



CLARK

FIELD HOCKEY



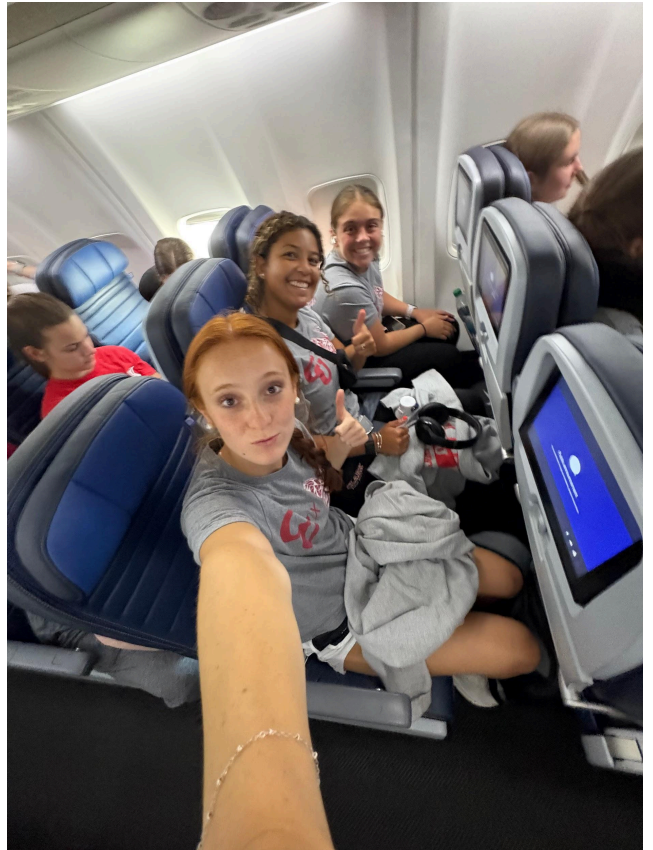
Hey y'all, it's Abbe Cravinho here checking in for day one of the CUFH trip to Costa Rica! Our first flight boards in about 30 minutes and then we have a long day of travel ahead of us. We have a layover in Houston, Texas, where we will be playing lots of games to pass time and making sure that people get in their body weight workout from Erin, the Clark Trainer!



Here is a picture of a few of us on the bus bright and early this morning :) Met at the Kneller for 3:30am!

I graduated from Clark in 2024 with my Bachelor's in Mathematics and then got my Master's in Teaching in 2025. I am now a current Worcester Public School Teacher at South High Community School just down the road in Main South. I am so grateful that the team and Coach have allowed me to join them on this incredible opportunity!!

On the plane to Houston! See you in a bit!



It's 10:25 and we just arrived in Houston! Off to spend time in the airport until our later flight this afternoon.



Coaches are excited to be here and start this wonderful trip!

Rising seniors Emma and Loren are taking a break from their “Spit” card game battle! (One of my favorite card games to play)



Had to bring banana grams to play!

Rising junior and sophomore Rachel and Kelsey are waiting to board our next flight!



Rising Junior Cassie and her twin Josie (WSU) using this time to watch the new season of Ginny and Georgia! During this trip they will get the chance to play together until the big Clark v. Woo State match up on August 30th!



Don't worry Coach Erin, they are doing their workout!



Don't worry everybody, we have been stuck in the Houston airport since 10:25 this morning :,) I'm

As Luke Combs says, HOUSTON WE HAVE A PROBLEM!!!!!!

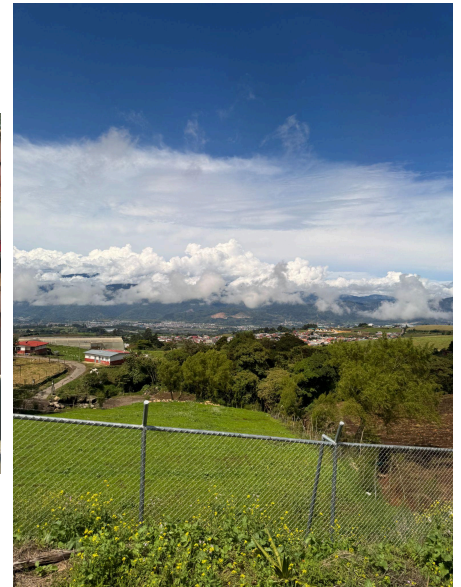


My fortune has brought me hope though that things are going to turn around! Our plane is arriving here at 8:30 local time and we should be in Costa Rica by 12 midnight!



WE MADE IT!

