

Arrowhead Field Hockey

2024 Information and Quick Facts

- What is field hockey?
 - It's played globally, particularly in parts of Western Europe, South Asia, Southern Africa, Australia, New Zealand, Argentina, and parts of the United States
 - Players use sticks made of wood, carbon fibre, or fibre glass to hit a round, hard, plastic ball
 - The game is played on grass or field/artificial turf
 - There are 10 field players (forwards, midfielders, and defenders) and 1 goalie on the field at a time
 - Games at the high school level are four 15-minute quarters
- What are the rules of field hockey?
 - The ball can't hit your feet; otherwise it's a foul and the ball is awarded to the other team
 - Players can't use the back side of their stick or their hands (only goalies can use their hands)
 - The stick can't come higher than a player's waist (no crazy backswings or follow-throughs!)
 - There is no checking or hitting people with the sticks
 - The ball can't come higher than a player's knees
- What do I need to know about Arrowhead Field Hockey?
 - The season runs from the beginning of August (starting with senior-led practices) to mid-October
 - Tryouts typically are Monday, Tuesday, and Wednesday the second week of August from 9-12 PM
 - There are three teams- JV, Varsity Reserve, and Varsity
 - Field hockey is not a WIAA sport; rather, we are part of the WHSFHA with a handful of other schools in Southeast Wisconsin
 - Fields are located north of the Mullett Ice Center (near AHS North Campus)
 - All teams practice every day after school, usually for 1.5 to 2 hours.
 - Shinguards and mouthguards are mandatory, but we can provide sticks or give recommendations for purchasing a stick
- Why should I consider being a part of Arrowhead Field Hockey?
 - Field hockey is a **no cut** sport at Arrowhead
 - The vast majority of freshmen who play are new to the sport- everyone's in the same boat and learning together!
 - Participation in field hockey is a great way to make new friends before the school year even starts!
 - We have had numerous players start playing as freshmen who have gone on to play at the NCAA Division 1 level
 - Most importantly, it's FUN!! 😊

Further questions? Please don't hesitate to contact Head Coach Melissa Brengosz (262-391-5069 or brengoszm@gmail.com)!