

West Caldwell-Caldwell Recreation presents 2026

FIELD HOCKEY



For girls in grades 3/4, 5/6 and 7/8

Program for grades 3 & 4 will begin on Wednesday, September 9. Practices will be held on Wednesdays, at 6:00pm. Games will begin in October, schedule TBD.

The Travel Program for grades 5-8 will begin Tuesday, August 18. This is a competitive team designed to prepare you for the high school team. THE 5/6 AND 7/8 GIRLS WILL BE PLAYING IN THE MIDDLE JERSEY YOUTH FIELD HOCKEY LEAGUE ([WEBSITE LINK](#)).

There will be 3 practices per week (Tue, Wed, Fri). Most games for 5/6 and 7/8 will be on Sundays, possibly a few Saturday afternoons. If you play another sport or activity that conflicts with Field Hockey, we ask that you make a choice if you are not able to commit to this type of schedule.

- GRADES 5 & 6 WILL BE LIMITED TO THE FIRST 34 GIRLS TO REGISTER.
 - GRADES 7 & 8 WILL BE LIMITED TO THE FIRST 34 GIRLS TO REGISTER.
- (You will be placed on a waitlist if/when this number is reached)

Equipment – sneakers or turf shoes, shin guards, mouthpiece, goggles
Field hockey stick

Supervisor – Sarah Pallino (JCHS FH Coach)

Questions? – Email – sarahfpallino@gmail.com

Cost - \$130.00 (there will be an additional charge for uniform jersey)

Deadline – August 3 or until program is full (whichever comes first). THERE WILL BE NO REFUNDS ONCE THE PROGRAM BEGINS.

The Recreation Department will be offering an additional Field Hockey Skills & Drills Clinic (one day per week). Information and registration to follow.

Checks Payable to: WC-C Recreation

Return form and fee to WC-C Recreation:

30 Clinton Road, West Caldwell, NJ 07006, Office hours: 8:30 am to 4:30 pm.

Register online at: <https://register.communitypass.net/westcaldwell>

SPORT PARENT AND SPECTATOR CODE OF CONDUCT PLEDGE (please read and sign on bottom of page)

I therefore agree:

1. I will remember that children participate to have fun and that the game is for youth not adults.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will learn the rules of the game and the policies of the league.
4. I will refrain from on field coaching of my child or other players during games and practices, unless I am one of the official coaches of the team.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach player, or parent such as booing and taunting; refusing to shake hand; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
10. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
12. I will promote the emotional and physical wellbeing of the athletes ahead of any personal desire I may have for my child to win.
13. I will respect the game officials, recreation officials & coaches and their authority during games and will never question or confront game officials, recreation officials & coaches prior to, during or immediately following a game and if necessary speak with coaches or recreation officials at an agreed upon time.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I may be subject to disciplinary action that could include, but is not limited to the following:

- **Removal from game facility and or suspension from attendance of a parent or spectator at a future game or games.**

Parent's/Guardian's Signatures (1)_____ **(2)**_____ **Date** _____

Child's Name: _____ **Phone:** _____

Address: _____ ☐WC ☐C

Birthdate: _____ **Age:** _____ **Grade:** _____

E-mail (Please Print Clearly) _____

☐ **I would like to help coach my daughter's team. Name** _____

I give my child permission to participate in the 2025 Field Hockey program and to the best of my knowledge is physically fit to engage in this activity of the West Caldwell-Caldwell Recreation program. I understand that photographs or videos of my child, taken by Department of Recreation staff, may be used on the Township of West Caldwell website and social media sites

Parents Signature: _____ **Date:** _____