

Currently being updated

Field Hockey

Welcome to WJHS Field Hockey!!!

IMPORTANT! Before getting started!

Please visit the WJHS Athletics page and the [Athletics calendar](#):

And fill out the following forms (no paper copies):

<https://wilmette39wjhs.ss9.sharpschool.com/athletics> &

<https://wjhs.wilmette39.org/cms/One.aspx?portalId=361787&pageId=30129022>

The WJHS Athletics calendar will be updated when practices are canceled, scheduled games change or added, so please refer to the calendar as your main source of information about what's going on, when and where!

> Practices take place between 3.20-4.30 pm Monday through Thursday.

> Friday at West Park: dates 8/28, 9/4, 9/11, 9/18, 10/2, 10/9. We'll go to West Park by bus but girls need to be picked up promptly at 4.45 pm at West Park. No practice on school holidays, please check calendar and weekly updates.

Game start times are mostly an indication. The schools closeby may be able to get here earlier for a 4.15 pm (and v.v.) start time while the schools further away (LF, city, etc.) may be closer to 4.30 pm. General start time is 4.30 pm. This often depends on traffic, when schools get out and when buses are available. We also have to wait for an umpire to arrive before starting. Flexibility is key.

Team Communications: *Remind App*

For easier communication we've set up a Remind group wjhsfh26 (the app can be downloaded on your phone). Students can join too (if you allow them, and only if the parent is opted in as well). Text @wjhsfh26 to 81010 to join.

Weekly Updates

Every weekend we'll send out a weekly overview about what's coming up for the week ahead to make sure we're all on the same page. Please read the weekly update first before asking any questions.

Zoom Parent Meeting

Pre-season Zoom Meeting for all athletes' parents (and athletes if they wish). Newcomers are advised to join in. LINK + DATE / TIME TBC.

Fee

Once the teams have been confirmed, please pay the fee via Power School. Please pay promptly. **No pay, no play!** Please note: your daughter will **NOT** be allowed to play games until the fees have been paid. Please make sure payment is in order well ahead of the first game. This rule will be strictly enforced as per WJHS orders. Please contact the school for financial support.

Tryouts

Tryouts will take place on Monday 8/24 and Tuesday 8/25 at 3.20 through 4.30 pm behind the school on the Community Playfields. Please wear athletic clothing and be ready to run.

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- The maximum number of players on a field hockey team is 16 players (either JV / V or 7th grade / 8th grade team or a combination, 32 total). In case we don't have sufficient numbers for 2 teams, **the one combined team will be capped at 20 players** in order to allow sufficient playing time for the girls.
- Field hockey is a cut-sport
- Tryouts are mandatory to make a team
- In the case of fewer than 16 players (or 20 players if one team), a student may request the ADs and coaches to join the field hockey team without tryouts before 8/26/26. Only in case they've been cut from another sport, e.g. volleyball, and the maximum number of players, has not been exceeded.
- Previous selection does not guarantee a repeat selection
- In case a grade doesn't have a sufficient number of players, we may go ahead with only one team / grade. In this case, we plan to select a few athletes of the affected grade to join practices and possibly games at the coaches' discretion. We try our best to give everyone a chance to be active!

Regular practices

Monday through Thursday from 3:20 - 4.30 pm. There will be NO practice for either team in case one of the teams plays a game, as we simply can't be in 2 places at the same time. On certain Fridays practices take place at West Park just west of the Eden's on Lake Avenue. The girls need to be picked up at West Park at 4.45 pm. The school will arrange transportation to West Park. Transportation home must be arranged by the parents. *Exact location in Google Maps: <https://goo.gl/maps/cJFUpNrvnGK2>. Having practice on turf will improve their game and enhance their experience.*

The girls can change in the locker room between 3.10 and 3.20 pm. They're expected outside on the field dressed at 3.20 pm where they can have a snack before starting practice. The changing rooms are NOT a hangout place! Appropriate behavior is needed or WJHS will close the changing rooms.

Transportation Home (optional): At WJHS they may take the after school activity bus, which leaves WJHS at 4:45 PM. The bus is free of charge for students participating in after-school programs (not just bus riders). We will make sure the girls can catch the bus. Please click here to see the routes to verify which bus your student should use (there are three buses this year that are geography based).

https://wilmette39wjhs.ss9.sharpschool.com/our_school/late_bus_routes

Location: We will practice at **WJHS** at the Community Playfields, it is regular grass, just to the east of the tennis courts, behind the Learning Commons.

