



Sturgis Charter Public School
An International Baccalaureate World School



Sturgis West Athletic Department

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Season Information for Field Hockey

Dear Parents & Student-Athlete,

Welcome to the **Sturgis West field hockey season**. Please take the time to read this season information letter carefully. There is a lot of information and we hope that this letter answers many of your questions. The official season begins on **Thursday 23rd August**. If you have questions feel free to contact the athletic office at any time. Our first official school day is **Wednesday 29th August**.

Who can participate? This athletic season is open to grades 9-12. Sturgis has a no cut policy for its sports teams. We allow boys to participate in this girls' season. We believe that the lifelong lessons imparted through an athletic program should be accessible to all. In the past, we have only fielded a varsity team. If we have more **than 30 players then a JV team** will also proceed. Coaches will communicate who is on which team before the end of the first week of practice. Please understand that tryouts are exactly that. **No one has a guaranteed place on a team based on last season or their grade level**. Your coaches will explain the selection procedure and criteria.

Practices There are a maximum of **5 scheduled practices/games per week for varsity and 4 for junior varsity**. All athletes must attend every practice. Each student-athlete will need to bring **appropriate athletic footwear (flats and cleats), clothing, water bottle and ASTM certified goggles. Shin guards are mandatory**. If an athlete is unable to attend a practice, he / she should speak with the head coach. If a student is absent from school due to illness, it is helpful if a parent can c.c. the coach when using e-mail to inform the school secretary.

Practice times and venues. Practices generally start at **3:45** and are held at **Hyannis West Elementary School**. **Girls walk to the field**. Each practice can last for **1 ½ to 2 hours**. The main game venue for Simpkins Field.

Schedule A link to the schedule and games can be found at <http://sturgiswestathletics.com/>. We encourage each student / parent to create a Big Teams account. **Please note that there are contests on Saturdays, and inclement weather may dictate that contests take place over any other day currently not scheduled. School time will be missed for some games**. If you wish to prioritize other events over this season, be proactive and talk with your coach. Be sensitive to the fact that missing games and practices will affect your playing time.

Before signing up for an athletic season, each parent and student-athlete should read the online **Athletic Parent Handbook**. **By giving permission for your child to participate in this activity you and your child understand and agree to the policies referring to; Commitment;**

Health requirements (physical exam, opioid misuse prevention information for Student-athlete and Parent, impact concussion assessment); Submission of Paperwork; Attendance; Student Conduct and Behavior; Academics; Chemical Health; Transportation; Taunting, Hazing and Bullying; Uniforms **set out in the handbook**. This can be accessed at <http://sturgischarterhschool.org/athletics/AthleticParentStudentHandbook.html>

The sign up process involves **2 steps**:

- 1) Complete the online Registration, **June 1st**

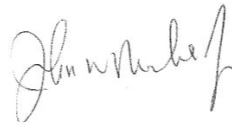
- 2) Return the following by **August 23rd**.
 - i. **Participation waiver form (list each season for which there is an interested)**
 - ii. **A copy of a valid physical exam.**
 - iii. **A \$100 participation fee**

Do not turn any paperwork into a coach. Post it or turn it in directly into the athletic office.

Kind regards



Brij Anand,
Director of Athletics



John Newcombe,
Assistant Director of Athletics