



**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. The team is recognized as a full Varsity Program by the NC Field Hockey Association ([NCFHA](#)).

### Season Dates:

JV - August 1 - October 21 (End of Season Tournament Oct 15 - the only Saturday event)

Varsity - August 1 - mid-November depending on post-season play.

### Practice Information: Practice/Game Information:

- Practice will be Monday - Friday 3:30-5PM Elon Park
- We will have 14-18 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:

**Program Head:** Christine Maestri, [christineballance@yahoo.com](mailto:christineballance@yahoo.com)

**Coaches:** Tina Dannaker/Tara Plank

We still are in need of a head JV Coach. Please contact [Terry@CharlotteAmbush.com](mailto:Terry@CharlotteAmbush.com) if you or someone you know might be interested.

### What if I have never played before?

- Not a problem! Our JV program is developmental. We are here to teach you to play.
- Try a clinic or summer camp - [charlotteambush.com/summer2022/](http://charlotteambush.com/summer2022/)
- Multi-sport athletes encouraged

### 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?

- **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)) or any of your coaches.
- 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:

- \$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..

### 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/>

Charlotte Ambush is a 501-c3 Non-profit organization. Go to [www.CharlotteAmbush.com](http://www.CharlotteAmbush.com) for more information.

