



**Empowering confidence, strength, and leadership in our athletes**

## **PANTHERS 2023 FALL SEASON BEGINS**

The Panthers 2023 Fall Season started off with a bang on August 14th when the Gold Team began their season with a team building activity at Gelati Celesti! With the season well under way, Gold currently has a record of 7-0-2!



Gold Team at Gelati Celesti



Gold Team

The Blue and White Teams began their seasons on Monday, August 28th. Their seasons are well underway and both are having success on the field while having a lot of fun along the way!



White Team



Blue Team

In August, we also welcomed our CUBS, U10's and League players to the Panthers Fall Season! Practices, Scrimmages, and games make for a busy season! We have CUBS and Leagues in Chesterfield and Henrico. Spread the word and help us grow the game in Richmond!

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## INDOOR TRYOUTS!

Indoor Tryouts for U12, U14, U16 & U19 are coming up on Saturday, October 28th and Sunday, November 5th at Shooters.

Registration is required. U16 and U19 are now open on the Panthers website. U12 & U14 coming soon!

### **Saturday, October 28th**

U19 Time slot: 1:30-3pm

U16 Time slot: 3-4:30pm

### **Sunday, November 5th**

U12 & U14 TBA but will be 1:30-4:30pm

## INDOOR CLINICS

Indoor clinics coming soon! Tentatively scheduled for October 21st and 27th. Keep a lookout for an email!

## Shooting Star Tournament



The annual Shooting Star Thanksgiving Tournament will take place at River City and Stratton Park November 24th, 25th, and 26th. Over 240 teams from around the country and over 3,000 athletes will come to RVA to compete in this highly competitive tournament. Email [panthersfieldhockey@gmail.com](mailto:panthersfieldhockey@gmail.com) to reserve your spot as soon as possible for U16 & U19.

## Sunday Sessions

Sunday sessions are in full swing every Sunday between now and the end of October. These sessions are open to U14, U16, and U19 players. Sign up on the Panthers website. Sessions are at St. Catherine's School and time is 5-7pm (variation on times may happen).

[Read More](#)

# Save the Date


**Saturday, November 4th – Play for Page** at St. Gertrude's Outdoor Athletic Center in Henrico (same place as last year). Volunteers needed for community service hours and HS Refs needed for paid positions.

**Saturday, November 11th – Fall Banquet** for Panthers Fall Teams at Robious Middle School from 4pm–8pm. More Information coming soon!



## Comin Soon!

Field Hockey Trainer **Leap Hockey** is coming to Panthers in March 2024!!! Stay tuned for more information on this epic two-day training event!!



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## Stick Donations

We are in desperate need of old sticks! Please donate any sticks you are no longer using! Bring them to your designated practice. Thank you!!!

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# Panthers in the News

August/September 2023

**NEXUS** - The Junior NEXUS Championship took place in July in Virginia Beach and Panthers had players in the U14, U16, and U18 age groups. Congratulations to Julia R. and Kaylee H. for winning Gold and Silver Medals, respectively, in the U14 Championship game and to Alexandra C. for winning the Bronze Medal in the U16 Championship game! Great job!



**Junior Olympics** - The AAU Junior Olympics were held in August at the University of Iowa. From their performance at NEXUS, Avery J., Alexandra C., Julia R., and Anna R., were chosen to compete in the tournament. Congratulations to Julia R. and her team for winning the Gold Medal in the championship game and to Alexandra C. and Anna R. for winning the Silver Medal!



[Read More](#)



## **Panthers in the News- Cont'd**

U/16 & U/18 Junior National Camp After their strong performances at the Junior NEXUS Championships, Karsin Beatty, Avery Johnson, Alexandra Curtis, Julia Riesser, and Callie Rogers, were all selected to attend the Junior National Camp December 1-3, 2023, in Charlotte, NC! Super proud of these athletes representing Panthers at the National level of USA Field Hockey!



## **Summer Camp**

Many of our Panthers attend field hockey camps throughout the summer. A big congratulations goes out to our U14 player Kaylee H. who earned Camp MVP at the University of Maryland Field Hockey Camp in July! Kaylee won a free STX field hockey stick. Kaylee also won the "Will to Win" Award at the University of North Carolina Field Hockey Camp in July! Way to make Panthers proud, Kaylee!!

## **Freshmen Panthers Playing in College!**

Izzy Lee - Georgetown

Olivia Schmincke - University of Delaware

Kendall Fleet - Haverford

Alder Dickey - Rhodes College

Natalie LaFleur - Ohio University

Alina Puentes - Converse College

Neely Winefordner - Randolph Macon College

Valentina Ambroggi-Torres - Randolph Macon College

Gigi Johnson - Kenyon College

Skylar Duffy - American University

Kelsey Reviello - University of Michigan



William & Mary Senior Molly Shuma playing against UVA Junior Emily Field

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# Panthers Marketplace

## Amazon Smile

Amazon Smile is an organization that gives back to non-profit organizations. Please consider adding Richmond Panthers United Field Hockey as your Amazon Smile charity! We are non-profit and accept tax deductible donations as well.

Interested in Injury Prevention? Contact Cody Prosser for more information:



**Cody Prosser, PT, DPT**

(804) 322-9466

cprosser@btmphysicaltherapy.com

www.btmphysicaltherapy.com

Follow us on social media for up to- date information! Instagram and Facebook primarily but we also have a Twitter account!



**FALL FIELD HOCKEY**

**5th-8th rec league**

WEDNESDAYS IN HENRICO  
THURSDAYS IN CHESTERFIELD



Wednesdays at Glover park  
Thursdays at River City  
6:30-8:30

**Beginners welcome!**

loaner sticks available

registration open  
[www.panthersunitedfh.com](http://www.panthersunitedfh.com)  
click on register online

**CUBS**

**Pre k- 4th**

MONDAYS IN CHESTERFIELD  
SUNDAYS IN HENRICO



Mondays at River City 5:30-7:30  
Sundays at Glen Allen HS 3:30-5pm



Journaling your sports seasons can help you build confidence and elevate your game!



Available on Amazon. This field hockey specific journal helps athletes build their confidence resume, mantras and reflect on their practices and games.

Help us spread the word at local elementary and middle schools. If you have a connection to the PTA or any schools, please consider sharing our information. We are co-sponsored and approved by Chesterfield County Parks and Rec and approved by Henrico Parks and Rec to distribute out information. We want to grow the game in RVA!





### **Panthers Background and History**

Panthers fall season, which works differently than other seasons and clubs, was started when Chesterfield and surrounding counties did not offer middle school field hockey.

Since there is High School Field hockey it didn't make sense for the Varsity and JV programs to have girls at their tryouts who were all beginners.

What started out as one team in 2005 has now grown to four full middle school teams, plus U10 and Elementary school and a Recreational league.

The league is important to us because we want to grow the game in the RVA area. Finding middle schoolers who want to learn the game together gets them used to playing with one another before they head to High School together. It is our hope

that Varsity programs have girls who already have field hockey knowledge attend their tryouts each August.

While we are co- sponsored by Chesterfield County and have approval for both Henrico and Chesterfield, it is very hard for us to spread the word to the schools. It is our goal to have school teams that can have 8-10 girls from one middle school play as a team in the rec league.

We make it super easy with loaner sticks, coaches and once a week sessions, for two hours. We welcome your help in spreading the word to your daughter's classmates, friends, PE teachers, Principals, neighborhood groups pretty much anywhere!

Please email with any questions:  
[panthersfieldhockey@gmail.com](mailto:panthersfieldhockey@gmail.com)