



## Randolph MS Field Hockey

### TEAM DETAILS:

This is a Randolph Middle School club team managed by Charlotte Ambush Field Hockey Club. The team is open to 6-8 graders.

### Season Dates:

August 30 - October 15 (End of Season Tournament)

### Practice Information: Practice/Game Information:

- Practice will be Tues/Thurs immediately after school on the practice field.
- We will have 8-9 games during the season.
- Games will typically be M/W/F at Randolph, Matthews Sportsplex, and other area schools.
- Please plan for 3-4 day a week commitment including practices and games.

### Coaches:

**Head Coach:** Cara Waller (wallercara@yahoo.com)

**Assistant Coach:** Alex Rausch

### What if I have never played before?

- Not a problem! Our MS 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 are encouraged.

### What do I need to start playing Field Hockey?

- Field hockey stick
- 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.
- Pair of each - black and white long socks, and black compression shorts for under the uniform.

### What do I need to do now?

- Go to [www.CharlotteAmbush.com/fall2022/](http://www.CharlotteAmbush.com/fall2022/) and register!
- **For more information:** Contact Terry Loeb at ([Terry@CharlotteAmbush.com](mailto:Terry@CharlotteAmbush.com))

### Cost:

- \$395 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/>**



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