Hey! This is Rachel and I'll be blogging day 2 of our amazing journey! Today started off with a team breakfast at the hotel and then we hit the road to visit the Irazu Volcano !



On the bus ride to the volcano, our wonderful guide Cristain taught us so much about the country. Some highlights are that Costa Rica is split between two mountains and most people live in the valley. The population in the valley is 3 million, out of 5 million total. Also, the world colones, which is the Costa Rican currency, is after



Christopher Columbus. There is a park where the army was abolished and the congress building is. And also, throughout the nation there is significant American influence because it is such a popular location for American retirees to move to.



While at the volcano, we learned a ton about the history and location. The national park has two main craters but also a “secret” third one that has been completely covered by sand and we were able to walk on it. At the viewing point at the very top, you can see both coasts of Costa Rica when the sky is clear. Unfortunately, when we went up, it was quite cloudy but the views were incredible nonetheless.



After the volcano experience we headed to lunch and then had our first game! We played a great game against El Salvador. It was such an incredible experience to be able to play teams from outside of the United States and the game was extremely competitive as well!



Post-game we boarded the bus and headed to a church that is hugely important to Costa Rican citizens. It is known as the Basilica de Los Angeles. The church is split into three parts: the main part, the spring, and the place to make religious offerings. Costa Ricans will walk great distances, even over the course of multiple days, to be able to visit this church as it is such a huge piece of both their religion and Costa Rican culture.



After the incredible experience at the Church, we headed back to the hotel to get ready for dinner where we shared a wonderful meal together! The night ended there and we all headed back to the hotel to get some sleep before our early

wake up tomorrow before another awesome day!

Day 3!!

We had a day filled with so many different adventures and traveling! Just a photo collage for today, but the pictures are amazing!

Some Old heads playing field hockey! So happy that us alum were able to play!



Scenes from our cooking lesson!



A cat I named Coco!



CUFH team photo pre game!

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Stopped at a fruit market on the way to Manuel Antonio.



Our second stop was to see some crocodiles in this river! The water is a brownish color due to the heavy rain in the mountains.









Team photo with the Costa Rican National Team! We took the dub 3-0 with goals by Morgan (2) and Alison!



Got to stop and see a sunset in Quepos before dinner!







Our bus driver Jose made a new friend with the kitty!





Treats from the Costa Rican National Team. These were SO delicious!



Mo sharing her drip drop with Jose.



Day 4!!

Hello! Senior captain Alison logging onto the blog to share day 4 of our trip!
Today we woke up at our new hotel Shana By The Beach in Manuel Antonio!
Tucked in the mountains we had some beautiful views.



Today we had our first give back opportunity. We got to go to Cerros Elementary and hang out with local fourth graders! This was definitely one of my favorite parts of the trip. First, we taught the kids how to play field hockey, a sport they had never heard of.



After a little bit of field hockey, we decided to switch it up and show them how we play handball (a CUFH favorite game).



Post handball celebration picture with Emma, Loren, and their new friend Kevin!

Lastly, they showed us football (American soccer). It is safe to say that we should all stick to playing field hockey...



Big group picture after our time together! After hugs goodbye and some sharing of Skittles and Starbursts for the kids to try it was time to head back to the hotel for the day.

Once we were back at the hotel we had some free time to enjoy the beach and the pool!



After working up a sweat playing with the kids a dunk in the ocean was much needed :)



Rachael and I rented a paddle board! Super fun and a great arm workout... shoutout coach Erin.

Next we decided to end the afternoon by the pool!



We got some yummy pineapple smoothies, fully embracing the vacation spirit.

Jenna got a pizza, except she wasn't the only one who got to eat it...



I guess the monkeys in Costa Rica like margarita pizza.



And apparently they like smoothies too!

Lastly, CUFH ended the night with a delicious dinner at our hotel.





Thank you again to Christian and Jose for another great day in Costa Rica!



Pura Vida!!!!

Day 5

Hi all! Senior Loren Root here for day 5 of the blog. Today we split up for a morning either relaxing by the pool or hiking a nearby national park. In the afternoon, we boarded a catamaran boat to explore the ocean!

After having breakfast at our hotel, we split into two groups. One group stayed at the hotel to chill by the pool, while the other went to a nearby national park to encounter some animals.

For lunch, we boarded the bus into town and split up to find food and fun shops. I joined my fellow seniors Emma and Jenna at a small lunch shop where I got a delicious smoothie with pineapple, strawberry, and mango!



After lunch, we took a short bus ride to the port to await our boat. While waiting, we saw fish darting along the shoreline and iguanas sunning on the rocks. Our boat included two stories, a bar with fruit and juice, and a waterslide!



