



Christ the King HS Community JV Field Hockey Team

DO I NEED EXPERIENCE TO PLAY?

NO! We have super enthusiastic coaches who will teach you the game! Our JV program is developmental. We are here to teach you to play.

TEAM DETAILS:

This is a community interscholastic Junior Varsity club Field Hockey team managed by Charlotte Ambush Field Hockey Club and hosted by Christ the King High School.

Cost:

- \$465 for the season.
- You can pay all at once or use a payment plan option.
- This cost covers all the nuts and bolts that it takes to run the program in partnership with CTK.
- Please contact Sarah (Heacock@charlotteambush.com) regarding need based scholarships.

Season Dates:

JV - August 11 - October 18 (End of Season Tournament)

Practice/Game Information:

- Practice will be Monday-Friday at CTK practice field (upper field) generally 6:30-7:45pm. Exact time TBD.
- We will have 10-12 games during the season.
- Practices are mandatory
- Games will typically be Tuesdays or Thursdays.
- Please plan for a 5 day a week commitment including practices and games.

Coaching Staff:

Head Coach: Nicolina Castronovo

Assistant Coaches: Nina Koeing

What do I need to do now?

Go to www.CharlotteAmbush.com > [Interscholastic Teams](#) and register now!

For more information: Contact Sarah Heacock (heacock@charlotteambush.com)

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 (running sneakers) offer little support for lateral movement and minimal traction.

For more information: Contact Sarah Heacock at (heacock@charlotteambush.com)

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