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Montgomery GI Bill kicker

An additional amount to the GI Bill for those that qualify of up to \$200 per month for full-time students

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2025 MHSAA Field Hockey Finals

October 25

Welcome

elcome to the MHSAA Championships! This is a classroom like no other, and now is the time for the final exam. Like the academic classroom, some have had good fortune and smooth sailing along the way in getting here while others have overcome adversity during the season. Even



today, a good bounce or a bad bounce will occur.

Your athletic skills are put to the test, but more importantly, your discipline will be challenged, as well. The knack for making the right move at the right moment is often the difference between winning and coming up just short.

Discipline also means testing your self-control and people skills. To embrace our diverse opponents as equals, and to employ common decency – every – single – moment. Win or lose.

That's the beauty of educational athletics. The takeaways today are not the trophies and medals, but the life lessons learned and applied over years of sports.

Last year, the MHSAA celebrated its 100th year. As we begin the second century of school sports in Michigan, let's remember and be thankful for the efforts of all those who have made this Final tournament experience so special.

Congratulations for reaching the end of the tournament road. Good luck to all!

— Mark Uyl MHSAA Executive Director

MHSAA Programs and Scope

School Sports Editorial	MHSAA-1
Scholar-Athlete Award	MHSAA-2
Finals Apparel	MHSAA-4
Student Advisory Council	MHSAA-6
Representative Council	MHSAA-8

Making History



Whichever team emerges with the coveted MHSAA Field Hockey Finals hardware today will make history as the sport's first-ever champion.

INSIDE the mhsaa field hockey finals

2025 Finals Preview Road to the Finals Meet the Semifinalists Field Hockey Basics MFHCA Academic Awards Field Hockey Signals Finals Notes

MHSAA Finals programs are produced by the Michigan High School Athletic Association, Inc., 1661 Ramblewood Drive, East Lansing, Mich., Executive Director Mark Uyl. The Finals program series is designed by Rob Kaminski, and edited by Kaminski and Geoff Kimmerly. Printing by Spartan Printing, Lansing, Mich. Advertising sales by Royal Publishing, Peoria, III. The rest of the MHSAA staff includes: Kiersten Anstead, Wendy Baker, Tony Bihn, Brad Bush, Jordan Cobb, Sam Davis, Andy Frushour, Camala Gillette, Scott Helmic, Dan Hutcheson, Cody Inglis, Cole Malatinsky, Maddie Maloney, William McKoy, Andrea Osters, Laura Roberts, Jon Ross, Adam Ryder, Lesli Schrauben, Jeff Spedoske, Jamie VanDerMoere, Tricia Wieferich, Kathy Vruggink Westdorp, and Paige Winne.



champions.

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Proud sponsor of hundreds of teams across Michigan.



Powers Collide in First-Ever Field Hockey Final



ield hockey long has thrived in Washtenaw County, and more specifically the Southeastern Conference.

Today's inaugural MHSAA Final in the sport will tell the next chapter, matching up this fall's SEC champion Ann Arbor Pioneer and runner-up Dexter at Northville's Tom Holzer Field.

The rivals met twice this season, tying 1-1 on Sept. 15 with Pioneer winning the rematch 1-0 a week later. They also combined to win five of the final six Michigan High School Field Hockey League Division 1 championships, with Dexter claiming a couple of Division 2 titles over the last three years as well.

Following is a look at the Finalists:

ANN ARBOR PIONEER

Record: 14-6-1

Michigan Power Rating: No. 1

Coach: Jane Dixon, 27th season (435-48-50) League finish: First in Southeastern Conference

Championship history: 30 MHSFHL championships, six run-

ner-up finishes.

Players to watch: Maggie Lamb, sr. F (9 goals, 1 assist); Lily Boardman, jr. F/M (8 goals, 1 assist); Klara Jones, jr. F/M (6 goals, 3 assists), Mara Boullion, fr. GK (1.0 goals-against average, 34 saves). (Statistics through 17 games.)

Outlook: Pioneer won the final three MHSFHL Division 1 titles and is appearing in its seventh-straight championship game. Its only in-state loss this season came to Saline, 1-0 on Sept 8, and the Pioneers avenged it with a 1-0 victory Sept. 17. They haven't given up a goal during the postseason, their only game closer than four goals a 1-0 overtime victory over Chelsea in the Semifinal. Sophomore Gabby Haudan and freshman Violet Soldan also had scored six goals heading into the postseason. Senior Anne McGowan and junior Olivia Rollins made the Division 1 all-state second team last season.

