

2021  
Hilliard Lynx  
Field Hockey  
Handbook



# Introduction

The purpose of this handbook is to make the field hockey players and parents aware of the objectives, responsibilities, rules, and regulations associated with the Hilliard Lynx Field Hockey Club team. **Player and both parents** will need to sign off that they have read and will abide by the regulations of the club as described in the HLFH handbook.

The main objective of the HLFH program is to help young women develop mentally, physically, socially and emotionally with an emphasis on working with and respecting themselves and their teammates.

Each member of this team is responsible for not only her own image, but also for the image of the Hilliard Lynx Field Hockey team she represents. She must therefore strive to exhibit the best possible example of conduct at all times. Only through eagerness and willingness to represent excellence of personal character as well as excellence in sport can one become all that is expected of the Hilliard Lynx Field Hockey player.

If you have any questions regarding this handbook, please contact a member of the executive board. Thank you all in advance for a wonderful season!

Go Lynx!

Lynx Executive Board  
Coach Madison Pucci MS  
Coach Sarah Willbarger MS  
Coach Kowalski HS  
Coach Nolan HS

# **H.L.F.H. RULES, REGULATIONS, & GUIDELINES**

## **I. ATTENDANCE REQUIREMENTS**

### **A. Practice:**

1. You will need to be dressed, stretched, focused and ready to listen at the start of practice. You are expected to be present during the entire practice.
2. As a member of this team, you are required to call the coaches to inform them if you are ill and will not be attending practice or a game.
3. If you choose to work or participate in other activities during the season, please try to be considerate of your field hockey schedule.
4. If you are absent or not participating in a practice prior to a game, you may not start that game.

### **B. Games:**

1. Since our games often start at different times, please refer to your master schedule for arrival times for both home and away games. Any changes in game times will be posted immediately on our Hilliard Lynx website, calendar and Twitter, Players or parents will be contacted, via text, email, Facebook or other means, with any changes to scheduled events.
2. According to the OHSAA 3: In order to play in a game, players must be in attendance the day of the game. (Attendance means being in school the full day.) If the activity or sport takes place on the weekend, the student must be in attendance the last school day before the event. *We will expect players to report a game day absence to their coach.*
3. Some High School games may be designated a "Varsity Only" game.

Only designated Varsity players will be attending for that competition. Players will be notified if they are VARSITY.

### **C. Excused vs Unexcused Absence Standards and Expectations:**

1. Excused Absence: Missed or left school early due to illness, Dr. appointment, scheduled mandatory tutoring session, school-related obligation, school visit, SAT or ACTs testing, death in family, wedding, etc. (All unlisted events will be up to coach's interpretation) Athletes with Excused Absences MUST notify the coach as soon as possible. (By

email, text, remind app, or written note, delivered by the practice or game before absence)

2. Unexcused Absence: Participation in another sport, work-related obligations, concerts unrelated to school, minor headache or cramps that do not have Dr. Excuse, etc. (All unlisted events will be up to coach's interpretation) Athletes with Unexcused Absences MUST be written and explained with Coach at least 24 hours in advance. (By email, text, remind app, or written note, delivered by the practice or game before absence)

D. Excused vs Unexcused Absence Penalties:

1. Excused Absences:

- a.) Missed Practice directly before a game = First half ineligible, athlete is eligible to play in the second half of the game.
- b.) Excused Absence during normal practice week = No playing time penalty will occur.

2. Unexcused Absences:

- a.) Unexcused Absence with 24-hour notice = 1 practice and 1 game will need to be completed before the athlete is allowed to play in the next game. Athlete must dress and warm-up with the team during ineligible game.
- b.) Unexcused Absence without 24-hour notice = 5 practices need to be completed in order for athlete to be eligible (possible that 2-3 games until player could be ineligible, dependent on schedule).

