



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. This year will be our first year as an INDEPENDENT VARSITY PROGRAM. This means that for the 2022 season we will play a JV schedule and 2023 a varsity schedule. This is a stepwise process to becoming a fully recognized varsity program in the state of North Carolina.

Season Dates:

August 1 - October 21

Practice/Game Information:

- Practice will be Monday - Friday on the PRHS soccer field 5-6:30PM.
- 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: Brittanee Cervini (Brittanee.Jaquish@gmail.com)

Assistant Coach: Carissa Pitera



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 >Fall 2022 and register now!** (<https://charlotteambush.com/fall2022/>)
- Check the website for Spring and 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) 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/>**