We took turns going down the slide and jumping off the top deck of the boat. We were all a bit nervous (the slide was pretty much a ninety degree angle) but we pushed ourselves to try it and had a great time!



Jenna and I went kayaking around the boat, and captain Morgan steered us safely to our destination.

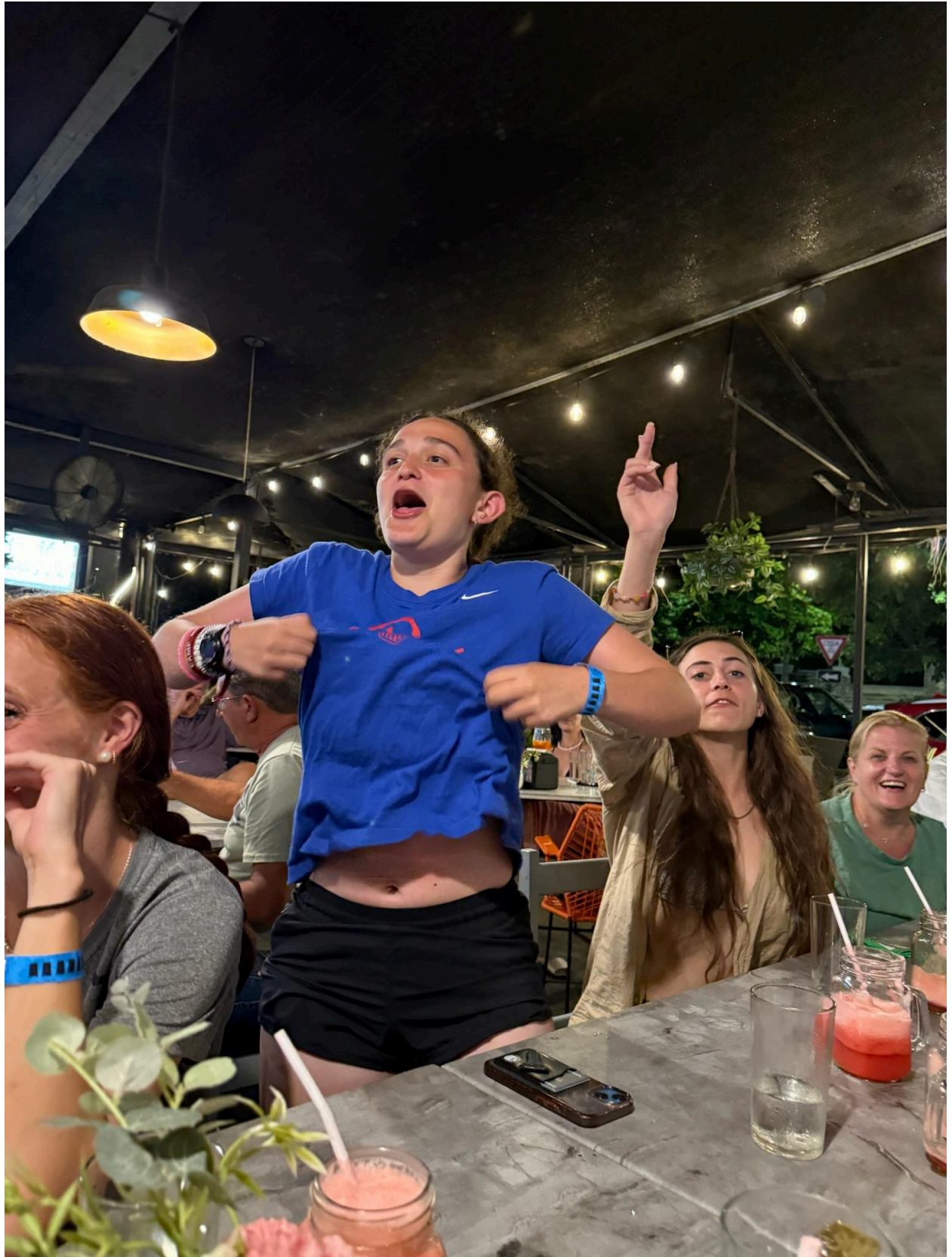




Morgan and Rachel tried snorkeling, but unfortunately the water was too cloudy to see due to some inclement weather. They looked cool trying though!



We ended the day with a nice dinner in town, where we watched the USA men's football team play Costa Rica. The energy in the restaurant was unmatched, even when the USA won in sudden death shootouts (go USA!!)



Today was a blast, and I can't wait to see what tomorrow has in store! Tune in tomorrow to see!!