E. Preseason Absences:

1. Excused Absences: Sick with Dr. excuse/parent note, Death in family, or Wedding. (Everything else will be up to Coach's interpretation) All missed runs and workouts will need to be made-up and completed before eligible for OFFICIAL season game.
2. ALL OTHER ABSENCES DURING PRESEASON ARE UNEXCUSED – more than 2 missed preseason sessions, player will be ineligible to participant with the team during that upcoming season.

## II. EQUIPMENT

A. Personal Equipment:

1. Every player must be fully prepared for practice every day. Each player must have their own stick, mouth guard, shin guards, goggles, multiple pairs of socks, cleats, running shoes, and a large water jug.

2. On game days, we will wear WHITE for HOME GAMES and BLUE for AWAY GAMES. For home games, players must bring a pair of all white socks, and for away games high school players must have a pair of all blue socks while middle school players will wear black socks for away games.
3. Players must wear all black spandex-type shorts underneath their kilts, if needed.
4. When the weather cools down, the team must wear coordinating colors under their jerseys. Please be prepared to bring an all-white long sleeve t-shirt and an all-black long sleeve t-shirt.

#### B. Team Equipment:

1. Following each practice, team equipment must be counted. The captains will oversee this process. Please treat this equipment with respect.
2. UNIFORMS ARE TEAM EQUIPMENT!!! Each player will be assigned two (2) jerseys and a kilt/skort. This equipment must be signed for at the start of the season. Each player/parent is responsible for keeping this equipment in the same shape that they received it in. Any family who does not return a piece of equipment, or damages it in any way, will be required to pay the cost of the item to replace it. *This is non-negotiable. Failure to turn in your team uniform before the end of the year banquet will result in the withholding of your earned athletic letter or chevron or other earned recognition.*

### III. **INDIVIDUAL CONDUCT**

#### A. Academics:

All players are expected to maintain an academic level of acceptance for school competition. According to the OHSAA academic eligibility is:

In order to be eligible, a student in grade 9, 10, 11 or 12 must be currently enrolled and must have been enrolled in school the immediately preceding grading period and received passing grades during that grading period in subjects that earn a minimum of 5.0 credits per year toward graduation.

Summer school grades earned may not be used to substitute for failing grades from the last grading period of the regular school year.

To verify your eligibility for play and any year end Academic Honor we will request a copy of your transcript. This can be printed from your Hilliard Home Access page.

According to the OHSAA Eligibility Guideline for the 7<sup>th</sup> and 8<sup>th</sup> grade student athletes must be enrolled in at least five classes and must have received passing grades in at least five classes the previous grading period.

#### B. Social Settings:

Remember that you are now associated with HLFH, and your conduct in public should represent us in a positive light; this includes Facebook, Instagram, Twitter and other online social networks.

#### C. Games & Practices:

Take pride in your team, but always have respect and appreciation for other schools and teams. Respect for ALL players, coaches, officials and parents are expected.

#### D. Alcohol, Controlled Substances & Tobacco Products:

You are expected not to use, possess, or sell alcohol, controlled substances or tobacco products while you are a member of this team. This is a situation where you must put your individual wants aside and think of the team's needs first. We are a ZERO TOLERANCE program.

### **IV. TEAM EVENTS**

#### A. Attendance:

All players are encouraged to attend the scheduled field hockey event of that day as if it were a practice or game. These events include scheduled team bonding, team dinners, watching the other school team or an OSU field hockey game.

### **V. TEAM MEMBER RESPONSIBILITIES**

#### A. Pride:

It is our responsibility, as team members and coaches, to demonstrate pride for our schools, city and team through our actions and words.

**B. Team Spirit:**

It is our responsibility to support our teammates, and all other teams associated with Hilliard City Schools.

**C. Respect:**

It is our responsibility to show respect to everyone associated with HLFH, the Hilliard community, and one another.

**VI. ATTITUDE**

- A. It is our responsibility to exhibit a positive and coach-able attitude. There is no room for jealousies, negative criticism, or backstabbing.
- B. Accept constructive criticism from coaches and teammates in the line for which it is given. Assume goodwill. It is aimed at making you a better player.
- C. Each player must have a strong desire to be the best, be willing to learn and never give up.
- D. Communicate all comments and concerns to the appropriate party.

