



South Mecklenburg High School Field Hockey

TEAM DETAILS:

This is a SMHS Club team managed by Charlotte Ambush Field Hockey Club. 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 - Saturday Oct 15)

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

Practice/Game Information:

- Practice will be Monday - Friday at William R Davie Park 4-5:30PM
- We will have 14-16 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.
- Optional summer workouts will be provided.



Do I need experience to play?

NO! Players of all levels are welcome! Multi-sport athletes are encouraged to join!

Coaches: Head coach - Casey Carrigan - Casey@CharlotteAmbush.com

Assistant/JV Coaches - Jessica Repetti, Skyla Lally, and Nadia Khashman

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 are recommended. Alternatively a quality pair of athletic shoes with good traction sole (note - running shoes offer very little lateral support)

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.

What do we do now?

- Encourage your friends and classmates to join you in the fall! Beginners welcome!!
- NCFHA 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
- Go to www.CharlotteAmbush.com/fall2022 and register NOW!
- For more information: Contact Terry Loeb at Terry@CharlotteAmbush.com

Where can I purchase Field Hockey supplies?

You can get some of these things at the local sports stores, but the best place to get them is through Aerial Field Hockey. The owner is super nice and very knowledgeable about the game and what you will need.

Call/Text: 704-650-1138 email: aerialFH@gmail.com Website: <http://www.aerialfieldhockey.com/>

Charlotte Ambush is a 501-c3 Non-profit organization.

