

Lions Cub Club Field Hockey

Summer Season 2026

Practice Schedule:

May 31st: First Practice!

June 7th

June 14th

June 21st

June 28th

July 12th

July 19th

July 26th

August 2nd: No Practice- Tournament

August 9th: Last Practice

All age groups 9-11am

Players should arrive at 8:45

U14-U19 Tournaments:

June 13th @ Capelli

July 18th @ Capelli

August 2nd @ Montclair

U12 Tournaments:

July 18th @ Capelli

August 2nd @ Montclair

Team Policies:

Attendance & Commitment:

Players are expected to attend all practices and mark their availability on TeamSnap each week.

Being committed is not just attending practice, but giving 100% effort and intensity at all times.

Being committed also means arriving 15 minutes early to help with set up & helping with clean up. Coaches will put the equipment outside of their car to be brought up to the field and expect them to be brought back after practice.

Behavior & Respect:

Players must show respect to teammates, coaches, officials, fans, and opposing teams at all times.

There is a ZERO tolerance for bullying or disrespectful behavior of any kind. Represent the club positively on & off the field, including but not limited to on social media.

Responsibility to Growth:

Players are expected to take responsibility for their actions on and off the field. This includes being prepared for practices and games, taking care of their own and the club's equipment and managing their time effectively.

Commitment means showing up physically AND mentally engaged, focused, and ready to contribute to success.

Preparing for the Future:

All coaches are *always* available to help with the recruiting process for each athlete.

All coaches are *always* available to be mentors outside of practice for our players.

Lions Club is dedicated to preparing our athletes for more than a future on the field. We are pushing our athletes to become confident, independent, hard working young women to succeed in everything in life.

Practice and team culture will emphasize leadership, teamwork, resilience, and discipline.

If there are questions regarding improvement, playing time, extra practice, etc players are expected to talk to the coaches.

Strength & Conditioning:

One practice a week is not enough to reach full potential. Players should maintain fitness outside of scheduled team sessions.

Coach Kiera collaborated with SETS in Barnegat to create a high school aged strength and conditioning class that launched this spring. Please take the time to look into it.

If financially a class is not in the works, both Mak & Kiera would be more than happy to write a summer training plan that includes lifts, cardio, and proper recovery.

Proper rest, nutrition, and hydration are considered part of training and are extremely important to individual success.

Atmosphere:

Our coaching staff is devoted to pushing players. Our practices are designed to challenge physical and mental aspects of the game.

The coaching staff will create an environment that is competitive, structured, and purposeful while being supportive, encouraging, and fun.

Players should expect accountability, intensity, and attention to detail.

EVERY drill and repetition has a purpose.

Practices are a safe space for growth- mistakes are part of learning!

Players should expect coaches to hop in drills to set the tone, heighten intensity, challenge, and sometimes just because they miss playing too ;)

We are a LOUD coaching staff!

From Coach to Player:

We are SO excited to have you here with us! We look forward to pushing you to be the best field hockey player and person possible. This season- and our program- is not about wins and losses. It is about growth, effort, and how we show up every day. We are going to challenge each of you to be accountable, confident, and held to a high standard. We want to hear from YOU before, during, and after practices and games. We are building our very own family. One that is competitive, supportive, and fun to be part of. Bring the energy this season and take pride in what we are creating.

See you soon!

Coach Mak & Kiera

Communication:

Communication prior to the season will come via email. There will be opportunities that spring up where an email will be necessary during the season.

During the season communication will come via TeamSnap.

All new players will be added on June 1st.

Please use TeamSnap, email, or a group text message to communicate with coaches so we are all always in the loop.

Teamsnap is home to our team group chats, schedule, and rosters. Each week players are expected to have their availability marked BY Thursday so coaches can create a plan based on the number of players attending.

Payments:

U14, U16, U19 practice fee = \$400

U12 practice fee = \$350

Tournaments are paid on a pay-to-play basis.

All players marked as available during registration will be required to pay the tournament fee even if they later become unable to attend under certain circumstances.

Tournaments are paid on a pay-to-play basis, and tournament fees are determined by the number of players marked as available/attending during registration in order to keep pricing fair and as cheap as possible for everyone.

Tournament fees will be announced week 1 of practice or when registration has officially closed.

Uniforms for new players are \$70 and yours to keep forever.

We accept venmo (lionsclubfh), cash, or check

Payments are to be made prior to the event (before or on first practice, before tournament date)

From Coach to Parent,

Both owners grew up playing club sports and understand the financial commitment it creates for families. While we strive to run the most affordable way possible it is expensive regardless. If anyone needs to create a payment plan we are more than happy to talk it out with you. Our goal is to give Ocean County athletes a local and affordable opportunity to play competitive field hockey and grow the game around us.

We are beyond thankful for your support and so excited to meet each of you. Please feel free to introduce yourself and have conversations with us before/after practice (but please leave the field hockey stuff to the kids, we want to hear from them about improving, playing time, etc.).

All coaches offer individual/ small group sessions throughout the summer so there is always an opportunity for more touches if players are interested. We will post on TeamSnap and Instagram to let everyone know.

Mak & Kiera (preferred): lionsfhclub@gmail.com

Mak: makayla1alessi@gmail.com 609-661-3106

Kiera: klyons1316@gmail.com 609-709-9267

Coaching Staff:

Mak- Owner/ Head Coach

Kiera- Owner/ Head Coach

Erika Roura- GK Coach

Casey Macfarlane- U12 Assistant Coach

Juls Cannizzaro- U14 Assistant Coach

Sarah Keady- Assistant Coach

Noel Mahon- Assistant Coach

Lilly Fried- Assistant Coach

Olivia Nilsen- Assistant Coach