DEXTER

Record: 15-3-4

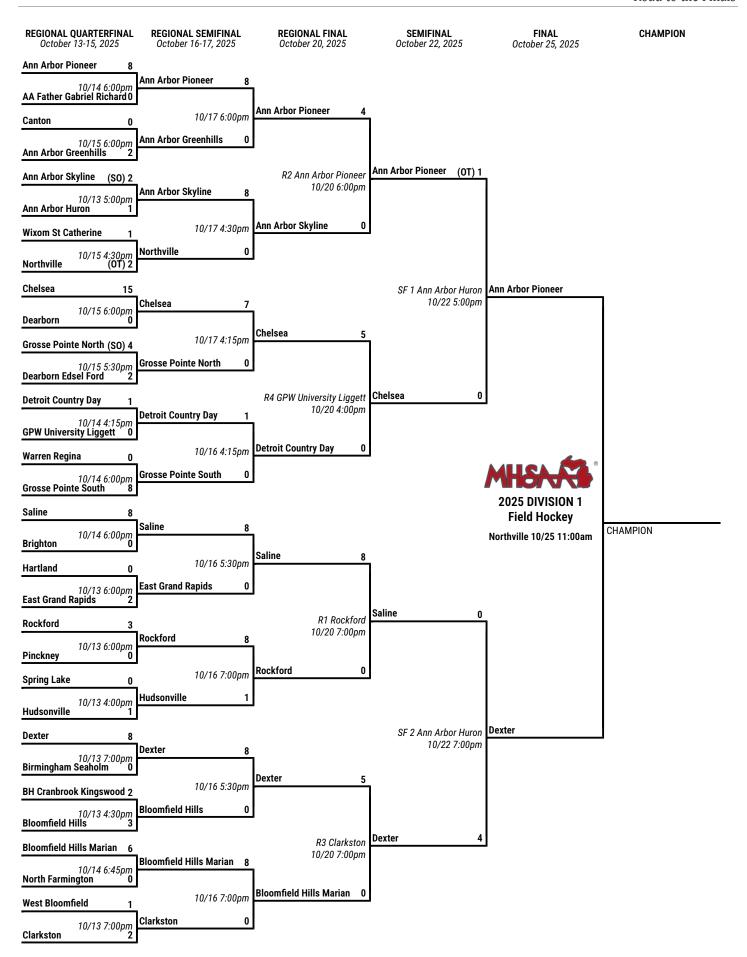
Michigan Power Rating: No. 3

Coach: Keely Tamer, 14th season (record N/A) League finish: Second in Southeastern Conference

Championship history: Five MHSFHL titles, three runner-up finishes.

Players to watch: Audrey Owen-Smith, sr. G; Claire Dubuque, sr. M; Lillian Mitchell, sr. M; Aiden Weinmann, sr. M. (Statistics not submitted.)

Outlook: Dexter is playing in its fourth-straight championship game after winning MHSFHL Division 2 championships in 2022 and 2023 and finishing runner-up a year ago. Owen-Smith, Weinmann and Mitchell all were named to the all-state Dream Team in 2024, while Dubuque joined them on the Division 2 first team and now-senior Addison Zogaib made the second team. Dexter opened this fall 0-1-2 but went on to defeat all three of those opponents - Grosse Pointe South to avenge the loss, Chelsea, and Saline 4-0 in their Semifinal matchup. The Dreadnaughts also haven't allowed a goal during the postseason and won all four games by four goals or more.







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Ann Arbor Pioneer (14-6-1)



First Row: Mara Boullion, Peyton Peters, Maggie Lamb, Anne McGowan, Zoe Shuchman, June Galban, Gabby Haudan, Lena Hammerman, Avery Mayer, Alexis Heys, Bridget Shaefer. Second Row: Klara Jones, Izzy Sutton, Olivia Rollins, Lillian Schultz, Mackenzie Schuitman, Lucy Lowenschuss, Sam Rogers, Violet Soldan, Lucy Peikert, Lily Boardman.

Quick Facts

SCHOOL COLORS
Purple & White

SUPERINTENDENT Jazz Parks

PRINCIPAL Desmond Smith

ATHLETIC DIRECTOR Eve Claar

CONFERENCE Southeastern Conference

CONFERENCE RECORD/PLACE 1st

Pioneers '25

No.	Name	Pos.	Class
2	Zoe Scuchman	F	Jr.
4	Lena Hammerman	M	Jr.
6	Anne McGowan	M	Sr.
7	Maggie Lamb	F	Sr.
8	Lily Boardman	F/M	Jr.
9	Alexis Heys	M/D	Jr.
10	Violet Soldan	F/M	Fr.
13	Gabby Haudan	F	So.
14	Avery Mayer	D	Jr.
15	Izzy Sutton	D	Sr.
16	Sam Rogers	F	So.
17	Lillian Schultz	F/M	Jr.
18	Olivia Rollins	M/D	Jr.
19	June Galban	F/M	Sr.
20	Peyton Peters	D	Sr.
21	Mackenzie Schuitman	D	Sr.
24	Klara Jones	F/M	Jr.
28	Lucy Peikert	M/D	So.
29	Lucy Lowenschuss	D	Jr.
GK	Bridget Shaefer	GK	Jr.
GK	Mara Boullion	GK	Fr.

