



MISSION OF UPRISE FHC:

UPRISE FHC was established providing an environment to increase the skill level of all players involved by focusing on three main elements:

- Increased “year round” practice opportunities to improve the skill level of all athletes.
- Increased understanding of “Team Play”. Instructing and drilling team concepts allowing all athletes to grow into a complete player.
- Understand and develop controllable off the field factors that allow everyone to be a better athlete.

CODE OF CONDUCT:

Together, we want to strive to make UPRISE the top competitor in our area. Athletes and adults representing UPRISE are expected to demonstrate honesty, integrity, and character at all times. It is essential for parents, coaches, and players to embrace the values of good sportsmanship. Please understand that poor sportsmanship or negativity from players or parents will not be tolerated.

We forbid the use of profanity, and uncontrollable, inappropriate behavior from the sidelines. We encourage you and your daughter to treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.

Those who do not follow such standards will face consequences that can affect their involvement with UPRISE.

COMMUNICATION:

If parents want to discuss concerns, please email your coach to arrange a time and place to meet. In the email include the reason for which you wish to meet. Please do not approach a coach with concerns before or after practices or games.

TEAMS:

Teams will be determined after the first few practices. Teams that are established in the winter season are subject to change from *season to season*, but will NOT be altered during the current playing season. Throughout the season, coaches will evaluate an athlete’s ability and skill development using the evaluation form attached.

ATTENDANCE:

If you cannot attend a practice or tournament, you must notify your daughter's coach **immediately** via email. You must state a reason as to why your daughter cannot attend. Lack of attendance can affect an athlete's playing time or team placement. If a team is short on players for a tournament, other athletes may be asked to guest play for that particular tournament.

PRACTICE CALENDER:

The calendar outlines the practice and tournament schedule. Practice facilities are Skate Zone in Voorhees and Berlin Community Center in Berlin. Local indoor tournaments will be emailed as soon as UPRISE is registered and confirmed. Information from the host is generally sent 48 hours before a tournament due to frequent changes. **Please arrive to each tournament 30 minutes before your first game time!**

Please don't forget the appropriate equipment and gear for practices and tournaments.

- Stick – Correct for Season
- Proper footwear
- Gloves
- Mouth guard
- Shin guards
- Shin guard covers/ Socks
- Reversible or Uniform
- Water

UNIFORMS:

UPRISE uniforms consist of purple kilt, two game jerseys', and white and purple shin guard covers. Uniform payments are due Friday, October 30.

Please keep your uniform in its best condition. AIR DRY only after washing. Do NOT place them in the dryer, as it will ruin the uniform.

MISCELLANEOUS:

- The use of exploiting pictures, comments, posts, etc. negatively through social media use is prohibited from anyone representing UPRISE. Those who display inappropriate content distastefully, or disrespectfully will face consequences.
- Society's Rules Apply - Any UPRISE member who chooses to participate in illegal activities will not continue as a member of UPRISE. No money paid up to that point will be refunded.

USFHA MEMBERSHIP:

In order to play for UPRISE, all players MUST register as a USFHA member and declare UPRISE as their affiliated club. Visit www.usafielddhockey.com. This must be done by October 1st.

CONTACT and PAYMENTS

If you have any questions, please do not hesitate to email uprisefhc@gmail.com

UPRISE Field Hockey Club PO Box 122 Moorestown, NJ 08057

Signing this document indicates that you have read and agree to the guidelines and policies outlined above:

Player Name Print: _____

Player Signature: _____

Parent/Guardian Name (print): _____

Parent/Guardian Signature: _____

Date: _____