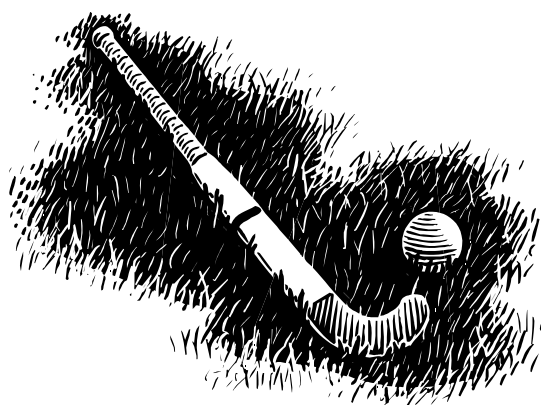


ARROWHEAD FIELD HOCKEY 2023



TEAM RULES/REGULATIONS

ATTENDANCE

PRACTICE ATTENDANCE

- Attendance at practice is required from August 7 thru October 13
- No excuses for hair appointments, family outings, dentist or doctor appointments, etc. In an emergency, please contact the coach
- Practice rain or shine
- Tardiness is not tolerated. Players must be dressed and ready to go by the time their practice starts.
- Only miss practice for EXTREME illness
- If injured or suspended-attend practice
- Bring water bottle

GAME ATTENDANCE

- Attendance at all games is **required**
- All rules above apply
- Mouth guard, shin guards, & AHS Field Hockey practice pinnie are **REQUIRED** at all practices & games
- Bring water bottle

CONSEQUENCES

- Tardiness:
 - **If unexcused (including trainer visits), make up missed time after practice (sprints)**
 - If seeing a teacher/doctor, a note is required
- Unexcused Absence (other than school, family emergency, extreme illness):
 - Will not play the next game but must attend
 - Lack of appropriate equipment- you will sit and counts as unexcused absence
- If practice before a game is missed, you will sit out for a full half

CALL IN PROCEDURE FOR ABSENCES

ALL ABSENCES FROM PRACTICE OR GAMES MUST BE REPORTED:

Athlete or parent can call the coach on their cell phone

VARSIITY: Melissa Brengosz
262-391-5069

ASST. VARSITY: Jordy Smerchek
262-361-2034

JUNIOR VARSITY: Sam Dunn
262-955-9184

ASST. JV: Jen Simon
443-845-6466

GK COACH Coco Catalano
262-327-1921

Arrowhead Field Hockey

Student Athlete Uniform Policy

VARSIY/VARSIY RESERVE

At the beginning of the field hockey season every VARSITY/VR player will be issued a school uniform, a reversible numbered jersey for VR, 1 side is blue and 1 side is white, or a home and away jersey (blue/white) for VARSITY. The uniform has been purchased by Arrowhead. Each player is required to return the jersey(s) in good condition at the end of the season at the awards banquet or last game. Failure to return or loss of the uniform will result in the student athlete being charged for the cost of replacement. Please return it in clean condition.

Also, each player on VARSITY will be issued a **Red** Adidas skirt which they will return at the end of the season. Each player on VARSITY RESERVE is required to purchase a **Black** Under Armour skort at a cost of \$40.00. The skort is a required part of the uniform and is yours to keep.

Athletes will not participate in a game without the proper athletic uniform attire, which includes:

- School issued uniform: Home (white) and Away (blue) jerseys and red skirts for VARSITY and jersey for VR
- Soccer style socks (white for home games & red/blue for away games depending on the team you are on.
- Shin guards that come up to the knee
- Colored mouth guard (not clear or white)
- Appropriate shoes (soccer style cleats or similar)
- Only soft headbands or pre-wrap may be worn in your hair (no metal or plastic clips)
- In cold weather, all team members wearing a shirt under their uniform must have matching white long sleeve Under Armour (or white long-sleeve t-shirt) under their home jersey or a matching color or black shirt for their away jersey.
- No jewelry can be worn during a game. No new piercings may be taped, they need to be removed or holes plugged.

Please take proper care of your uniform and launder it after every game. Follow care instructions on garment label. Do not use bleach, iron or dry in hot dryers! The best method to dry is simply hanging it up to air dry. Uniforms are NOT to be altered or tailored by the athlete.

Arrowhead Field Hockey

Student Athlete Uniform Policy

JV TEAM

At the beginning of the field hockey season every JV player will be issued a school uniform, which consists of a blue and white numbered jersey. These uniform tops have been purchased by Arrowhead High School. Each player is required to return these two tops in good condition at the end of the season at the awards banquet: Failure to return or loss of the uniform will result in the student athlete being charged for the cost of replacement. Please return it in clean condition.

Also, each player is required to purchase a black Adidas skort at a cost of \$40.00. The skort is a required part of the uniform and is yours to keep.

Athletes will not participate in a game without the proper athletic uniform attire, which includes:

- School issued reversible jersey
- Black Adidas skort
- Soccer style socks (white for home games & red for away games)
- Shin guards that come up to the knee
- Colored mouth guard (not clear or white)
- Appropriate shoes (soccer style cleats or similar)
- Only soft headbands or pre-wrap may be worn in your hair (no metal or plastic clips)
- In cold weather, all players wearing shirts under their jerseys must match the shirt to the jersey color they are wearing. White/black under armour or long-sleeved shirts are allowed.
- No jewelry can be worn during a game
- No new piercings may be taped, they need to be removed or have a soft rubber type plug in the hole. PLEASE DO NOT get a new piercing during the field hockey season.

