

Welcome to Capital Field Hockey League 2019

Welcome to Summer League 2019. 30 schools are represented from the Northern Virginia area. Everyone will receive their game reversible vest when they arrive on Wednesday, May 22. Please come a few minutes early so you can meet your teammates and coach. **Remember there will be graduations going on at George Mason University so plan accordingly for travel time. Wednesday, June 5 at 2pm is Fall Church's graduation and at 7:30pm South Lakes graduation. On Monday, June 10 Lee graduates at GMU at 2pm and Edison at 7:30pm.**

*** There will be no REFUNDS for anything after the first day of Capital Field Hockey May 22**

Please remember to bring a mouthguard, shinguards, stick, and water.

First Team listed on schedule will wear white side and white socks, second team listed wear dark side and dark socks

*Goggles are optional and only mandatory when playing NFHS games during the fall season. We play International rules which don't use goggles.

Each team will have a coach with a field hockey background. They are excited to come back and give back what they got out of the game. FUN, TEAMWORK, ENJOYMENT, AND COMPETITION. If your roster does not have a coach on it, you will be assigned one by the first game. If you are not going to be at a game, it is your responsibility to contact your coach and let her/him know. That is called RESPECT and every coach deserves it. **Goalies will receive a list to call when they cannot make a game via e-mail.**

Games will start promptly on time. Please be at the fields 15 minutes before game time. If there is inclement weather, you may go to our website CapitalFieldHockey.com to see if the games are called off. See the website for rescheduling of games if possible because of inclement weather. I will also send a mass email out if games are **cancelled** so please look for that communication. Please do not call my cell if you are questioning weather. I will send a mass email if schedules change and games are cancelled.

There will be a 0 tolerance policy for unsportsmanship conduct on and off the field while at Capital league. Any misbehavior by players, coaches, or fans will not be tolerated and you will be immediately dismissed from the league. You will not be allowed to participate in the Capital league again. This league is supposed to be for FUN!

*** You can find our Code of Conduct information on our website.**

***We also have Concussion Information with Policies and Procedures on our website.**

George Mason University Turf Field #3 Location and Directions

We will be playing at GMU Intramural Turf Field #3 located across the street from main campus and over by the softball field. West Campus Park

For GMU Intramural Field #3:

Go to gomason.com and pull down Inside Athletics at the top of the page and click on facilities. Go to Softball Field Complex and click on page for directions. The Intramural Field #3 is directly to the right of the softball field.

Parking- Please only park in parking area with lines and not on the side of the road. You may also park in the lot by the tennis courts. You will be ticketed if you park illegally.(ie parallel parking along street)

PS – If your phone # or e-mail address is wrong please contact me at starrdowningkarl@gmail.com and your coaches.

Have a fun time and play safe!

Starr Karl

Director- Capital Field Hockey League

703-966-0542