**VII. INJURIES**

- A. All injuries must be reported to the head coach immediately.
- B. You are expected to follow the prescribed treatment to heal your injury.  
Your team is counting on you.

**VIII. RESPONSIBILITIES OF THE COACH**

- A. Teach each individual player the skills and strategies associated with field hockey.
- B. Act as a positive role model for young adults.
- C. Work with the team, parents and community to build team spirit and support.
- D. Responsible for any major decision involving team policies.
- E. Communicate positive comments to players and parents.

F. Provide a safe environment for the players to learn the game in.

## **IX. FAN CODE OF CONDUCT**

A. The Hilliard Lynx Field Hockey Club promotes sportsmanship. Sportsmanship is an essential part of any athletic competition and is expected from athletes, coaches, officials and fans. As a fan/spectator of the Hilliard Lynx Field Hockey Club we want you to be an example of positive encouragement while supporting our athletes, coaches and officials. Our behavior should be positive, respectful and encouraging of the athletes, coaches, officials and the game.

Examples of Spectator inappropriate behavior:

Verbal/physical abuse of officials.

Berating players, coaches or other spectators through: chants, signs, cheers, and profanity.

Unacceptable interruptions of a contest:

Throwing objects on the playing area.

Entering the playing area.

Disruptive behavior.

Suggested disciplinary actions:

- Removal from contest.
- Meeting with coaches and Board members with school officials.

Below is the discipline suggested by the Hilliard City Schools. Hilliard Lynx Boosters may use these guidelines when determining disciplinary actions.

First Offense—Removal from the next two home athletic contests and/or one calendar week (7 days).

Second Offense—Removal from all home athletic contests for that season.

## **X. 24 HOUR RULE**



- A. In any instance of a disagreement, please wait 24 hours before contacting a member of the coaching staff regarding the issue at hand. This is to ensure that the parents, players and coaches are calm and thinking rationally about the situation. This also helps to decrease the likely-hood of the situation escalating.
- B. With regards to playing time, this is a topic that is to be discussed between coaches and players. The players must learn to take responsibility for themselves and talk with their coaches about their playing time. This is not a topic for discussion between coaches and parents.

## **XI. Required Paperwork**

In order to be eligible to participate in the first practice of the season each player must have:

- A. Paid the appropriate team fee OR made arrangements with Board President for an approved payment plan
- B. Turned in all required paperwork including
  - a. Parental Consent for Emergency Medical Treatment
  - b. Copy of Insurance Card
  - c. Completed OHSAA Physical Form
  - d. Concussion Form
  - e. SCA Lindsay's Law Form
  - f. Handbook acknowledgement
  - g. Waiver – Liability Form

Hilliard Lynx Field Hockey requires **ALL** athletes to have a current physical on file for safety and prompt medical responses. This includes our athletes in 5th and 6th grades.

3-4-1 Athletic participation forms for participants in any of the grades 7-12 shall be signed by a medical examiner (Physician [M.D., D.O., or D.C.], Advanced Nurse Practitioner or Physician's Assistant), the participant and by a parent or guardian. These forms must be on file with the principal or designee before any candidate for a team may participate in a practice. These forms shall require the medical examiner to certify the individual's physical fitness no less than once each calendar year.

## **XII. Social Media.**

Hilliard Lynx Field Hockey recognizes each athlete's rights to freedom of speech, expression and association, including the use of social networks. As a member of the Hilliard Lynx Team, you are expected to portray yourself, your team, your community in a positive manner at all times.

Here are some guidelines for social networking site usage:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online - even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the web site and may be searchable even after you remove it.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- Similar to comments made in person, the Hilliard Lynx will not tolerate disrespectful comments and behavior online, such as:
  - Derogatory language or remarks that may harm my teammates or coaches; other student athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect my opponents.
  - Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- Indicating knowledge of an unreported school or team violation-regardless if the violation was unintentional or intentional.