Head Coach: Jane Nixon (435-48-50, 27 years)

Assistant Coaches: Kate Henry, Trish Machemer, Katie Valle

Captains: Anne McGowan, Izzy Sutton **Athletic Trainer:** Allyson Calhoun

Manager: Ruby LaTarte



Regular-Season Results

AA	IP	OPP	AA	IP	OPP
2	Colorado Academy (CO)	1	1	Saline	0
2	Chelsea	0	2	Thomas Worthington (OH)	3
3	Ann Arbor Skyline	0	1	Dexter	0
1	Chicago Loyola (IL)	4	4	Ann Arbor Huron	2
0	St Johns School (TX)		4	Ann Arbor Skyline	0
1	Wnnetka New Trier (IL)	2	8	Novi	0
0	Saline	1	1	Shaker Heights (OH)	3
3	Ann Arbor Huron	0	8	Pinckney	0
1	Dexter	1			

Road to the Finals



MHSAA Regionals

- 8 Ann Arbor Fr Gabriel Richard 0
- 8 Ann Arbor Greenhills
- 4 Ann Arbor Skyline

MHSAA Semifinal

1 Chelsea (OT)

0

0

0

Dexter (15-3-4)



First Row: Ella Walsh, Ella Rogalski, Aiden Winemann, Gigi Kirkey, Kendra Conklin, Avery Shaieb, Maren Miller, Claire Dubuque, Flora Klick. Second Row: Audrey Owen-Smith, Adelyn Ferrell, Hadley Clair, Rory Maier, Madeline Walsh, Lillian Mitchell, Ella James Ford, Allison St. Amour, Addison Zogaib, Charlotte Wenzel, Kylie Marcinkowski, Vivian Hoffman, Aspen Taylor, Betty Lou Fink.

Quick Facts

SCHOOL COLORS MAroon & Gold

SUPERINTENDENT Dr. Chris Timmis

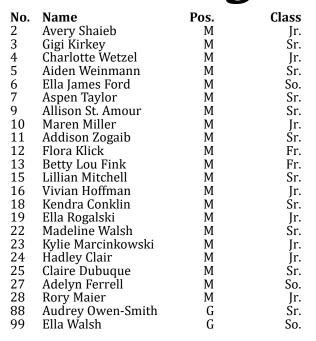
PRINCIPAL
Melanie Nowak &
Abby Holland

ATHLETIC DIRECTOR Mike Bavineau

CONFERENCE Southeastern Conference

CONFERENCE RECORD/PLACE 4-1-1, 2nd

Dreadnaughts '25



Head Coach: Keely Tamer (14 years)

Assistant Coaches: Joy Hook, Maya Calloway, Amy

Carruthers, Sam Skinner

Captains: Vivian Hoffman, Lillian Mitchell, Audrey Owen-

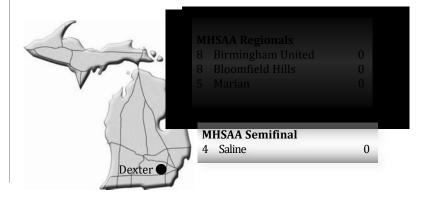
Athletic Trainers: Rachel Drogs, Austyn Kraft



Regular-Season Results

D		OPP	D		OPP
0	Grosse Pointe South	1	1	Ann Arbor Pioneer	1
2	Saline	2	5	Ann Arbor Skyline	1
1	Chelsea	1	0	Ann Arbor Pioneer	1
2	Pine Richards	0	3	East Grand Rapids	0
4	DuPont Manual	1	5	Ann Arbor Huron	0
4	Rockford	0	1	Chelsea	0
3	Ann Arbor Huron	0	1	Shaker Heights	2
4	Ann Arbor Skyline	0	2	Saline	2
2	Grosse Point South	1	8	Pinckney	0

Road to the Finals





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Boys Soccer

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Girls Volleyball (SF & Final)



Watch on Desktop/Laptop/Handheld/SmartTV at MHSAA.tv \$13.99 Monthly Subscription \$79.99 Annual Subscription





Audio Home of the MHSAA FootballFinals!

