



Spring Clinic & Information Meeting – June 2024

Who Are We?

PCEP Girls Field Hockey is an affiliate club sport founded in 2018. We are completely self-funded and volunteer operated. Students from all three PCEP High Schools are invited to participate.



PCEP Girls Field Hockey is a no-cut sport, we expect to field a Varsity and JV team for the 2024-2025 season.



Meet the Coach

Zahraa (Coach Z) is currently a nursing student at Wayne State University.

Zahraa was a stand-out at Edsel Ford High School and team captain in her junior and senior years. She earned all state honors while at Edsel Ford as both a Junior and Senior.

Zahraa has been highly committed to her growth as a coach. She has previously coached at the Academy of the Sacred Heart Middle School and is currently on staff at Live Oak Field Hockey.

Zahraa holds a level one and level two United States Field Hockey coaching certification.



Field Hockey in Michigan

Michigan high school field hockey teams are associated with the MHSFHL and are a part of the USA Field Hockey state chapter.

The sport is growing at a fast pace across the state! The OK (Ottawa Kent) Conference has joined for the 2024 season (4 schools, potential of 20+).

Beginning in the 2025/26 season high school field hockey will be part of MHSAA. While this doesn't impact our status as a school affiliated club sport it's exciting to be part of the sports growth.

Conference alignment is based on participating school locations. PCEP Field Hockey is in the KLAA Conference with: Hartland, Dearborn, Brighton, Novi, and Northville.

Division alignment is based on school size. PCEP Field Hockey is in Division 1 (of 2).



Important Dates

June 1: Spring/Summer Clinic & Information Meeting

June 15: Tryout Registration Opens

July 8: Optional Summer Conditioning Begins (3x per week)

August 9: Last Day of Summer Conditioning

August 9: Tryout Registration Closes, Physicals Due

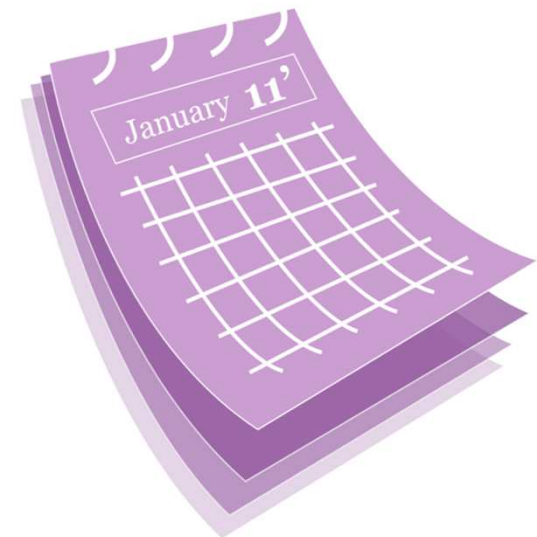
August 12: MHSAA Fall Season Day 1

August 14-16: Tryouts

August 17: Player & Parent Meeting, Uniform Distribution (Fees Due)

August 20: First Game (Varsity only @ St. Catherines)

Note: Dates subject to change based on guidance from MHSAA, MHSFHA, and PCCS



Preliminary Game Schedule

GAME	DATE	OPPONENT	JV START	VARSITY START
1	08/20/24	@ St. Catherines		5:00 PM
2	08/22/24	@ Edsel Ford	TBD (PM)	TBD (PM)
3	08/23/24	@ Hawk (Mercy)	TBD (PM)	TBD (PM)
4	08/26/24	vs. Northville	5:30 PM	7:00 PM
5	09/09/24	vs. Maumee Valley	5:30 PM	7:00 PM
6	09/11/24	@ Novi	5:30 PM	7:00 PM
7	09/16/24	vs. Cranbrook	5:30 PM	7:00 PM
8	09/19/24	@ Brighton	5:30 PM	7:00 PM
9	09/21/24	vs. Rockford	9:00 AM	10:30 AM
10	09/23/24	@ Dearborn	TBD (PM)	TBD (PM)
11	09/26/24	@ Hartland	5:30 PM	7:00 PM
12	09/30/24	vs. Sacred Heart	5:30 PM	7:00 PM
13	10/02/24	@ Saline	5:30 PM	7:00 PM
14	10/03/24	@ Chelsea	TBD (PM)	TBD (PM)
15	10/04/24	@ Greenhills	5:30 PM	4:00 PM
16	10/12/24	vs. Regina	9:00 AM	10:30 AM
17	10/14/24	vs. Dearborn	5:30 PM	7:00 PM
18	10/16/24	@ Pinckney	6:15 PM	7:30 PM
PENDING ADDITIONAL GAMES				
	09/07/24	vs. TBD	TBD (AM)	TBD (AM)



Communication

PCEP Girls Field Hockey uses several channels for communicating with parents and team members:

- Email - pcepgirlsfieldhockey@gmail.com,
- Website - p-cep-girls-field-hockey.sportngin.com
- GroupMe - invite will be sent from returning team member
- Instagram, Twitter - @pcepgirlsfieldhockey
- Facebook - P-CEP-Girls-Field-Hockey
- TeamSnap

Michigan High School Field Hockey Association published game schedules and statistics:

- Website - <https://www.statechaptersusafieldhockey.com/michigan>



Where can I find
more?

