Practice will be Monday - Friday at [James Boyce Park](#) - 4:30-6PM
- We will have 14 games during the season.
- Games will typically be Tuesdays /Thursdays at Matthews Sportsplex.
- Please plan for a 5 day a week commitment including practices and games.

Coaches: Head coach - Krista Meyers

Assistant coaches - Natalie Lang/Alicia Roberts

Do I need experience to play?

No! We are all about teaching you the game and providing quality interscholastic competition! Multi-sport Athletes are welcome!!

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)



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 > [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 (need based 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.

Cost, transportation or if you need a safe place between school and practice, these should not keep you from playing! Our team parents will be coordinating and helping arrange carpools and study locations for anyone who needs assistance.

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/>