Practice Goals and objectives:

1. Warm up (improve muscle flexibility, cardio)
2. Build a strong, cohesive team (who's who, ice breakers, etc.)
3. Understand hockey basics (field positions, rules, etc.)
4. Field hockey skills (passing, dribbling, team communication, etc.)
5. Put our skills to use via scrimmage

Practice / Game Absences

If your daughter needs to miss practice you can email Franca or use Remind. Please have the girls show responsibility on their part to inform the coach about missing a practice or game. Please mark absences in this sheet.

https://docs.google.com/spreadsheets/d/1L_Io03ZP_FBvzs6Mz1HnsjhDDFHsfQcA35yclOhvLCM/edit?usp=sharing

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Kit / Uniform

Brand new uniforms for season 2026 / 2027!

All girls will receive a skort and reversible pinnie which needs to be returned at the end of the season right after the last game. All uniforms will be washed at school / Franca's house after the season. So please make sure the girls bring clothes to change into after that final game. If uniforms are not returned, a fee will be applied (\$50 per item). In case it gets too cold a plain white long sleeve undershirt and a pair of black leggings are allowed under their uniform (no other colors accepted in order to keep it consistent).

In addition, the girls must have a pair of plain white and royal blue socks. An [example / option](#).

Uniforms

1. Blue socks
2. White socks
3. Black skort (provided by WJHS)
4. Blue / white reversible pinnie (provided by WJHS)
5. White undershirt (optional, cold days, no prints on sleeves, etc.)
6. Hair should be pulled back in a ponytail and/or headband
7. No jewelry (small ear studs are allowed - but we'd advise the girls to cover them with tape as the umpires may request this). Have tape or band aids in your bag. Bring a small ziplock in case you need to take it off.
8. If you have a reversible practice pinnie, please bring. We have practice pinnies as well.

Games

Length: Games typically last 50 min (2 x 25 or 2 x 20 minutes) depending on weather conditions and time of sunset later in the season.

Snacks: Over the past years, the girls have enjoyed having a snack before practice and before getting on the bus for a game. We make a snack schedule for away games. Parents are asked to supply snacks for the team once per season (ideally large / Costco size). Details to follow. In case your kids have allergies, please supply their snacks.

Sports Conduct: We expect the girls to exhibit a high level of sportsmanship WJHS athletes are known to have. Please be respectful to your teammates, the opposition, coaches, officials and parents. Unsportsmanlike conduct from players on the field or from the bench will not be accepted and will have consequences.

Playing Time: Coaches will do their best to distribute playing time fairly. We strive to have all girls play and improve. Coaches are, however, making such judgment calls based on what we believe to be best for the entire team. Please keep in mind that coaches will not talk about your child's playing time or another student's playing time. We strive to make this a great learning experience for all girls at all levels. This is not a travel sport however we do expect commitment and involvement at all times.

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Phone use and sideline behavior during games: During practices and games, no phones are allowed (unless there's an emergency). All substitutes will need to remain standing with the coach on the side of the field in order to be considered to go back onto the field. It becomes very difficult to coach and sub when the girls start chatting with their friends and parents in various places while the game is going on. We request parents to watch the game from the opposite side of the field.

Northwestern games

We highly recommend watching a game at Northwestern's Lakeside Field for a real fast field hockey experience on water turf! Schedule: INSERT

New Trier (Varsity) games: Cheer on the Trevians!

NTFH will host our annual Junior High Day on Saturday, October 3rd. Details will follow.

Does your daughter want to be a part of a varsity game? Sign her up to be a ball girl! No experience required. Ball girls will be able to experience what it is like to be on the sidelines of a varsity game and will receive a prize! Sign up here: INSERT.

Check out the schedule and other events: <https://www.newtrier.k12.il.us/fieldhockey>.

Transportation

Typically, a school bus will take the girls to the away games, and home (from Lake Bluff / Lake Forest and the city of Chicago). The buses leave from **door 27** (cafeteria). For games at New Trier and NSCD there will be no return bus back to school. Same for practices at West Park. Pick up by parent / carpool.

