

**Rupert A. Nock Middle School
Field Hockey Program 2024 Information**

Program Details:

The middle school field hockey program is open to 6th, 7th, and 8th grade students of all experience levels. This year, our program will begin with practice on **WEDNESDAY, SEPTEMBER 4th**, and will continue through the end of October.

Based on the number of participants, our program will consist of two teams - Newburyport Middle School C (Crimson) and Newburyport Middle School W (White). Both teams will practice together, but will play games based on their given schedule.

Practices:

Practices will be held 2:30 - 3:45 on Mondays, Tuesdays, Wednesdays, and Thursdays unless games are scheduled. We will practice at the middle school at Eaton Field.

Games:

In previous years, there were about 10 games per team scheduled. The game schedule will be provided in advance once it has been created. Home games will be held at Eaton Field behind the middle school. Bus transportation is provided to and from our away games. Fans are welcome at both home and away games.

Equipment:

A field hockey stick, shin guards, a mouth guard, and goggles will be required for all practices and games.

Any questions, please feel free to reach out to Colleen Santos at colleenann.santos@gmail.com

TO RESERVE A SPOT ON THE TEAM:

- **COMPLETE THE ONLINE REGISTRATION LINK BELOW**
- **EMAIL YOUR UP TO DATE PHYSICAL TO Kathy Cutter: kcutter@newburyport.k12.ma.us**

Physicals are good for 13 months and once a physical expires the student's family must provide a copy of a new physical exam (doctor's notes are not allowed). Students may not participate if they have not had a physical examination within the past 13 months.

Registrations are due by **August 31st. - Registration is ONLINE**

This year, the Newburyport Youth Field Hockey League was established and will have an inaugural season. This league open to players including grades 6, 7, and 8. For those players planning to play on the Nock Middle School field hockey team, you can play for Newburyport in both the middle school league and the Bay State league through the Newburyport Youth League! We anticipate being able to avoid practice and game conflicts given that we assume there will be significant overlap between the two teams.