



**CHARLOTTE
AMBUSH**
FIELD HOCKEY CLUB

Cuthbertson Middle School Field Hockey Team

TEAM DETAILS:

This is a Cuthbertson Middle School Field Hockey team managed by Charlotte Ambush Field Hockey Club. Open to students of Cuthbertson MS.

Season Dates:

August 30 - October 15 (End of Season Tournament)

Practice Information: Practice/Game Information:

- Practice will be Tues/Thurs Town Creek Park 5:30-7PM
- We will have 8-9 games during the season.
- Games will typically be M/W/F.
- Please plan for 3-4 day a week commitment including practices and games.

Coaches:

Head Coach: Shannon Hynes

Assistant Coach: We need an assistant Coach. Contact Terry@CharlotteAmbush.com if you or someone you know might be interested.

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/
- 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.

What do I need to do now?

- Go to www.CharlotteAmbush.com/fall2022 and register now!
- For more information: Contact Terry Loeb at (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) 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 **Website:**

<http://www.aerialfieldhockey.com/>

Charlotte Ambush is a 501-c3 Non-profit organization. Go to www.CharlotteAmbush.com for more information.

