



Panther Paw



Newsletter Winter Edition 2025

New Facility

We are very excited to announce our new facility, located at 7505 Ranco Rd. Many of our teams have been practicing there and we are looking forward to many years of Indoor and outdoor training skills here in our new home. Once the "upstairs" is finished and astro turf is laid we will offer skill sessions, strength and conditioning sessions, injury prevention sessions and a small weight room.

We think with year round training opportunities and a spacious place to work on skills we can benefit the RVA athletes!

Indoor Season underway

Our indoor season is in full swing! Our U19 Black and Royal teams both qualified for NIT's. Our U16 Black team also qualified for NIT's. Our U16 Royal team fell one goal short of qualifying! We love the work they are all putting in! Our U14 teams and our U12 and U10 teams are working hard for the NIT's and NIF's! Their hard work is paying off.



Follow us on Instagram and Facebook



CUBS and U10

Our youngest players are enjoying their first few Indoor sessions! We have opened a second CUBS session at our new location on Ranco Rd on Saturday mornings! It is not too late to join in the fun. Please pass along our information to any Henrico schools and neighborhoods with Elementary schools aged girls (and boys). For more information please visit our website or email panthersfieldhockey@gmail.com.

Our U10's will compete in their first tournament on January 26th at our facility.

MS League

Our two Middle School Leagues are underway. We offer two locations (Chesterfield and Henrico). It is not too late to join in our Friday night fun! Shoot us an email If Interested! Excitement at our second session in Chesterfield when our staff smelled gas and very smartly called the fire department, who discovered a gas leak at the church!

HS League

Back by popular demand our High School League was a sell out! We have 14 teams competing every Saturday at Ranco Rd. Entering week 3 the teams are enjoying this competitive fun league style play. We love having all the schools together to better their outdoor skills and team bond! Thanks to our own Nat and Emma for running the HS league!

Coming Soon upstairs

Whatever your sport is

Want more
Training?

NEW



The Training Station

Training Athletes in the Richmond area

Sports specific skill sessions

Strength and conditioning

Injury prevention

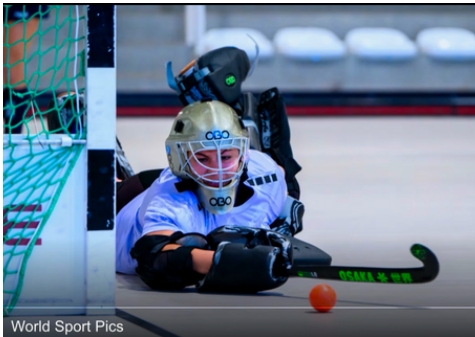
7505 Ranco Rd. Richmond, VA

Now offering small
group sessions and
individual sessions





Sierra Espeland named to National Indoor World Cup USA National Team



We are very excited and proud to announce our U16/U19 head coach, Sierra, has been selected to play in the World Cup for the United States National Team. Sierra will represent the USA at the end of this month in Croatia where the 2025 World Cup will be held.

As soon as the live stream links are posted we will have them on our social media and website so that people can watch. We look forward to seeing Panthers United listed in the official World Cup program! We are super proud of all the hard work and travel that Sierra has put into her hockey training. She was able to maintain her job and her coaching responsibilities with University of Richmond and Panthers. Good Luck to Sierra and Team USA!

Sierra's Fun Facts

Favorite Pregame snack: Apple Sauce
Favorite Hockey moment: Coming back to beat Cal 4-3 with time expired on senior day at University of Vermont
Favorite Coaching moment: When U19 Royal (Panthers) qualified for NIT's In shootouts last year.
Who is your hero?
My Parents



Calling all Goalies! We will host Ultimate Defender at our new facility in February! For more Information or to register please visit their website <https://www.ultimatedefendergk.com/clinics>

Open to ALL goalkeepers of all ages. Ultimate Defender Goalkeeping Academy

RECRUITING REMINDERS

As a reminder, as a Panther member you NEVER have to pay for Recruiting services. You can ignore all emails asking for money. We have over 20 years experience in recruiting, an established reputaion, and strong relationships with College Coaches of all levels. We are here to help you navigate the process.

Spring Save the Dates

Elite Team Tryouts: RCC teams:

March 4th and March 11th

U14 5:30-6:30

U16 and U19 6-8

More information coming soon!

RCC dates TBA

Practices U14: Sunday and Tuesday

U16/19 Sunday and Thursday

Save the date tournaments:

May 3 & 4: Richmond, VA

April 5/6 Southern Showdown (Charlotte, NC)

May 31 & June 1: Virginia Beach, VA

Spring Premier Programs--no tryouts @ River City

U10- Mondays and Tuesdays 5:30-7

U12- Tuesdays and Thursdays 5:30-7

U14 Tuesdays and Thursdays 5:30-7

High School Spring training --no tryouts

(with some 7v7 tournament options)

Mondays and Thursdays 7-9 @ River City

Our spring season
will offer small groups
and individuals



NIT TEAMS RAISE MONEY FOR FEES

Doughnuts for a great cause!! Panthers United Field Hockey Club is giving you the best reason to indulge in a dozen (or two) Krispy Kreme doughnuts. Until March 1, 60% of your order will be donated back to Panthers United Field Hockey Club when you purchase via our fundraising sales page! Simply buy online, visit your local store & redeem using your code. Treat yourself, friends and family here:

<https://grouprai.se/krispykreme5T8XVGma>



From the Finance Director

New Procedure for Multi-Part Payments

In an effort to ease the impact of program fees for some of our families, Panthers often offers a multi-part payment plan. This is a great option for those that wish to disperse payment of their program fee over the course of the season rather than paying all fees up front. We are happy this works for our Panther families and will continue to offer this option. However, beginning with the Spring 2025 season, all multi-part payments will be set up as "Auto-Pay". This will aid families in managing due dates and ensure timely receipt of payments.

When you register for your next event and select the multi-part payment, you will be asked to set up a Ryzer account. Some may already have one established. This will be used to store your information on programs and payment activity. The card that you use for initial registration will be the one that Ryzer draws from at each due date. If you need to change, you will be able to alter that through your Ryzer account. A minimal processing fee will apply to each payment.

We are committed to working with families to make their Panthers field hockey experience the best it can be. If you have any questions, please don't hesitate to reach out. - Kim Srader, Director, Business Operations



Do you love working with children?

We are Hiring for spring

email panthersfieldhockey@gmail.com

College, high school and adults welcomed to apply

NFHCA Winter Escape



Panthers United went to Sanford Florida

January 17-19 NFHCA WINTER ESCAPE

We had great weather this year with a lot of college coaches watching our team. The Winter Escape Tournament is held every year centered around the National convention for the college coaches. We played great hockey and had competitive games, including a come from behind near win against a strong team. Some of our players enjoyed seeing mantatees and alligators in their down time.