Equipment

Equipment

1. Mouth guard (mandatory, no mouth guard, no play / practice!)
2. Shin guards are mandatory
3. Outdoor field hockey stick (we have loaners available)
4. Cleats (for grass fields), gym or multi-turf shoes (for grass and/or turf fields). **NO CLEATS ARE ALLOWED ON NEW TRIER TURF (9/17 AND 9/29)!**
5. Water bottle
6. Hair ties
7. Sports tape / bandaids in case of pierced ears
8. Pinnie if you have one
9. Appropriate sports' gear / athletic wear (no practice in jeans shorts, cropped tops, Converse shoes and the likes.

Without the safety equipment they will NOT be allowed to play (practice and/or scrimmage). Safety comes first especially on this surface. We would highly discourage you from buying sticks at Play it Again Sports without contacting coach Franca first. Unfortunately they have very little knowledge. They'll sell you an indoor stick for outdoor use, they'll sell you a highly advanced (stiff) stick for an absolute beginner, but worst of all, they'll sell you a basic stick for more than it originally costs. Please contact Coach Franca if you need any additional information on sticks so I can point you in the right direction.

FORGOT YOUR MOUTH GUARD?

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We have you covered! We will have basic mouthguards for sale for \$2 a piece. [We'll keep track of the supply.](#) You either sit out or buy a mouthguard (payment can take place later; in cash please).

If you made it this far down the document, congrats! Another exciting topic is [the SNACK box](#). We found that the girls are often hungry after school but tend to run out of food. So we're asking parents to donate around 24 pieces of healthier snacks (crackers / granola bars, and other individually Costco size boxes) to the snack box so that everyone can grab a snack after school.

Equipment Tips

The best option for a range of equipment: <https://www.longstreth.com/>. If you need advice on equipment (including sticks) I should be able to point you in the right direction. Some tips on what to look for in sticks (and the differences): <https://www.sportsunlimitedinc.com/how-to-buy-a-field-hockey-stick.html>. Dick's in the Glen is also a reasonable option.

In terms of length, most girls will play with a 35"/35.5"/36" (if still on the smaller side) or 36.5" (a regular adult size stick), or 37.5"/38.5" for people who are very tall (5'11"+). A stick length of 36.5" should fit most girls between 5'5" and 5'10".

A beginner stick often has 10% carbon (or no carbon at all). If your daughter has played a few years and plans to play at New Trier, you may want to look at sticks with 30-40% carbon (so you won't have to upgrade again next year). Most likely you'll be spending between \$100-150. Avoid extreme late bows (a late bow or standard / mid bow is preferred) as it makes hitting flat balls more difficult.

Beyond Fall Field Hockey

If you'd like your daughter to continue playing field hockey, please feel free to reach out to Franca. I am very much up to date on the different programs in the region, especially Windy City Field Hockey (with Roots, Academy, Select and Travel, but also Stride and Indoor) and Rise Evanston (at Quad and Robert Crown in Evanston). I still actively coach at Windy City in almost every program. I am also available for private sessions. I try to inform you of Windy City's major registration dates. Please be aware that especially Roots and Winter Select sell out within minutes (I am not kidding!).

Winter Windy City Field Hockey

For Winter, check Windy City Select: <https://windycityfieldhockey.com/select/>

Select is mandatory for those interested in trying out for Travel teams. For a slightly lower, more beginner / developmental level there is Academy or Roots (up to 8th grade).

Windy City Field Hockey: <http://windycityfieldhockey.com/>

Rise Field Hockey: <https://www.risefieldhockey.com/page/show/3546231--rise-evanston->

Northwestern has camps & clinics as well: <http://www.northwesternfieldhockeycamp.com/>. New Trier, Loyola Academy and Lake Forest Academy have camps during summer too. Coach Franca is also available for privates at West Park.

At the end of the season I also send a one-page heads up to our 8th grade parents so they're aware of what high school field hockey looks like.

Field Hockey Basics

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Many of you have played soccer or perhaps ice hockey before, and while there are similarities, there are also many differences. In order to enjoy your daughter's games even better check out:

[Field Hockey Explained](#) 4:30

[Field Hockey for dummies/How to play](#) 2:43

[Field Hockey 101](#) 5:09

Coaches Information

Head coach: Franca Hekster (312) 483 0683 / franca.tobias.3@gmail.com