Fall Registration

All Athletes Must Register to Participate in Fall Tryouts

Registration is Open 06/15/24 – 08/09/24

Registration Form will be Located at <https://p-cep-girls-field-hockey.sportngin.com/>

Registration process includes upload of MHSAA Physical Form, the form must be dated after 04/15/24. You can complete registration and load the form at a later date.

Player Fees are not due at time of registration (but required prior to uniform pick-up).

Team Fees

The cost for the 2024 season is \$420 per player. This does not count toward PCCS Pay-To-Play fees (applicable if player intends to play another sport).

What Is Included:

- Coach Fee
- Athletic Trainer Fee
- Referee Fee
- Club Insurance
- USA Field Hockey Membership
- Practice & Game Field Rental
- Team Uniforms & Equipment
- Player Banquet Ticket & Awards

What Isn't Included?

- Personal Equipment (Stick, Mouthguard, Goggles, Shin Guards)
- Transportation To/From Away Games



Fundraising

There is a fundraising commitment of \$200 per player for the 2024-2025 season.

Our goal for this year is to have our fundraising be more engaging – to also be an opportunity for families and players to get to know each other.

What is the Fundraiser money used for?

- Offset team costs
- Team sideline gear

Fundraiser Details from 2023-2024 Season (For Reference Only):

- Every Player (JV & Varsity) paid \$200 for 20 raffle tickets (\$10 each)
- Players sold their tickets for a chance to win:
 - One \$500 gift card
 - One \$300 gift card
 - One \$200 gift card
- Raffle winners were drawn at halftime of our first Varsity home game in October

Volunteering

All families are expected to sign up for 3 volunteer opportunities, sign up will be at player/parent meeting in fall and is required prior to uniform pick-up.

Some Examples Include:

- Game Day Set-Up & Tear-Down
- Game Day Scorekeeper & Statistician
- Game Day Photographer
- Game Day Snack (Away Games)
- Team Photo Day Assistant
- Pasta Party Host
- Banquet Set-Up & Tear-Down
- Uniform Collection



Resources

Local Field Hockey Clubs:

- Live Oak Field Hockey (Novi, MI) - www.liveoakfieldhockeyclub.com
- Pinnacle Field Hockey (Canton, MI & Ann Arbor, MI) - www.pinnaclefieldhockey.com
- Fer De Lance Field Hockey (Ann Arbor, MI) - <https://fdlfhc.com/>

Summer Camps:

- University of Michigan Preseason Team Camp (08/05 – 08/06) - <https://camps.mgoblue.com/fieldhockey/>
- Great Lakes Regional Field Hockey - <https://www.glrfieldhockey.org/michigan>
<https://www.glrfieldhockey.org/summercamps>



What is Summer Conditioning?

Summer conditioning is an optional (but encouraged) program focused on skill development and getting players physically ready for the season.

What to Know:

- Starts the week of July 8th
- Player led 3x a week
 - 9:00-11:00 am Tuesday / Thursday
 - 6:00-8:00 pm Wednesday
- Meeting spot is PCEP Varsity Turf (practice held on turf or near-by fields)
- GroupMe list will be made at first summer conditioning and will be used to share additional details to participants
- Sign-up Genius will be available for players to volunteer to lead activities starting July 22 (3 max)














Resources Cont.



Where to Buy Equipment:

- Ohanlon Hockey (locally owned small business) - <https://ohanlonhockey.com/>
- Longstreth Field Hockey (club has used this company) - <https://longstreth.com/>
- Dick's Sporting Goods (44225 West 12 Mile Road) - <https://www.dickssportinggoods.com/c/field-hockey>
- Play It Again Sports

Resources Cont.