This Week In High School Sports:

Weekly Podcast

Be The Referee - Weekly Podcast

Chelsea (13-6-3)



First Row: Lexi Wahl, Milah Reeves, Lucia Taylor, Brenna Taylor, Arwen McCalla-Reyst, Landy Cook, Grace Eckhout, Azlyn Eckert. Second Row: Ava Samon, Coach Leslie Fry, Mckenzie Williams, Rowan Burkel, Sydney Baldwin, Brinna Wenzel, Mary Heiss, Madisyn McCollum, Cecilia Baker, Elizabeth Timberlake, Coaches: Casey Fry, Corey Block.

Bulldogs '25

No.	Name	Pos.	Class
3	Lucia Taylor		Sr.
4	Cecilia Bayer		Sr.
5	Azlyn Eckert		Sr.
6	Landry Cook		So.
7	Brenna Taylor		Sr.
8	Madisyn McCollum		Sr.
9	Brinna Wenzel		Sr.
10	Sydney Baldwin		So.
11	Rowan Burkel		Jr.
12	Mary Heiss		So.
14	Lexi Wahl		Jr.
17	Mckenzie Williams		Jr.
19	Milah Reeves		Fr.
21	Grace Eckhout		Jr.
34	Arwen McCalla-Reyst		Fr.
78	Ava Samon		So.
86	Elizabeth Timberlake		Sr.

Head Coach: Leslie Fry (25 years)

Assistant Coaches: Corey Block, Casey Fry **Captains:** Lucia Taylor and Brenna Taylor

Athletic Trainer: Tom Lafleur

Quick Facts

SCHOOL COLORS Blue & Gold

SUPERINTENDENT Mike Kapolka

PRINCIPAL Amanda Clor

ATHLETIC DIRECTOR Matt Cunningham

CONFERENCE Southeastern Conference

CONFERENCE RECORD/PLACE 4-5-1, 4th



Regular-Season Results

C	01	PP	C		OPP
1	Bloomfield Hills Marian	0	0	Saline	1
4	Grosse Pte Woods U Liggett	2	3	Rockford	0
0	Ann Arbor Pioneer	2	8	Pinckney	0
7	Pinckney	0	3	Ann Arbor Huron	0
1	Dexter	1	1	Grosse Pointe South	0
1	Ballard (KY)	1	2	Detroit Country Day	2
4	Oak Park River Forest (IL)	0	0	Dexter	1
8	North Farmington	0	1	Ann Arbor Huron	2
3	Ann Arbor Skyline	1	0	Saline	1

Road to the Finals



M	HSAA Regionals	
15	5 Dearborn	0
7	Grosse Pointe North	0
5	Detroit Country Day	0
3	Detroit dountry Day	Ü

MHSAA Semifinal 0 Ann Arbor Pioneer (OT)

Saline (17-2-2)



First Row Aline Rahaim. Second Row: Alain Guedes (assistant coach), David Dwaihy (head coach), Peighton Hall, Natalie Greene, Abigail Galan, Jazmin Diaz-Don, Lydia Fedewa Widick, Giulia Cavallo, Shelby Stoudamire, Lea Abdul-Nour. Third Row: Aubrey Hermann, Kiki Donaldson, Kerith Short, Elizabeth Dickey, Addison Hamilton, Addie Ancona, Anna Gray, Andy Knote (Assistant Coach), Diya Parvathaneni, Charley McCracken, Lauren Harris, Lexie Donaldson, Alison Logan.

Hornets '25

No.	Name	Pos.	Class
1	Claire Clark	D	Jr.
2	Casey Griffin	F	Sr.
3	Clare Arvai	F	Sr.
4	Hannah Phillips	D	Sr.
5	Jacy Walker	F	Sr.
6	Kendall Bohl	D	Jr.
7	Ella Arvai	M	So.
8	Alivia Pupfaf	M	Jr.
9	Emma Finocchiaro	M/F	Jr.
10	Allison Moyer	D	Fr.
11	Emilee Sontag	M/F	Jr.
12	Elle Pufpaf	M	Jr.
16	Shakhri Omonova	F	Sr.
17	Natalia Herrera	F/M	Jr.
18	Anina Iadipaolo	F	Fr.
20	Claire Tangney	D	Fr.
85	Jett Fager	G	Fr.
95	Kaylee Mitzel	G	Jr.