In review, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

The Executive Board would like to reiterate that as volunteers/representatives of the Lynx Program, either as a Board Member, Coach, or Player, the utmost of respect for the program is expected. The Executive Board will not tolerate a negative

atmosphere against its players, coaches, or volunteers. Unsportsmanlike behavior will not be tolerated and can result in disciplinary action, up to or including expulsion from the program, by the Board or Coaches as deemed fit.

Unsportsmanlike behavior includes but is not limited to:

1. **Alcohol and Drug Abuse Offenses**– Alcohol and drug abuse offenses are defined as the use, sale or possession of alcohol, drugs, controlled substances, inhalants, look-alikes and/or other illegal substances, including drug paraphernalia.
2. **Tobacco Related Offenses** – Tobacco-related offenses are defined as the use, sale or possession of tobacco products, including lighters, matches and other flame-producing materials. Lynx reserves the right to do random drug tests.
3. **Hazing and Bullying** -Hazing means doing any act or coercing another, including the victim, to do any act of initiation into any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person. Bullying, harassment and intimidation is an intentional written, verbal or physical act that a person has exhibited toward another particular person more than once. The intentional act also includes violence within a dating relationship. The behavior causes both mental and/or physical harm to the other person and is sufficiently severe, persistent or pervasive that it creates an intimidating, threatening or abusive environment for the other person. This behavior is prohibited at all Hilliard Lynx Field Hockey events.

**Equipment** – All athletes are responsible for the proper care and security of equipment issued to them.

1. All equipment issued to a player is to be worn only at practice or scheduled games or scrimmages. Exceptions must be approved by the coach (i.e.-jerseys).
2. Before any item is attached, added to, removed from or worn with a uniform that is issued to an athlete for a specific sport, the athlete must secure permission from the coach. Each athlete is responsible for all equipment issued. Keep it clean and in the best possible condition. The Hilliard Lynx Field Hockey Club is not responsible for lost or stolen equipment.
3. All equipment issued to an athlete must be returned at the end of the season. Equipment that is not returned for any reason or is damaged beyond normal wear and tear must be paid for at REPLACEMENT cost. Equipment is to be returned or lost equipment paid for within one week of the last contest of the sport.

# Hilliard Lynx Field Hockey 2020

## Coaches

Cami Kowalski; High School Head Coach

Remind link: <https://www.remind.com/join/f9h877>

[cami\\_kowalski@hboe.org](mailto:cami_kowalski@hboe.org)

Madison Pucci, Middle School Head Coach

Sarah Willbarger, Middle School Head

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## Hilliard Lynx Booster Officers:

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## **About Coach Kowalski**

Cami Kowalski started playing field hockey for the Golden Shamrocks in Middle School. Although she played defense on the Shamrocks, during tryouts for the Jerome High School field hockey team she was moved to mid field where she played all 4 years. She started out as captain for the JV team and quickly moved up to Varsity her next year.

After high school Coach Kowalski went to Miami University in Oxford, OH. Although she didn't play for the Miami team she stayed active and came back to play for the Jerome alumni games. Once she graduated from Miami, Coach Kowalski moved to Spain to teach English.

She moved back to Hilliard, OH in 2019 where she works at Bradley High School as a math teacher. She's so excited to coach such an amazing group of girls who love the sport the same way she does!

Let's have an amazing season...Go Lynx!

Coach Cami Kowalski

## **About Coach Nolan**

Kelsey Nolan started playing hockey in 7th grade. She played for Hempfield in her hometown of Lancaster, Pennsylvania. She continued her hockey career in high school, earning a spot on the varsity team her freshman year. Kelsey played midfield all 4 years and was a captain as a senior. During her tenure, Hempfield High School was very successful with league, district, and state victories. The highlight was winning the state championship in 2011. Individually, Kelsey was named to the All-League, All-District, All-State, and All-Region Teams.