Day 6

Senior Jenna Beauchain here for day 6 of the blog. Follow along for our last day in Costa Rica with a beach clean up, zip lining, and our farewell dinner!

After a yummy breakfast at our hotel - Shana at the Beach - we packed our bags and headed on our adventure to our new hotel with some fun stops on the way.

We stopped first at the Playa Hermosa-Punta Mala Wildlife Refuge to complete our second give back, cleaning up the beach where we saw turtle eggs!





Next we hopped back on the bus and stopped at a local restaurant to grab some lunch! I had a chicken quesadilla that was delicious!



Our next stop was one of my favorite adventures of the trip, zip lining! We started off our activity putting on our harnesses and receiving a safety tutorial!





After our tutorial we got into a bus that took us up to the top of the mountain and took a team photo!



The zip lining course had 9 different zip lines with option to go upside down and getting bounced! Here are some of my favorite photos from the adventure featuring sophomore Kelsey and Senior Emma!



We arrived at the hotel 2 hours later and got a quick swim in before dinner!





Last but not least, we had our farewell dinner. We were all super sad to be leaving such a gorgeous place but were so grateful to be able to experience it all together!



Thank you for reading our blog and following along for our awesome trip! Stay tuned for our next trip abroad in 2028

Our Favorite Moments:

My favorite part of our trip to Costa Rica was spending time with local fourth graders, teaching them field hockey and playing handball with them. It was incredibly rewarding to introduce them to field hockey, a sport that they had never heard of, while connecting through laughter, teamwork, and competition. Their enthusiasm and energy made the experience unforgettable.

-Alison #20

My favorite part was interacting with the people that we met throughout the trip. It was so cool to get to play and talk to the players on the Costa Rica and El Salvador national teams and compare our different experiences with the sport we love. I also loved interacting with the kids at the local school. They taught us words and lingo and really leaned into the activities that we were doing.

-Kelsey #5

My favorite part of the trip was definitely playing with the kids! I made a mini best friend - his name was Kevin - and we played in goal together for our little game of handball. He took handball and soccer very seriously, directing me in the soccer net and teaching me how to playfully taunt the other team in Spanish. I also loved having family dinners together each night where we could bond over what we did during the day during our dinner conversations and experience local culture through the delicious food.

- Emma #22

My favorite part of the trip was being able to do all of the activities with my teammates. I had such a blast on the zipline adventure and a huge piece of why is because of how much fun our team has together. The same went for our boat adventure. Doing the slide, high dive and snorkeling was such a great time because we got to do it together. Spending a week in another country with this team was such a pleasure and I loved every adventure we took together.

- Rachel #33

My favorite part of this trip was having these once in a lifetime opportunities and being able to experience them with my friends and teammates. I really enjoyed hanging out with the local kids and being able to teach them a sport they never knew of before. Knowing we were making a difference in their life and they were making a difference in our lives was very important. I also had so much fun zip lining across the many platforms and all the different activities on the catamaran boat. This trip was an amazing adventure for all of us.

-Cassie #6

My favorite part of the trip was going to a local elementary school and spending time with the children there. We started off our visit by playing a game that the children often play to break the ice and then started handing out our sticks for them to play with. Many of the kids quickly picked up on how to play and it was super fun! We also showed them how to play handball which was a big hit and ended off our visit with a soccer game in which our guide, Cristian joined! It was such a great way to immerse ourselves in the Costa Rican culture and to bring some of our culture to them. I loved seeing all the smiling faces - both on the kids and on my teammates.

-Jenna #15

My favorite part of this trip was playing field hockey against the national teams from Costa Rica and El Salvador. It was amazing to experience the sport I love outside of a US setting and getting to connect with players who spoke another language. The games themselves were fast paced and fun with action on both ends. After the games, we got to meet the players and exchange gifts including stickers, bracelets, and jerseys. I loved meeting the goalie for El Salvador and exchanging jerseys with her. I hope to see field hockey abroad again someday!

-Loren #88

My favorite part of this field hockey trip was getting to experience a new culture and what things that it entails. It was very cool to see how different people can live and how similar it may be at the same time. I really enjoyed getting to meet all of the new people and kids. It is something I will remember for the rest of my college career.

-Tishy #3

I had a lot of favorite moments on this trip from just spending time with my teammates to hanging out with Jose the bus driver it was just so much fun. My favorite part of Costa Rica trip was probably hanging out with the kids from the school. I liked teaching them field hockey but I extra enjoyed getting to play their games and doing some of the things they would normally do!

Morgan #9