Head Coach: Sophia O'Connor (64-19-12, 5 years) **Assistant Coaches:** Bree Arvai, Holli Neeb, Fiona Clark, Meg McClure

Captains: Claire Clark, Clare Arvai, Ella Arvai

Athletic Trainer: Mickey Tullett

Quick Facts

SCHOOL COLORS Navy & Gold

SUPERINTENDENT Rachel Kowalski

PRINCIPAL Theresa Stager

ATHLETIC DIRECTOR

Ashley Mantha

CONFERENCE Southeastern Conference

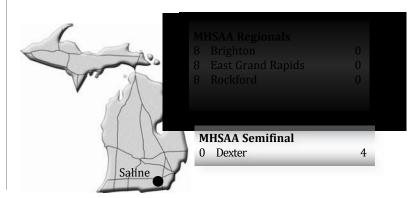
CONFERENCE RECORD/PLACE 4-1-1, 2nd



Regular-Season Results

OPP
1
1
0
1
0
2
0
1

Road to the Finals



Scholar-Athlete Award in 37th Year Awarding Scholarships to Students

housands of students voluntarily extend their classroom day by taking part in extracurricular activities, often improving their academic achievements in the process. The value that such programs play in the total education of a high school student is highlighted through the MHSAA/Farm Bureau Insurance Scholar-Athlete Award, which will award \$2,000 scholarships to 32 top student-athletes and recognize over 2,000 other outstanding individuals in 2025-26.

Underwritten by Farm Bureau Insurance, the Scholar-Athlete Award is now in its 37th year, and presents scholarships to students in every MHSAA enrollment classification. The scholarships may be used at any institution of higher learning.

"It is amazing to see the number of young people who are proven achievers in academics and activities," said Mark Uyl, executive director of the MHSAA. "At a time when our educational system is coming under fire, the Scholar-Athlete Award is something that proves

how important athletics are to the development of a well-rounded person"

Students applying for the Scholar-Athlete Award must be graduating during the 2025-26 school year, carry a 3.5 grade-point average, and have previously won a letter in a varsity sport that the MHSAA sponsors postseason competition.

Applicants will also be required to show involvement in other school/community activities and submit an essay on the importance of sportsmanship in educational athletics.

Application materials can be found on MHSAA.com. Scan the QR code to access the page.

Each MHSAA member school is allowed to nominate a number of student-athletes based on the size of the school. Class A schools can nominate six boys and six girls, Class B four boys and four girls, Class C three boys and three girls and Class D two boys and two girls. The first 30 scholarships will be awarded based on this graduated scale, with two additional scholarships intended



for minority applicants.

A committee composed of school administrators from across the state will select regional and statewide winners.

Farm Bureau Insurance, a long-time supporter of MHSAA activities, also sponsors other educationally oriented programs.

The 32 scholarship recipients will be recognized at the MHSAA Boys Basketball Finals at the Breslin Student Events Center in East Lansing in March 2026.



The annual MHSAA Scholar-Athlete ceremony is one of the highlights of the winter season. More information about the awards may be obtained by contacting your local school principal, athletic director or guidance counselor. The online application form can be found at MHSAA.com/scholarship.



Our lives are a collection of experiences. Moments of happiness and times of great loss. On the field, court—or where ever you play—through the big wins, learning from the mistakes, season celebrations and graduations.

As Michigan's Insurance Company; we're proud to support Michigan high school athletes and their families for all the moments that matter. Because at Farm Bureau Insurance, the experience you get with our trusted local advisors is different.

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EXPERIENCE MATTERS.

Find an agent who can protect what matters to you.







All-Academic Player Award: At the end of the season, players in their senior year will be eligible to receive a MHSFHCA All State Academic Award Certificate for maintaining a cumulative GPA of 3.70 or higher (based on grades calculated at the end of their junior year, un-weighted, unrounded for a 4.0 scale).