After graduating high school, Kelsey continued playing hockey at Yale University. Following an injury her freshman year she came back and was Second Team All-Ivy during her second year. Kelsey then transferred to Ohio State University and walked on their field hockey team. She was able to play 3 seasons with the Buckeyes, being named captain her senior year. In 2018, she was named to the First Team All-Big Ten as well as the Big Ten Tournament Team and All-Region Team. She was also named Third Team Academic All-American.

Since college, Kelsey has been a TESOL (Teaching English to Speakers of Other Languages) teacher at Pleasant View Middle School. Aside from teaching, Kelsey enjoys running marathons and coaching. This will be her 3rd year helping with the Hilliard Lynx and she also coaches with the club Field Hockey Life.

Field hockey has been such an integral part of her life, and she wants to share the joy of the game with generations to come.

Go Lynx!

Coach Kelsey Nolan

# About Coach Pucci

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# About Coach Willbarger

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## SIMPLE RULES AND HELPFUL TIPS

1. The Ball can only be hit with the flat side of the stick.
2. The left hand should always be above the right when dribbling, shooting or passing. Do not hold the stick cross-handed.
3. There are no left-handed sticks. Left handers need not worry as the strong left arm on top will work to your advantage.
4. The ball is pushed or flicked with the hands apart and the knees bent (like an ice-hockey wrist shot). The ball is hit with two hands placed together (left on top, right below) on the upper part of the stick (like a golf club or baseball bat). The emphasis is on pushing, not hitting
5. The ball cannot be played with either the feet or the hand. At under 12 level, only intentional "feet" are called.
6. The ball can be dribbled by running with it on the end of the stick ("straight dribble"), or rotating the stick over the ball ("Indian Dribble").
7. Hockey sticks are made of dense mulberry wood and/or aluminum and fiberglass. Sticks should be kept well below shoulder height at all times.
8. Sticks cannot be used to hit other players and should not be swung dangerously.
9. There is no body checking in field hockey, and no stick -checking.
10. The ball may not be raised or lifted into another player.
11. There is no off-side rule.
12. The goalie has equipment similar to an ice-hockey goalie and can use her feet and body to stop the ball, though she cannot fall on the ball or hold on to the ball.
13. Obstruction. A player cannot obstruct if she is stationary, no matter which way she is facing; she must move into a position to obstruct and the obstructed player must be actively trying to play the ball. A player can turn away from a tackler so long as the ball is held in front, and the player moves away from the tackler.
14. Ball off back line: last touched by attacker, 16 yd. hit to defender; last touched by defender, corner to attackers - hit in 5 yds along sideline from endline. Balls raised into the circle, especially from corners, are usually considered dangerous.
15. All free hits within 5 yds of circle - everyone must be 5 yds away.
16. Ball hit off back line intentionally by defender or goalie - penalty corner.
17. Accidental infraction by defender in circle or intentional infraction inside 25 yd line - penalty corner.
18. Penalty corner: five defenders behind goal line; ball pushed out by attacker from point 10 yds from post (any side), defenders can run out after ball; ball must move outside the circle and then go back inside before a shot is taken. If the shot is HIT it must not be higher than backboard (18") - if flicked it can be higher.
19. Intentional infraction in the circle or unintentional infraction preventing a sure goal, penalty stroke.
20. Penalty stroke: time out, all players behind the 25 yd line except goalie and hitter. Goalie stationary with heels on line. When the umpire sees both goalie and hitter are 'ready' - blows whistle. Hitter must

start behind the ball and must then push or flick the ball - not hit. Goalie saves or ball misses net - 16 yd hit.

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**Skills: field hockey is a game of possession, elimination and tackling.**

You should concentrate on these simple aspects of the game. Practice until you have mastered them.

**Possession skills:** be able to maintain possession both individually and in pairs.

**Elimination skills:** be able to take on an opponent one-on-one.

**Tackling skills:** don't rush in - hold the stick in the left hand and back up until an opportunity to dispose arises. Channel your opponent to the sides.