



**CHARLOTTE
AMBUSH**
FIELD HOCKEY CLUB

Cuthbertson High School Field Hockey Team

TEAM DETAILS:

This is a Cuthbertson High School Field Hockey team managed by Charlotte Ambush Field Hockey Club. Open to students of Cuthbertson HS. The team is recognized as a full Varsity Program by the NC Field Hockey Association ([NCFHA](#)).

Season Dates:

JV - August 1 - October 21

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

Practice Information: Practice/Game Information:

- Practice will be Monday - Friday 4:15-5:30 Elon Park
- 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.

Head Coach: Jette Trumbauer

What if I have never played before?

- Not a problem! Our JV program is developmental. We are here to teach you to play.
- Try a clinic or summer camp - www.charlotteambush.com
- Multi-sport athletes encouraged

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 offer little support for lateral movement and minimal traction.

What do I need to do now?

- **Go to www.CharlotteAmbush.com > Programs > Fall and register now!**
- **For more information:** Contact heacock@charlotteambush.com or any of your coaches.
- CHS 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.

Cost:

- \$485 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 (Sarah Heacock - heacock@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..