


Off Season Field Hockey Programs (last updated 2.4.2025)

Determine age division using the following:




NATIONAL & REGIONAL CLUB EVENTS AGE DIVISION REFERENCE CHART

EFFECTIVE AUGUST 1, 2024

BIRTH YEAR & MONTH	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
JANUARY			U19	U19	U16	U16	U14	U14	U12	U12	U10	U10	U8	U8
FEBRUARY			U19	U19	U16	U16	U14	U14	U12	U12	U10	U10	U8	U8
MARCH			U19	U19	U16	U16	U14	U14	U12	U12	U10	U10	U8	U8
APRIL		*	U19	U19	U16	U16	U14	U14	U12	U12	U10	U10	U8	U8
MAY			U19	U19	U16	U16	U14	U14	U12	U12	U10	U10	U8	U8
JUNE			U19	U19	U16	U16	U14	U14	U12	U12	U10	U10	U8	U8
JULY			U19	U19	U16	U16	U14	U14	U12	U12	U10	U10	U8	U8
AUGUST			U19	U19	U16	U16	U14	U14	U12	U12	U10	U10	U8	U8
SEPTEMBER			U19	U19	U16	U16	U14	U14	U12	U12	U10	U10	U8	U8
OCTOBER		*	U19	U19	U16	U16	U14	U14	U12	U12	U10	U10	U8	U8
NOVEMBER			U19	U19	U16	U16	U14	U14	U12	U12	U10	U10	U8	U8
DECEMBER			U19	U19	U16	U16	U14	U14	U12	U12	U10	U10	U8	U8

* If an athlete has not received collegiate training, he/she is still eligible to compete in the U-19 division

NOTE: THIS AGE CHART IS FOR USA FIELD HOCKEY, AND ONLY FOR THE 2025 SEASON (AUGUST 1, 2024 - JULY 31, 2025)



Patriot Field Hockey

<https://patriotfh.com/>

Main Contact: Kimberly Meehan patriot@patriotfh.com

General Location: **Norwood** (40 mins)

<h2>U19</h2> <h3>SPRING FIELD HOCKEY</h3> <h4>TRYOUTS</h4> <p>Join us for our spring session tryouts</p> <p>Sunday February 23, 2025 11:00PM -1:00PM</p> <p>Compete 576 Pleasant Street Norwood, MA</p> <p>REGISTER AT: www.patriotfh.com</p> 	<h2>U16</h2> <h3>SPRING FIELD HOCKEY</h3> <h4>TRYOUTS</h4> <p>Join us for our spring session tryouts</p> <p>Sunday February 23, 2025 2:30PM -7PM Exact Times TBD</p> <p>Forekicks Norfolk 10 Pine Street Norfolk, MA</p> <p>REGISTER AT: www.patriotfh.com</p> 
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<h2>U14</h2> <h3>SPRING FIELD HOCKEY</h3> <h4>TRYOUTS</h4> <p>Join us for our spring session tryouts</p> <p>Sunday March 2, 2025 1:00PM -5:30PM Exact times TBD</p> <p>Forekicks Norfolk 10 Pine Street Norfolk, MA</p> <p>REGISTER AT: www.patriotfh.com</p> 	<h2>U12</h2> <h3>SPRING FIELD HOCKEY</h3> <h4>TRYOUTS</h4> <p>Join us for our spring session tryouts</p> <p>Sunday February 23, 2025 1:00PM -2:30PM</p> <p>Forekicks Norfolk 10 Pine Street Norfolk, MA</p> <p>REGISTER AT: www.patriotfh.com</p> 	<h2>U10</h2> <h3>SPRING FIELD HOCKEY</h3> <h4>TRYOUTS</h4> <p>Join us for our spring session tryouts</p> <p>Friday February 28, 2025 6:00PM -7:00PM</p> <p>Compete 576 Pleasant Street Norwood, MA</p> <p>REGISTER AT: www.patriotfh.com</p> 
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Cape Ann Field Hockey Club

<https://www.capeannfhc.com/>

Main Contact: cpothier@capeannfhc.com (Chris Pothier 774-454-9489)

General Location – **Fitchburg** (55 mins)

SAVE THE DATE ● SAVE THE DATE ● SAVE THE DATE

SPRING & SUMMER
REGISTRATION OPENS

FEBRUARY 1ST
7:00PM

SPRING TRAVEL
U12-U19
11V/11 & 7V/7 TEAMS

FUTURE STARS
1ST THRU 8TH GRADES

YOUTH SUMMER CLINIC
FULL DAY & HALF DAY

SAVE THE DATE ● SAVE THE DATE ● SAVE THE DATE

Check out the website for complete listing of opportunities!