Winners are presented here alphabetically by school

Individual Award Recipients

Alexandra Bowden

Mia Juzych

Annaclare Regan

Caroline Yeh

Clara Sperrle

Elizabeth Beach

Emily Hu

Kate Huntzicker

Lacy Delp

Nathalie Cho

Nicole Harris

Sophia Goffas

Vanshika Chavan

Gabi Arocha

Maddie Clarke

Anne McGowan

Izzy Sutton

June Galban

Maggie Lamb

Mackenzie Schuitman

Peyton Peters

School Name

Academy of the Sacred Heart

Academy of the Sacred Heart

Ann Arbor Huron

Ann Arbor Huron

Ann Arbor Huron

Ann Arbor Huron

Ann Arbor Huron

Ann Arbor Huron

Ann Arbor Huron

Ann Arbor Huron

Ann Arbor Huron

Ann Arbor Huron

Ann Arbor Huron

Ann Arbor Skyline

Ann Arbor Skyline

Ann Arbor Pioneer



Individual Award Recipients

Addison Gut

Claire Peters

Helen Miller

Addison Camens

Alexis Gitler

Arie Adamcyzk

Ella Griffin

Jenna Lepley

Sophie Laramie

Talia Ossipove

Azlyn Eckert

Brenna Taylor

Elizabeth Timberlake

Lucia Taylor

Madisyn McCollum

Alexandra Ortiz

Claire Champagne

Ellie VanDriessche

Jenna Brown

Ameera Patel

Grace Sui

Maia Duffy

Sydney Korth

Trinity Dougherty

Wynne Gibson

School Name

Birmingham United

Birmingham United

Birmingham United

Bloomfield Hills

Chelsea High School

Clarkston High School

Clarkston High School

Clarkston High School

Clarkston High School

Cranbrook Kingswood

Cranbrook Kingswood

Cranbrook Kingswood

Cranbrook Kingswood

Cranbrook Kingswood

Cranbrook Kingswood



Individual Award Recipients

Adriana Zuk

Iris Pund

Lara Hammoud

Maya Hammoud

Mira Hammoud

Addison Zogaib

Aiden Weinmann

Allison St. Amour

Aspen Taylor

Audrey Owen-Smith

Claire Dubuque

Georgia Kirkey

Lillian Mitchell

Farzona Urmonjonova

Lillie Adamy

Vivian Cherveny

June Kogelmann

Muna Saleh

Sarah Reda

Sofia Sancen-Lopez

Summer Williams

Muna Saleh

Sarah Reda

Brynn McFarlane

Ireland Perttunen

Lauren Griffin

Lily Mayer

Mary Karbo

Sienna Moser

School Name

DCDS

DCDS

DCDS

DCDS

DCDS

Dexter High School

Dexter High School

Dexter High School

East Grand Rapids

East Grand Rapids

East Grand Rapids

Edsel Ford Thunderbirds

Edsel Ford Thunderbirds

Edsel Ford Thunderbirds

Edsel Ford Thunderbirds

Farmington United

Father Gabriel Richard (AA)



Individual Award Recipients

Molly Leyes

Anna Malloure

Kate Miller

Lauren Ye

Maiher Singh

Mira Jayaraman

Charlotte Truss

Sophia Salvador

Ava Babcock

Elena Huebner

Evie Wodzisz

Montana Tiffany

Stella Fry

Bella Sheena

Clair Dauer

Elgeng Dutcheshen

Ella Rademacher

Hannah Sackman

Julia Rogers

Kamryn Draper

Lily Robinson

Lucy Mobily

Maddie Najor

Arielle Etue

Ava Eliya

Isabelle Van Hoof

Julia Rossi

Madelyn Klenk

Mya Skrabut

School Name

Grand Blanc Field Hockey

Greenhills School

Greenhills School

Greenhills School

Greenhills School

Greenhills School

Grosse Pointe North

Grosse Pointe North

Grosse Pointe South High School

Marian High School

Mercy Marlins

Mercy Marlins

Mercy Marlins

Mercy Marlins

Mercy Marlins

Mercy Marlins



Individual Award Recipients

Ava Hubenschmidt

Ella Shires

Kanika Vinodkumar

Natalie Young

Noelle Heur

Raya Bari

Elizabeth Burnham

Jaclyn Schlanser

Rebecca Berry

Srinithi Komanduri

Brooklyn Reason

Charlie Raymond

Elizabeth Clark

Julia Garcia

Alessia Rizzo

Ava Tobola

Chloe Estrellas

Kate Tanner

Meridith Mullica

Alyssa Rosebery

Eleanor Van Maanen

Kyla Moore

Maggie Huber

Hannah Phillips

School Name

Novi High School

Novi High School

Novi High School

Novi High School

Novi High School

Novi High School

PCEP

PCEP

PCEP

PCEP

Pinckney High School

Pinckney High School

Pinckney High School

Pinckney High School

Regina High School

Rockford High School

Rockford High School

Rockford High School

Rockford High School

Saline High School



Individual Award Recipients

Ava Lassey
Gabrielle Wolocko
Madeline Quint
Michaela Coffey
Stephanie Lisch
Allison Noble
Avery Welsh
Carolina Marchal
Madeline Unkel
Olivia Marcero

School Name

St. Catherine of Siena

University Liggett School



MFHCA All-Academic Team Awards

All-Academic Team Awards: Varsity teams who hold a team average cumulative unweighted GPA of 3.5 or higher (based upon grades of Varsity sophomores, juniors and seniors calculated at the conclusion of the previous spring term) will earn the All-Academic Team Award and will be recognized by MFHCA.



