

# *Lions Cub Club Field Hockey*

Indoor Season 2025-2026

## **Schedule:**

December 7th: First Practice

December 14th: Practice

December 20th: Tournament @ United Sports

December 21st: Practice

December 28th: Practice

January 4th: Practice

January 11th: Practice

January 18th: Practice

January 25th: NO Practice (Florida tournament for those going)

January 31st: Tournament @ United Sports

February 1st: Practice

February 8th: Practice

February 15th: Home Play Day Or Practice

February 22nd: Practice

February 28th: Tournament @ United Sports

March 1st: Last Practice

Practices are held at Ocean Acres Elementary School

489 Nautilus Drive, Manahawkin NJ

**All players are required to arrive 15 minutes early to  
their practice time to set up & get dressed.**

**U14&U12s 8:45-10:15**

**U16s 10-11:30**

**U19s 11:15-12:45**

# ***Team Policies***

## **Attendance & Commitment**

- All players are expected to attend all practices.
- Notify the coaches via TeamSnap if a player will be missing practice.
- We understand indoor season coincides with the Holidays, please give the coaches a heads up on any traveling or vacations that interfere with practices so we can plan accordingly.
- Indoor is a 5v5 style game- coaches will play athletes as they see fit at tournaments.

## **Payment & Fees**

- Practice fee of \$400 must be paid in full by the due date- first day of practice (If a family needs more time we are more than happy to arrange something, please reach out to both coaches)
- Tournament fees are required for participation and must be paid before the event. Each tournament will be
- If you selected “Available” on registration you are required to pay for that tournament- except in special circumstances. This was outlined in the agreement signed during registration.
- No refunds will be issued after the season begins, except in special circumstances (injury, illness, etc.)
- New players are required to buy a uniform for \$70. Returning players that did NOT play this past summer with us will need to purchase the new uniforms for \$50.

## Behavior & Respect

- Show respect to teammates, coaches, officials, fans, and other teams at all times.
- There is ZERO tolerance for bullying or disrespectful behavior of any kind.
- Represent the club positively on & off the field, including on social media.

## Sportsmanship & Effort

- Always demonstrate good sportsmanship, regardless of the score or calls from officials.
- Hustle, give your best effort, and support your teammates at all times.
- Arrive prepared and ready to work.

## Communication

- Players and parents should contact BOTH Makayla & Kiera via TeamSnap- the lions club email goes directly to both coaches as well.
- Parents should address concerns with coaches at appropriate times.
- Coaches will provide clear feedback, schedules, and expectations.

**Players are required to have an INDOOR field hockey stick and left hand glove.**

# **Players**

## Players Responsibility & Growth

- Players are expected to take responsibility for their actions both on and off the field. This includes being prepared for practices and games, taking care of their own & the club's equipment, and managing their time effectively.
- Commitment means not only showing up physically, but being mentally engaged, focused, and ready to contribute to the team's success.
- Players should hold themselves to high standards of accountability, honesty, and integrity.

## Preparing for the Future- Beyond Field Hockey

- Our coaching staff is dedicated to developing players not only as athletes but also as strong, independent, and confident young women.
- Practices and team culture will emphasize leadership, teamwork, resilience, and self-discipline- qualities that extend far beyond the field.
- Coaches will encourage players to support one another, embrace challenges, and grow into responsible individuals who are ready for future opportunities in life, college, and careers.
- Our coaching staff is ALWAYS available to be mentors outside of field hockey for our players. We strive to build a trusting relationship with each player- one that allows players to confide in coaches whether field hockey related or not.

## Strength & Conditioning Outside of Practice

- One practice a week is not enough to reach full potential- players are expected to maintain fitness outside of scheduled team sessions.
- Each player should dedicate time weekly for strength train, cardio, agility, and recovery. If you are playing a winter sport and actively practicing through the season- please prioritize recovery.
- Coaches are more than happy to provide recommended exercises, conditioning plans, and resources. Coach Kiera holds a NASM Personal Training Certification and has many plans prewritten.
- Proper rest, nutrition, and hydration are considered part of training and are each player's responsibility.

## Practice Atmosphere

- Our coaching staff is devoted to push our players to excel and hone in on their hockey skills.
- Practices are designed to challenge players both physically and mentally.
- The coaching staff will create an environment that is competitive, structured, and purposeful while still being supportive and encouraging.
- Players should expect intensity, accountability, and attention to detail- every drill and repetition has a purpose.
- Practices are a safe space for growth: mistakes are a part of learning, however lack of effort or focus will not be tolerated.

## Payments:

Payments can be made via cash, check, or venmo  
Checks can be made to "Lions Club Field Hockey"  
Venmo- lionscubfh

## From Coach to Parent:

Both coaches grew up playing travel sports, this means we completely understand how expensive things can be (especially in today's world). Our goal as a club is to give Ocean County athletes the opportunity to play competitive field hockey and grow the game. We strive to keep prices as affordable as possible. If at any point we need to arrange a plan for payments please do not hesitate to reach out to us. We are here to help you and your family as much as you support us and ours! We could not be more excited to be on this journey with you all. Please email [lionsfhclub@gmail.com](mailto:lionsfhclub@gmail.com) to address the coaches together.

Individually:

Mak: 609-661-3106 [makayla1alessi@gmail.com](mailto:makayla1alessi@gmail.com)

Kiera: 609-709-9267

[klyons1316@gmail.com](mailto:klyons1316@gmail.com)

## TeamSnap:

Please download the TeamSnap app, this is our primary form of communication. Parents will receive an invitation in their email by the end of November once registration is closed.

Field Level:

<https://www.fieldlevel.com/s/tYoyc3I>