

WESTPORT FIELD HOCKEY 2015

Program Directors	Clara Ambrose & Tanya Cooke
Website – primary communication vehicle	www.WestportFieldHockey.com Main Page - Important Dates, TEAM tab: schedule, news, photos, roster, contacts Off Season Page, “Documents” – Parent’s Guide to Field Hockey
Practices	5/6 Blue, 5/6 White, 5/6 Silver: Mon/Thu 5-7 pm 7 Blue, 7/8 White: Wed 5-7/Sat 10-11:30am 8/7 Blue, 8 White: Tues/Fri 5-7 pm Location: Ginny Parker Field, Staple HS Freshman Grass or Wakeman B - based on Staples HS conflicts - must check the schedule online, we will clarify if confusion
Team Placement	Teams are based on ability or developmental appropriateness. Multiple coach evaluation
Coach’s Expectations	No cellphones during practice! Please label your stick and eye guard. Please eat something light before practice. Make sure your mouthguard is molded properly, have a backup Bring all your equipment Leave jewelry at home Be on time, ready to play Be in the right mindset, focused to practice/play Be respectful of other teammates / coaches Please pick up on time!
Equipment	Required: Appropriate athletic clothing, properly sized Stick, Mouth Guard, Field Hockey Shin Guards, Face Mask, Sneakers/Turf shoes, Cleats for grass, Water
Uniforms	Wear Blue/White Pinnies to all practices Wear Blue Uniform for all games White Socks for Home games, Blue Socks for Away games
7 th & 8 th Games – Sundays Home games afternoon	First games Sunday 9/13. Please see website for up to date information. Schedule will be uploaded by league Arrive 30 minutes prior to game time for Warmup ready to play
5 th & 6 th Games – Saturdays Home games afternoon	First games Saturday 9/12. Arrive 30 minutes prior to game time for Warmup ready to play
Rain/Weather	Cancellations will be posted on website and email sent for unplayable weather. We will play in light rain. Coaches may make a call at the field if questionable. Only cancel for dangerous weather (T-storms)
Schedule conflicts	Let your coach know of any need to miss practices or games Use the RSVP function, it is critical for to know who is coming to games in case need to ask for guest players.
Parent Volunteering	Team parents: light coordination, Parents assist with: game timing, goalie signup Other volunteer positions, contact Clara and Tanya
Goalies	For teams that do not have a dedicated goalie, players will need to sign up to play goalie for a full game, they will suit up the practice prior to the game. We did a goalie primer day for 5th/6th, we will be doing a second goalie day for 7th on 9/12.
Concussion Policy	New this year, please refer to website for specific info.
Parent/Player Code of Conduct	Please refer to Code of Conduct under Youth Program on the website - Primary takeaway - Good Sportsmanship from both parents and players
Questions/Issues?	Any team issues or concerns, please communicate with team coach. Do not approach coaches aggressively, please treat them with respect. Program issues, contact Clara Ambrose or Tanya Cooke

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