Academy of the Sacred Heart
Ann Arbor Huron
Ann Arbor Skyline
Ann Arbor Skyline
Birmingham United
Bloomfield Hills
Chelsea High School
Clarkston High School
Cranbrook Kingswood
DCDS
Dexter High School
East Grand Rapids
Father Gabriel Richard (AA)
Greenhills High School

Grosse Pointe North
Grosse Pointe South High School
Marian High School
Mercy Marlins
Novi High School
PCEP
Pinckney High School
Pioneer High School
Regina High School
Rockford High School
Saline High School
St. Catherine of Siena
University Liggett School

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FIELD HOCKEY BASICS



BY THE NUMBERS

11 Players per side (including goalkeeper)

2 Halves

(4 quarters for international play)

30 _{or} 35

Minutes each half

(15 minute quarters for international play)

⁵ or 10

Minute halftime

STOPPING THE BALL (defensive)

Block Tackle - Player lowers the stick close to the ground and uses the length of the stick to block a ball's advance. Using the entire stick widens the area available to intercept or steal the ball and slows the offensive player's motion.



Jab Tackle - Player jabs the stick toward the ball with left hand extended (flat side up), then quickly returns to both hands and regains a balanced position. This swift motion can disrupt the advance of the play and possibly cause a loss of possession.



Reverse Tackle - Used when an offensive player is on a defender's weak (left) side, defensive player extends left arm out with stick inverted close to the ground to slow the play, block the ball's path and try to cause a loss of possession.



STICK BASICS



There is no such thing as a left-handed stick
Only push or hit with the flat side or edge of the stick
Only goalies can use their body to stop and move the ball
Good stick skills and passing are the keys to success!

MOVING THE BALL (offensive)

Push - This skill is executed with player's hands apart. The head of the stick stays in contact with the ball as it is pushed and there is no backswing. This allows for good control, quick movement, and is used for accurate passing or shooting.



Hit - A powerful motion where the stick is brought down swiftly from a back swing and strikes the ball with a long follow through. The hit is fast and favored for sending the ball long distances or for making a hard shot on goal.



Lift, Flick, Arial - A skill in which the ball stays in contact with the head of the stick as it is lifted into the air. There is no back swing. Lifts are used primarily to raise the ball over long distances or as hard shots on goal.



Forehand Sweep - Commonly used on turf or a smooth playing surface, player lowers stick parallel to ground and sweeps the ball in a circular motion. A sweep allows for more power than a push, making it effective for quick yet long hard passes and shots.



Reverse Sweep - Player uses the same motion as the forehand sweep with the ball starting on players left side. Player uses a different grip and must use the side of the stick with the flat side up. This is an effective motion for passing and shooting.

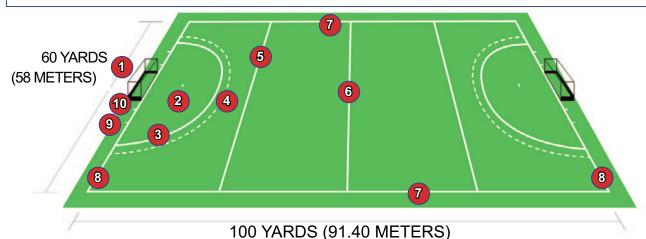


Drag Flick - Considered a push, this specialty skill is used by advanced players as a variant to the straight shot or hit on a penalty corner. It can be as powerful as a hit yet requires no back swing, making it especially deceptive. It's an important skill to develop for high level competition.



THE FIELD





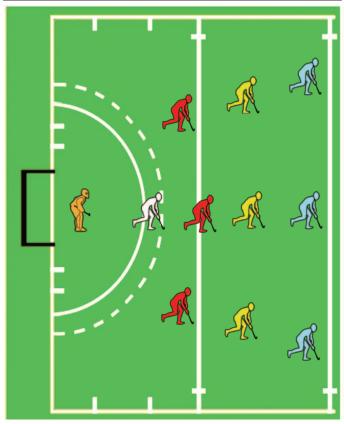
Field hockey is played on a rectangular field called a **pitch** or **field**. Though traditionally played on grass or turf, the game can be played on any flat surface, even a beach. Indoor Field Hockey is played on a smaller hard surface with different rules.