Please take proper care of your uniform and launder it after every game. Follow care instructions on garment label. Do not use bleach, iron or dry in hot dryers! The best method to dry is simply hanging it up to air dry. Uniforms are NOT to be altered or tailored by the athlete.

DRUGS & ALCOHOL

USE OF DRUGS, ALCOHOL AND TOBACCO PRODUCTS IS PROHIBITED DURING YOUR TENURE AS AN ATHLETE

EVERYONE IS RESPONSIBLE TO MAKE GOOD CHOICES

- o Athletes should be very careful to choose friends who have the same values. If you associate with people who are drinking, smoking or using drugs it may be assumed that you are using drugs or alcohol also.
- o Seniors will set the HIGHEST example of adherence to Drug and Alcohol rules. They will be responsible to reprimand younger players if seen in violation and are obligated to report to the coach. Seniors will only be respected if they themselves are following the rules and have done so in the past. All players, regardless of year in school, should hold each other to high standards. Teammates should confront each other with violations and notify the coach.
- o ATHLETES! You are in high school. This is your time to have lots of fun. Get involved, time is going to fly by! LIFE IS CHOICES! Who you choose to associate with and what you choose to do will directly affect the course your life will take. If you choose to play sports, then you will have to make other sacrifices. You may have to give up some old friends and habits, but the rewards will be great. YOU CANNOT HAVE IT BOTH WAYS! IMPOSSIBLE!
- o Each athlete and her parent(s) are responsible for understanding the school rules regarding alcohol or drug use and what the consequences are for choosing to do it.

SOCIAL MEDIA

- It is an expectation that social media be used appropriately by ALL members of our program.
- There will be NO bullying towards any other member of our field hockey program.
- ONLY positive photos or videos shall be posted on any social media site and ONLY with consent from those involved. Not everyone wants to have their picture posted on social media. BE RESPECTFUL
- Posting on other teams' social media sites is NOT allowed. It doesn't matter if the post was involving our AHS teams or not. Be the better team and bring inappropriate posts to a coach's attention immediately!

ACADEMICS

- Student-athletes and parents are responsible for knowing the academic eligibility standards for the state and for Arrowhead High School. These standards are spelled out in the information given to you by the athletic department. **There is no excuse or tolerance for poor grades on the field hockey team.** Seniors should set a good example for grades and time management and each student-athlete in our program should realize the importance of keeping their grades up throughout their high school career.
- It is my goal that the field hockey team has as many athletes as possible make a grade point average of 3.0 or higher. It is expected that field hockey players are student athletes. **The National Field Hockey Coaches Association has started a National All-Academic Award for seniors and juniors who have received at least a 3.5 or higher. I would love to see our girls receive this award!**
- Although we strive for excellence in the Field Hockey program, we all know that academics are the primary focus. We expect our student-athletes to maintain a good academic standing.

PARENT TIPS

Sportsmanship

Parents that are attending games are reminded that all expectations regarding sportsmanship expected of the players are first expected of the adults (coaches, chaperones, and parents). Athletes are expected to compete in a sportsmanlike manner. They are not to trash talk, swear, play unnecessarily rough, and question the umpires verbally or with a "look." They are expected to act graciously in both winning and losing. The adults around the sport are the first people to model sportsmanship by our actions. No one should question umpires' decisions, "help" call the game by calling out fouls, or say anything negative about the opposing team, coaches or umpires. Everyone associated with our team is expected to be positive from the sidelines.

Team Time vs. Family Time

Parents are asked not to distract athletes while they are on "Team Time" for practices, warm-ups, games, halftime and post-game wrap-up with coaches or team trips. That means that parents should stay in the "stands" and wait to have discussions with their daughters until their team responsibilities are over.

Your daughter is also expected to attend any team functions with their teammates. Part of being on a team is learning to socialize with your teammates. Parents may come to the home games, away games, and trips but please respect your daughter's team time.

Winning & Losing

We all need to keep winning and losing in perspective. Our teams are going to win some games and we are going to lose some. **In order to be a winning team, training in the off-season is necessary.** This means Nexus, LIFTFH, and attending any local camps held at Arrowhead or in the area. College camps are also great to attend if you can fit it into your schedule. We are competing against teams that do all these things and, in some cases, more. We always go out to win and be a good competitor, but we can't be afraid to lose also, that is what makes teams work hard to be successful. This is just a game! This is a learning experience, and we want to be challenged as players so that we can grow together.

Field Hockey Contact Information

Varsity Team Liaison

Donna Flynn dflynn@skillsmastery.com

Stephanie Tanke ctanke87@gmail.com

**Please feel free to contact me with any questions or concerns regarding field hockey and volunteering where needed.

August 2022

Arrowhead High School Field Hockey

Attendance is required at practices and games from August 7th through tournament week ending October 21st. Players are required to attend all Field Hockey events and support their team and the program.

Pledge

My parents and I agree to observe the Arrowhead High School Code of Conduct regarding the use of alcohol and drugs, fulfill academic requirements and encourage good sportsmanship on the part of both players and parents. I, the player agrees to attend all practices and games with my pinnie, mouth guard, shin guards, and cleats.

Student: _____

Parent: _____