

Ipswich Middle School Field Hockey 2021

Coach Erica Mitchell
emitchell@ipsk12.net

Practices

- Practice days vary depending on the game schedule that week. Please check the schedule to make sure you have the correct dates! (No Thursday practices except for 9/16)
- If practice is cancelled (due to weather), it will be announced to all athletes before the end of the day and I will do my best to get an email out to all families as well.

What should your child bring/wear?

- **Cleats**
- **Field Hockey Stick**
- **Field Hockey Goggles** (lacrosse goggles are not allowed per the refs)
- **Shin Guards**
- **Mouthguard** (recommend having a backup in case it gets lost)
- Water bottle
- Weather dependent clothing (sweatshirt, raincoat, etc.)
- Small, *HEALTHY* nut-free snack – (fruit, protein bar, bagel, etc.).

2021 Attendance Policy

Student athletes are STUDENTS FIRST and need to maintain a passing average in all classes to be on the team. They also need to demonstrate respect towards their teachers and peers.. School comes first. If a student needs to stay after with a teacher, that can *always* be arranged.

Based on the game schedule, practices will be one to two times per week for one hour. We will not exceed 4 field hockey days a week . Athletes are expected to attend ALL PRACTICES. Please evaluate if your child has the proper time to dedicate to this sport. If a student consistently misses practices without reason, s/he will be asked to leave the team.

Games/Uniforms

- Uniforms will be provided.
- Sweatshirts are available for purchase- \$30
- An IMS bus will bring athletes to away meets. The bus will also bring any athletes back to IMS who do not leave with a parent/guardian.



IMS FIELD HOCKEY 2021

Student-Athlete Contract



- I am a student first, athlete second. I will maintain a strong academic status in all classes (*respectful, passing in work, solid effort*) in order to be a member of the team.

- I will attend *all* practices. If I have a conflict, I will talk with Coach Mitchell *at least 24 hours ahead of time* to discuss. I know I will be unable to play if I continuously miss practices without legitimate reason

- I will arrive at practice prepared. I will arrive at Bialek park by 2:40, dressed and motivated to practice.

- I will maintain a positive attitude and be a supportive team member-- respectful and crushing the sportsmanship!

Athlete's Name (*printed*):

Athlete's Signature:

Parent/Guardian Signature:
