



TOWN OF CARRBORO • NC

RECREATION, PARKS &  
CULTURAL RESOURCES



**2026**

**GIRLS FIELD HOCKEY  
PARTICIPANT HANDBOOK**

## **2026 GIRLS FIELD HOCKEY PROGRAM**

**Sponsor: Carrboro Recreation, Parks & Cultural Resources Department**

Dear Participant,

On behalf of the Carrboro Recreation, Parks & Cultural Resources Department, we would like to welcome you to the Carrboro Girls Field Hockey Program.

The intent of this handbook is to provide the participant and parent with important information about our Field Hockey program. The information provided within will help to answer questions and familiarize the participant with the program prior to participating. It is our goal that the information included will help to provide the safest, most enjoyable and most beneficial experience possible.

Lastly, we hope you are looking forward to the upcoming Field Hockey season. If you have any questions, please contact the Carrboro Recreation, Parks, & Cultural Resources Department at 919.918.7364.

Sincerely,

Ryan A. Reed  
Recreation Supervisor

## **Table of Contents**

1. Department Information
2. Department Mission Statement
3. Goals & Philosophy
4. Registration Information
5. Refund Policy
6. Volunteer Coaches
7. Team Placements/Team Formation
8. Practices
9. Games
10. Cancellations
11. Uniform Information
12. Equipment
13. Safety
14. Self Development
15. Playing Rules
16. Conduct/Sportsmanship
17. Upcoming Programs
18. Participant Evaluation

### Appendix

Playing Rules  
Code of Conduct

## **1. Department Information**

Sponsor: Carrboro Recreation, Parks & Cultural Resources Department  
Address: 100 N. Greensboro St.  
Carrboro, NC 27510

Phone: 919.918.7364  
Fax: 919.918.4475  
Weather Information Line: 919.918.7373  
Web: [www.carrbororec.org](http://www.carrbororec.org)  
Facebook: [www.facebook.com/carrbororec](http://www.facebook.com/carrbororec)  
Twitter: @CarrboroRecPark

Office Hours: 8:30am- 5:00pm (Monday - Friday)
--

### Staff

JG Ferguson Recreation, Parks & Cultural Resources Director

### Programs Division:

Charles Harrington	Recreation Administrator
Ryan Reed	Recreation Supervisor – Primary Contact
Dana Hughes	Recreation Supervisor
Galen Poythress	Recreation Supervisor
Grayce Curry	Recreation Supervisor
Michelle Blume	Recreation Supervisor
Robbin Justice-Jones	Recreation Specialist
Karen Kessler	Recreation Specialist
Corina Riley	Recreation Technician

### Facilities Division:

Emily Boykin	Facilities Administrator
Adam Roberts	Facilities Supervisor
Geoff Adams	Activity Manager
Pamela Kirk	Program Support Assistant II
Denise Farrada	Program Support Assistant I

### Program Support Staff

Dianah Alston-Sanders	Administrative Assistant
Kim Henson	Program Support Assistant I

## **2. Department Mission Statement**

To enrich the leisure needs and quality of life for citizens by providing accessible facilities, creative and diverse recreation opportunities and a safe public park system.

## **3. Goals & Philosophy**

It is the philosophy of the Carrboro Recreation, Parks & Cultural Resources Commission that recreation should encompass social, physical and emotional benefits for our community's diverse population. There should be a variety of arts, athletic, and social programs, as well as events and services that encourage health, relaxation, enjoyment, cultural enrichment and learning opportunities for community involvement.

The goal of youth athletics is to provide an opportunity for all participants by developing athletic skills and creating a wholesome atmosphere. Good sportsmanship and basic fundamentals are emphasized under the leadership of volunteer coaches.

## **4. Registration Information**

Youth field hockey registration is accepted on a first-come, first-serve basis. All participants must register for each season/program. A girl may register to participate as long as she is age 10-14 as of 8/31/2024.

Carrboro residents receive a one-day priority period for registration. All other residents may register beginning on the second day of registration.

### **Special Requests for Team Selection**

When registering for a program, any special requests such as friends to be teammates, car-pooling purposes, medical reasons, etc., must be relayed to the staff member taking the registration. The Recreation and Parks Department will inform the coaches of these "special requests" prior to the league draft. **SPECIAL REQUESTS ARE NOT GUARANTEED.** It is not mandatory or generally possible for coaches to fulfill all of these requests. However, they are encouraged to draft with them in mind.

## **5. Refund Policy**

If a parent or guardian wants to cancel their registration before the season starts, he/she must notify the Recreation Department in writing to be considered for a refund. A \$5 administrative fee will be charged for each refund. Participants wishing to receive a refund after the season has begun will receive a pro-rated refund minus the administrative fee.

## **6. Volunteer Coaches**

**ALL coaches are volunteers!**

Anyone interested in coaching must submit an application to the Recreation Department. The application is reviewed by the Recreation Supervisor and references are checked on each new applicant. Our goal is to provide the most qualified coach for each team.

There are high expectations for all of our youth volunteer coaches. Each coach is required to communicate with players and parents regarding all practices and games. The coach must also be organized and punctual. Additionally, we provide coaching training through our 'Volunteer Leadership Program.' The program offers training and seminars in a variety of fields that relate to youth athletics.

We would encourage all parents to get to know their daughter's coach. If you have the time, volunteer to help the coach during practices or games. Assistant coaches are recruited by the Head Coach and must be approved by the Recreation Department. All head coaches and assistant coaches must complete a Volunteer Coach Contract prior to participating in practices or games.

## **7. Team Placements/Team Formation**

The Recreation Department will designate times for team placements. Team Placement is a process used for the formation of teams in our youth athletic programs. The goal of team placements is to create a balance among all the teams in a specific league and to maintain interest among all participants by providing the fairest level of competition possible. Players who are new to a league, or wish to be re-drafted, must attend at least one team placement session.

At team placements, the Recreation Department staff conducts a "mini-clinic." Each participant performs specific drills to allow each coach an opportunity to evaluate talent.

After all team placements are completed, the coaches meet to draft the teams. The following is an explanation of how the registration and placement process is conducted:

## **Carrboro Recreation, Parks & Cultural Resources Department Youth Athletics Team Placement Procedure**

- Administrator:** Carrboro Recreation, Parks & Cultural Resources Department Recreation Supervisor is the direct administrator of youth athletic programs.
- Purpose:** Team Placements is the process used by the administrator in the formation of teams.
- Goal:** To attempt to create a balance among all the teams in each specific league. To maintain interest among all participants by providing the fairest level of competition possible.
- 

### **I. Registration:**

Registration is accepted on an individual basis. Registration is first-come, first-serve. All participants must register each season/program. Unsigned participants will be considered ineligible to participate.

### **II. Pre-Draft Status**

Registered participants are classified into three (3) categories.

- A. Returning to an existing team
- B. Pre-assigned participant
- C. New or Unassigned participants

- A. **Returning** – These players are eligible to return to the same team they played on last season.

#### **Exceptions:**

- 1. If a parent or legal guardian or sibling becomes the head coach of another team, the player has the option to switch to his / her parent's team. The team releasing the player would obtain the other team's second round pick in the draft.
- 2. If a player's parent(s) request for the player to re-enter team placements instead of returning to the same team.
- 3. If the number of participants decreases to a point that the number of teams must be reduced, those players who would have returned to a disbanded team must attend team placements.

- B. **Pre-Assigned:** The Recreation Department has the discretion to place any player on a team prior to team placements for the following reasons:

- 1. Siblings on the same team
- 2. Parent/Legal Guardian (or sibling) becomes the HEAD coach
- 3. Two or more players live in the same household
- 4. Hardship or unusual circumstance approved through the Recreation Department

### C. Unassigned/New Participants

1. New players to the program or league
2. Players from a disbanded team
3. Players electing to attend team placements instead of returning to the same team

### III. Draft Information:

The draft is established by the number of players listed on each team roster (Returning and Pre-Assigned).

The teams with the least number of players on their rosters (Returning and Pre-Assigned) will draft ahead of those teams with more.

When teams have the same number of players on their roster, the order of the draft will depend on the previous year's records. If a team is an expansion team, they will draft first, regardless of record, since they have no previous record.

### IV. Draft Participants: The participants in the draft will be:

- A. Head Coach
- B. Assistant Coach(es)\*
- C. Designated Department Personnel

#### \*Note:

- Parents of players participating in the team placement process are requested not to attend the draft.
- Parents of players attending team placements may not be recruited as an assistant coach prior to the draft.
- Youth participants are not eligible to "sit in" on the draft.

### V. The Draft

- The first two rounds each team will have one draft selection per round. The order will be determined according to roster size and last year's records. Expansion teams will draft ahead of established teams from the previous season.
- Third round and later, the team with the fewest number of players will draft until it reaches the team with the next fewest. This process will continue until all the participants attending team placements are drafted onto teams.
- If after the last complete round of the draft there exists an insufficient number of players (un-drafted) for another complete round to be conducted, these players will be selected in order determined by random draw.
- The number of players on any team returning, pre-assigned, or drafted cannot exceed 7 of any specific age (10-14).

\*Exception: If the remaining participants to be drafted are only of one grade, then the above rule no longer is applied.

## VI. Post Draft Placements

- A. Any player failing to show up for team placements will be placed on a team at the Department's discretion.
- B. Players signing up after the draft will be placed on teams by the Recreation Department.

\*Consideration for POST DRAFT PLACEMENTS will be based on the participant's age, experience, talent and space in the program.

\*Players that would have been returning to an existing team if they signed up on time may not return to the same team if this addition causes an improper balance among the teams.

Questions concerning the Team Placement Process should be directed to the Recreation Supervisor at 919.918.7364.

## 8. Practices

Practice is held primarily once during the week (Monday-Thursday) and on Saturdays in hour and a half increments at the following *tentative* times:

During the Week:	Saturdays:
6:00pm, 6:30pm or 7:00pm	9:00am; 10:30am; 12:00pm; 1:30pm; 3:00pm

Practices will be held at the following location throughout the season:

Hank Anderson Park (Multi-Purpose Field#1) – (PRIMARY LOCATION)  
The park is located on Highway 54 West, just west of the intersection with Old Fayetteville Rd. The playing area is located on the large open field at the rear of the park.

\*\* Practice times and locations are subject to change.

## 9. Games

Games are generally scheduled at the following *tentative* times:

During the Week:	Saturdays:	Sundays:
6:00pm or 7:00pm	9:00am; 10:00am; 11:30am	1:00pm; 2:30pm

Games will be held at the following location throughout the season:

Hank Anderson Park (Multi-Purpose Field#1) – (PRIMARY LOCATION)  
The park is located on Highway 54 West, just west of the intersection with Old Fayetteville Rd. The playing area is located on the large open field at the rear of the park.

**\*\* Space is limited on the bleachers, so you may want to bring a chair.**

**\*\* Game times and locations are subject to change.**

## **10. Cancellations**

Practices:

The decision to cancel practice usually rests with the coach. Factors such as weather, field conditions, potential lack of attendance, etc. may influence their decision. On occasion, the Recreation Department may make the decision to cancel practices. If practices are canceled, the coach will attempt to contact each player. They are encouraged to alert the Recreation Department as well, but they are not required to do so. Practice cancellations **will not** be placed on the Weather Information Line.

Games:

If games are canceled by the Recreation Department, the head coach will be contacted. He / she will be responsible for notifying all parents and players of the cancellation. A message stating the specific date and events cancelled will also be left on the **Weather Information Line (919.918.7373)**. If the games are not canceled, no message will be recorded. Decisions to cancel games are based on field conditions, not forecasts.

## **11. Uniform Information**

The Carrboro Recreation, Parks & Cultural Resources Department will issue jerseys and socks to all youth field hockey participants. These uniforms are distributed to the teams prior to the first game of the season and are theirs to keep following the season. Participants should wear their uniform to all league games, but not to the regular team practices. Uniforms should not be altered by the addition of patches, markings, etc.

## **12. Equipment**

The Carrboro Recreation, Parks & Cultural Resources Department provides each team the equipment necessary for all practices and games (balls, goalie equipment, first aid kit, etc.)

The following are items which players should purchase or borrow if they do not own:

Mouthpieces – Any player participating in field hockey must wear a mouthpiece for either practice or games. Please take the proper steps to ensure that it has been fit properly.

Shoes – Cleated shoes should be worn to play field hockey. Metal cleats are prohibited.

Shin Guards – All players must wear shin guards in practices and games. Shin guards must extend to just below the knee. The Department has a limited number of shin guards available for checkout during the season.

Eye Protection – Eye protection is not required, but is **strongly encouraged**.

Sticks - Participants may bring their own stick to use in practices and games. If a player does not own a stick, she may borrow one from the Recreation Department and return it at season's end. The following page presents important information on stick selection:

## **Selecting a Field Hockey Stick**

From TK to Talon, from Penn Monto to Mohinder, from Grays to Gryphon, there's a field hockey stick for everyone. But while selecting the right stick is eventually a matter of personal preference, there are some factors to consider when making your stick selection.

### **Balance & Weight**

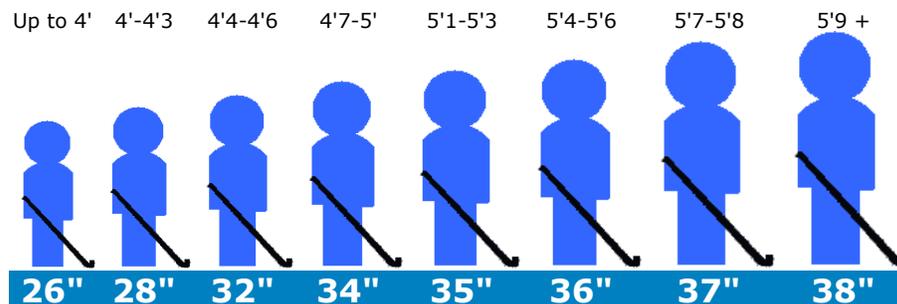
Get a "feel" for the stick. It should be well balanced and feel comfortable in your hands. Depending on your preference, the weight may be evenly distributed throughout the length of the stick or concentrated in the stick's toe or head. The weight in the toe should not be so much as to limit your stick speed when playing the ball.

Field hockey sticks range in weight from light (18 oz. to 19 oz.), to medium (19-22 oz), to heavy (22 oz to FIH maximum 25.9 oz [737 grams]). Most players will use a stick in the medium range. Generally, forwards prefer a lighter stick for quick maneuvering in the circle while defenders often choose a heavier stick for powerful clearing hits and to prevent attackers from casually "pushing" the stick aside.

### **Length of Stick**

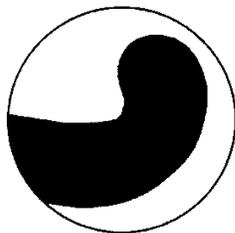
Field hockey sticks range in length from 26 & 28-inch youth sticks to 38-inch sticks for taller and more experienced players.

While the length of the stick is often determined by height, players often select the longest stick they can handle comfortably. The chart below shows the general guideline for choosing the appropriate length stick.



### **Toe Length**

The "toe" or "head" of the stick may also vary depending on your position or style of play.



### **Shorti**

The "shorti toe" features a one-piece head to allow quick maneuverability around the ball.



### **Midi**

The "midi toe" features an increased hook surface and slightly longer length to allow a larger hitting and stopping area to facilitate receiving, flicking and reverse stick play.



### **Hook**

A "hook toe" hooks up to provide the maximum surface for receiving and a larger sweet spot for hitting.

## **Flexibility & Stiffness**

A flexible stick that absorbs shock is often the stick of choice for beginning or novice players. Flexible sticks tend to be more durable than their stiffer counterparts.

Advanced players may opt for a stiffer stick for increased power.

Manufacturers may add a variety of reinforcing materials to the stick to add strength and durability or promote either stiffness or flexibility. Fully composite and fiberglass sticks are legal at the collegiate and high school level, and revised international definitions of the stick at the international level allow the stick to "be made of or contain wood or any material other than metal or metallic components, provided it is fit for the purpose of playing hockey and is no risk to health."

## **13. Safety**

1. Proper supervision. All parents should monitor the facility before dropping their child off for practices and games. Please make sure that your child's coach is present. Also, practices last for an hour to an hour and a half, unless stated otherwise. Parents should be punctual when picking up their children.