<h2>FIELD HOCKEY BASICS</h2>			
BY THE NUMBERS		STICK BASICS	
11	Players per side (including goalkeeper)		There is no such thing as a left-handed stick Only push or hit with the flat side or edge of the stick Only goalies can use their body to stop and move the ball Good stick skills and passing are the keys to success!
2	Halves (4 quarters for international play)		
30 or 35	Minutes each half (15 minute quarters for international play)	MOVING THE BALL (offensive)	
5 or 10	Minute halftime	Push - This skill is executed with player's hands apart. The head of the stick stays in contact with the ball as it is pushed and there is no backswing. This allows for good control, quick movement, and is used for accurate passing or shooting.	
STOPPING THE BALL (defensive)		Hit - A powerful motion where the stick is brought down swiftly from a back swing and strikes the ball with a long follow through. The hit is fast and favored for sending the ball long distances or for making a hard shot on goal.	
Block Tackle - Player lowers the stick close to the ground and uses the length of the stick to block a ball's advance. Using the entire stick widens the area available to intercept or steal the ball and slows the offensive player's motion.		Lift, Flick, Aerial - A skill in which the ball stays in contact with the head of the stick as it is lifted into the air. There is no back swing. Lifts are used primarily to raise the ball over long distances or as hard shots on goal.	
Jab Tackle - Player jabs the stick toward the ball with left hand extended (flat side up), then quickly returns to both hands and regains a balanced position. This swift motion can disrupt the advance of the play and possibly cause a loss of possession.		Forehand Sweep - Commonly used on turf or a smooth playing surface, player lowers stick parallel to ground and sweeps the ball in a circular motion. A sweep allows for more power than a push, making it effective for quick yet long hard passes and shots.	
Reverse Tackle - Used when an offensive player is on a defender's weak (left) side, defensive player extends left arm out with stick inverted close to the ground to slow the play, block the ball's path and try to cause a loss of possession.		Reverse Sweep - Player uses the same motion as the forehand sweep with the ball starting on player's left side. Player uses a different grip and must use the side of the stick with the flat side up. This is an effective motion for passing and shooting.	
		Drag Flick - Considered a push, this specialty skill is used by advanced players as a variant to the straight shot or hit on a penalty corner. It can be as powerful as a hit yet requires no back swing, making it especially deceptive. It's an important skill to develop for high level competition.	

Resources Cont.

FOULS & UMPIRE SIGNALS

 GOAL SCORED	 16-YARD HIT	 BACK OF STICK	 STICK OBSTRUCTION	 OBSTRUCTION	 THIRD PARTY OBSTRUCTION
 DANGER	 PENALTY CORNER	 HIGH PENALTY CORNER HIT	 PENALTY STROKE	 FREE HIT	 FOOT

PENALTY CARDS

Field hockey uses a three card system for player warnings and suspensions for deliberately dangerous play, unsportsmanlike behavior and repeated violations.

GREEN 	Player must leave the field for 2 minutes and the team plays short (no replacement).
YELLOW 	Player leaves for at least 5 minutes (at the discretion of the official) and the team plays short.
RED 	Player leaves the game and cannot be replaced. They may be suspended for subsequent games.

<p>Goal Scored - Signaled when the ball entirely crosses the goal line as a result of a hit or deflection by an offensive or defensive player within the scoring circle.</p>	<p>Danger - A broad rule that encompasses any action or situation in which a player puts other players in danger of injury. For example, tripping, wild swings or similar actions. Intentional acts could result in a card and/or a penalty stroke.</p>
<p>16-Yard Hit - A free hit awarded to the defense when ball goes over the end line after last being touched by an offensive player.</p>	<p>Penalty Corner - A scoring opportunity awarded to the offensive team when the defense commits a foul within the scoring circle, or an intentional foul within the 25-yard line.</p>
<p>Back of Stick - Called any time a player touches the ball with the back (rounded) side of the stick.</p>	<p>High Penalty Corner Hit - On the initial hit on a penalty corner, the ball must cross the goal line no higher than 18 inches for a goal to be scored. Drag flicks are not considered "hits" and can be higher.</p>
<p>Stick Obstruction - Called when a player hits or obstructs an opposing player's stick with their own when making a play on the ball. This can be called on an offensive or defensive player.</p>	<p>Penalty Stroke - Awarded when a defensive player commits a penalty preventing a goal or commits an intentional foul in the circle. The ball is placed on the 7-yard mark and one offensive player takes a free shot against the goalkeeper.</p>
<p>Obstruction - Called when a player possessing the ball uses their body to prevent an opposing player from making a play. The player with the ball cannot stop their motion or push back and opposing player must be actively trying to get the ball.</p>	<p>Free Hit - Awarded when a foul is committed outside of the scoring circle (unless intentional within the 25-yd line). Opposing players must stay at least 5 yards away until the ball is hit or the player touches the ball once (self-starts).</p>
<p>Third Party Obstruction - Signaled when a player intentionally or unintentionally uses their body to block an opposing player from access to the player possessing the ball.</p>	<p>Foot - The most common penalty, called when the ball hits a player's foot causing an advantage for their team. If there is no advantage, the umpire may choose to hold their whistle and play on.</p>

Acknowledgments

Thank you to those supporting PCEP Girls Field Hockey!



Questions?