MetroWest Storm Field Hockey Club

<https://www.sluggers-academy.com/page/show/8630588-storm-winter-tryouts-2024-25>

Contact: Jessica Paulin metroweststormfh@gmail.com

General location: **Medway** (15 mins)



The poster features a dark blue background with a diagonal line pattern. On the left, a photograph shows two young girls in field hockey gear (black jerseys with 'STORM' on them, white shorts, and pink socks) in action on a field. One girl is in the foreground, leaning forward with her stick on the ground, while another is behind her. A white field hockey ball is visible on the ground. At the top left of the poster are four white circles. At the bottom left, the text 'STORM FIELD HOCKEY' is written in large, bold, white letters with a pink outline. On the right side, the words 'SPRING TRYOUTS' are written in large, bold, pink letters. Below this, there are two sets of information, each preceded by four white circles. The first set is for 'U14, U16, U19' on 'FEB 8TH' from '5:30-7 PM' in 'WELLESLEY, MA'. The second set is for 'U10 + U12' on 'FEB 9TH' from '12:30-1:45 PM' in 'MEDWAY, MA'. At the bottom right, it says 'SPRING SEASON RUNS APRIL- JUNE'.

SPRING TRYOUTS

U14, U16, U19: FEB 8TH
5:30-7 PM
WELLESLEY, MA

U10 + U12: FEB 9TH
12:30-1:45 PM
MEDWAY, MA

**STORM
FIELD HOCKEY**

SPRING SEASON RUNS APRIL- JUNE

[Lots of clinics for all ages](#) - check out the website for more details!

Worcester County United Field Hockey

<https://www.wcunitedfh.com/>

Contact: wcunitedfieldhockey@gmail.com

General Locations: Southboro, Shrewsbury, Worcester, etc.

Spring/Summer information not yet available.

New England Stars Field Hockey Club

<https://www.nestarsfieldhockey.com/>

Main Contact: Courtney Mahoney

General Locations – **Easton & Bridgewater** (50 mins)

Spring/Summer information not yet available.

Premier Field Hockey Club

Website: PremierFHclub.com

Email: premierfieldhockeyclub2020@gmail.com

Contacts: Carrie Wernig (508) 254-4734

Kim Carney (703) 216-6457

Tryouts for the spring season- Premier has teams at the U10/12/14/16/19 levels. In the winter the club plays on a true indoor surface. In the Spring we are back on turf. Winter location is The Park in Milford or Downtown Sports in Franklin, MA. Spring training is located in Franklin.

Spring/Summer registration information not yet available.

Misc Skills Clinics!

Holliston Youth Field Hockey Spring Clinic - Saturdays in May 1:30-2:30pm @ HHS Turf
[Register Here](#) *No clinic Memorial day weekend*

Holliston High School FH Summer Camp - August 4-7th 2025 [Register Here](#)

Registration
opens
12/11/24!!

Norfolk
RECREATION

2025 WINTER FIELD HOCKEY CLINICS SESSION 1 & 2

With KP Varsity Coach, Kaitlyn Wilder



TUESDAYS

5:00PM-6:00PM

GRADES K-2

SESSION 1: 1/7, 1/14, 1/21,
1/28, 2/4, 2/11

SESSION 2: 2/25, 3/4, 3/11,
3/18, 3/25, 4/1

KPMS AUXILIARY GYM

WEDNESDAYS

4PM-5:30PM

GRADES 5-6

SESSION 1: 1/8, 1/15,
1/22, 1/29, 2/5, 2/12

SESSION 2: 2/26, 3/5,
3/12, 3/19, 3/26, 4/2

6PM-7:30PM

GRADES 3/4

SESSION 1: 1/8, 1/15, 1/22,
1/29, 2/5, 2/12

SESSION 2: 2/26, 3/5, 3/12,
3/19, 3/26, 4/2

KPMS AUXILIARY GYM

These clinics are the perfect time for new players to be introduced to field hockey and for experienced players to sharpen their skills. Players will learn field hockey basics as well improve their skills through a series of dribbling, passing, and shooting skills. Team play will also be introduced and practiced. The sessions are somewhat progressive, however Session 1 is not a prerequisite to session 2.

ALL LEVELS OF EXPERIENCE WELCOME!

**\$119 PER PLAYER/
PER SESSION**

**Questions?
508-520-1315**

**recreation@norfolk.ma.us
norfolkrec.com**

Registration
opens
12/11/24



GRADES 7/8



K.P. FIELD HOCKEY CLINIC

With K.P.'s Varsity Coach, Kaitlyn Wilder

ON THE TURF AT FOREKICKS

TUESDAY: 3:00-4:00pm

Session 1: 1/7, (NO 1/14), 1/21, 1/28, 2/4, 2/11

Session 2: 2/25, 3/4, 3/11, 3/18, 3/25



Join Coach Kaitlyn Wilder along with varsity players to learn, develop and refine your skills. More experienced players will continue to develop their dribbling, passing, and shooting skills taking their game to the next level! Those newer to field hockey will be taught basics of the game and work on stick handling and ball maneuvering.

Location: Fore Kicks, 10 Pine Street, Norfolk

Fee: \$129 per session

REQUIRED: shin pads, mouth guard & SNEAKERS. NO CLEATS.

Goggles and gloves are recommended. Please bring water.

Please bring your field hockey stick. If you would like to borrow a stick, let us know at registration (player's height is needed)

**Register online at
NorfolkRec.com**

Questions? Email

Recreation@norfolk.ma.us