2. Shoes. The shoes that should be worn to play field hockey should be properly checked for comfort and fit. Rubber cleats are recommended. **Metal cleats are prohibited.**

3. Mouth Pieces. Mouthpieces are required in field hockey. Any player wearing a mouthpiece for either practices or games should take the proper steps to ensure that it has been fit properly.
4. Shin Guards. Shin guards are required in field hockey. These should cover the area from the shoe to just below the knee.
5. Eye Protection. Eye protection goggles are not required, but are **strongly encouraged**. Field Hockey or Lacrosse-style goggles are allowed and must be worn at all practices and games.
6. Jewelry. Watches, earrings, rings, and chains of any kind should not be worn while participating in practices and games.
7. Conditioning and stretching. All participants are encouraged to work on conditioning exercises at home. Stretching should be done before you begin your daily activities. This will help prevent injuries that occur from not being warmed up. It is also wise to ‘get loose’ and warm up prior to stretching. Stretching ‘cold’ muscles can also lead to injury.
8. Personal Equipment. Players choosing to use their own equipment should ensure this equipment is approved by the NOCSAE (National Operating Committee on Standards for Athletic Equipment). NOCSAE may be found on the web at <http://www.nocsae.org>

## **14. Self-Development**

Self-development is a vital component of all athletic activities. Participants are encouraged to be in top physical shape (i.e. being prepared physically to run for a length of time) prior to attending their first practice. Being in good physical shape will help to reduce the potential for injuries and should make the activity more enjoyable for the participant.

## **15. Playing Rules**

League rules have been established for each Carrboro Recreation, Parks & Cultural Resources Department League. The foundation for the Youth Field Hockey League is the National Federation of High School Field Hockey Rules. Local League rules exist in addition to these rules. Local League Rules will take precedence over any National Federation rules where a discrepancy exists. A copy of the Local League Rules may be found in the Appendix.

## **16. Conduct/Sportsmanship**

Providing a youth athletic program with the appropriate display of sportsmanship from all involved (coaches, participants, and parents) is a major concern and goal of the Recreation Department. Competition can be a healthy part of any athletic program, but the degree of competition and emphasis must be kept in proper perspective. Disagreements or complaints should be expressed through the proper channels and handled appropriately by all involved (parent, participant, coach, and staff).

Control of the playing setting is necessary to ensure the youth participants are exposed to a positive recreational atmosphere. Parents, coaches, and players should keep in mind that the program is designed for a recreational setting where the priority is not winning. Coaches and parents should provide reinforcement to all players and show support for one another. Coaches will be instructed to inform parents and players not to make negative comments toward opposing players, coaches and spectators.

All parties involved with Carrboro Recreation, Parks & Cultural Resources Department programs are subject to the Town's Code of Conduct. A copy of the Code of Conduct may be found in the Appendix.

## **17. Participation in Non-Department Sanctioned Activities**

Sanctioned practices, games and other activities are coordinated, scheduled and endorsed by the Carrboro Recreation, Parks & Cultural Resources Department. Activities such as non-approved team practices or games, participation in other events such as group/team attendance to a college or professional game, holiday parade, meeting at privately-owned facilities (i.e., batting cages, dance studios, etc.) may not be authorized by the Carrboro Recreation, Parks, & Cultural Resources Department.

While we recognize and appreciate the intention of volunteers, instructors, or parents to initiate and conduct activities to build and foster relationships beyond what is offered through the Town, please understand individuals who participate in such activities may be doing so at their own risk or with the responsibility of liability being placed on someone other than the Carrboro Recreation, Parks & Cultural Resources Department.

Parents are encouraged to inquire about whether an activity is coordinated and/or endorsed by the Carrboro Recreation, Parks & Cultural Resources Department prior to participation

## **18. Upcoming Programs**

### **Select Summer Sports Camps**

Registration Begins: January 7<sup>th</sup>, 2026 (Carrboro) & January 8<sup>th</sup>, 2026 (All other areas)

Cost: \$70-\$175/participant/camp (fee varies with each camp)

- Basketball Camp                      Ages: 7-8; 9-11
- Baseball Camp                         Ages: 7-9; 10-12
- Tennis Camp                            Ages: 8-12; 9-13
- Field Hockey Camp                    Ages: 10-13
- Flag Football Camp                    Ages: 9-12
- Ultimate Frisbee Camp                Ages: 9-15
- Youth Fishing Camp                    Ages: 8-11
- Fishing Camp                            Ages: 11-14
- Mountain Biking Camp                Ages: 11-17
- Intro. Mtn. Biking Camp              Ages: 11-17

*Please check our website and brochure for other programs throughout the year.*

## **19. Program Evaluations**

Feedback from participants is a vital part of the development and improvement of our programs. Please take the time to complete and return an evaluation to the Department following completion of the program. A program evaluation is included in the Appendix.

# **APPENDIX**