- **Goals** goals are 7' high, 12" wide and 4' deep. In addition to nets, goals have an 18" board lining the bottom inside sides and back.
- Stroke mark dash centered in front of each goal, 7 yards from the goal line marking the position where a penalty stroke is taken.
- Scoring circle solid semi-circle surrounding the goal 16 yards from the goal center. Only balls hit or deflected into the goal within this circle are a score. Defensive fouls within the scoring circle result in a penalty corner.
- 5-yard mark a dash-lined semi-circle 5 yards outside the scoring circle.
 Penalty corners end when the ball crosses the 5-yard mark.
- **25-yard line** intentional or repeated fouls from this line to the near end line result in a penalty corner.
- Center line solid line that divides field in half. The ball is taken from the middle of this line at the beginning of each half and after a goal.
- Sideline boundaries along the length of the field marking the end of the field of play. If a ball is hit out, the opposing team brings it in with a pass or self-start. Players feet can be outside of sideline as long as the ball is inside or on the line.
- 8 End line boundaries along the width of the field. Offensive hits that cross this line result in defense getting the ball at 16 yards. Defensive hits that cross this line result in either a long corner or penalty corner if deemed intentional.
- Corner mark short dashes 11 yards (10 meters) from the edge of each goal cage that mark the place from which penalty corners may be inserted.
- Defender mark short dash 5.5 yards (5 meters) from the edge of each goal marking the the closest position which a defender may stand to the inserter on a penalty corner.

PLAYER **POSITIONING**



SAMPLE FORMATION (3-3-3-1)



FORMATIONS

Although player positions have defined primary responsibilities, field hockey is a fluid game and players have flexibility to traverse the field. Defenders can be viable scoring threats, midfielders helps defend and score goals, and forwards fall back to aid the defense. Teamwork and communication is critical and more important than positions or formations.

A coach often sets formations based on the skill and strength of the players or the opposing team. Any formation is acceptable, and all positions are important. A coach may opt to play four forwards (potentially a 4-3-3 formation with 4 forwards, 3 midfielders and 3 defenders), a 3-4-3 with 3 forwards, 4 midfielders, 3 backs, or even a 3-3-3-1 with a defensive "sweeper." In some situations, it is allowed for a team to pull a goalie and play with an extra player, such as when a team is down a goal at the end of a game.

POSITIONS



Forwards (Attackers or Strikers)

Offensive position whose primary responsibility is to advance play toward the goal and to convert the opportunities created with fellow players into goals.



Midfielders (Middies)

Both an offensive and defensive position who acts as an initial line of defense as well as advances the ball to the forwards and the opposing side of the field.



Defenders (Backs)

Defensive position whose primary responsibility is to protect the goalkeeper, prevent opposing forwards from getting into scoring position and to advance the ball to the midfielders and forwards.



Sweeper (Cover or Back)

Some formations include one player who traditionally is positioned either behind or in front of the defensive line and whose primary goal is defense.



Goalkeeper (Goalie)

Defensive position whose primary responsibility is to prevent opponents from scoring and to coordinate defenders in the defense of the goal.

FOULS AND UMPIRE SIGNALS ! LISA



GOAL SCORED



16 YARD HIT







OBSTRUCTION



THIRD PARTY

OBSTRUCTION

PENALTY CARDS

Field hockey uses a three card system for player warnings and suspensions for deliberately dangerous play, unsportsmanlike behavior and repeated violations





PENALTY

CORNER



HIGH PENALTY

CORNER HIT

BACK OF STICK



PENALTY

STROKE

OBSTRUCTION





GREEN Player must leave the field for 2 minutes and the team plays short (no replacement). YELLOW Player leaves for at least



5 minutes (at the discretion of the official) and the team plays short



player leaves the game and cannot be replaced.
They may be suspended for subsequent games.

GOAL SCORED - signaled when the ball entirely crosses the goal line as a result of a hit or deflection by an offensive or defensive player within the scoring circle.

16 YARD HIT - A free hit awarded to the defense when ball goes out the end line after last being touched by an offensive player.

BACK OF STICK - called any time a player touches the ball with the back (rounded) side of the stick.

STICK OBSTRUCTION - called when a player hits or obstructs an opposing player's stick with their own when they are making a play on the ball. This can be called on an offensive or defensive player.

OBSTRUCTION - called when a player possessing the ball uses their body to prevent an opposing player from making a play. The player with the ball cannot stop their motion or push back and opposing player must be actively trying to get the ball.

THIRD PARTY OBSTRUCTION - signaled when a player intentionally or unintentionally uses their body to block an opposing player from access to player possessing the ball.

DANGER - a broad rule that encompasses any action or situation in which a player puts other players in danger of injury. For example tripping, wild swings or similar actions. Intentional acts could result in a card and/or a penalty stroke.

PENALTY CORNER - a scoring opportunity awarded to the offensive team when the defense commits a foul within the scoring circle, or an intentional foul within the 25 yard line.

HIGH CORNER PENALTY HIT - on the initial hit of a penalty corner, the ball must cross the goal line no higher than 18" for a goal to be scored.

PENALTY STROKE - awarded when a defensive player commits a penalty to prevent a goal, or commits an intentional foul in the circle. The ball is placed on the 7 yard mark and the offensive team selects a player to take the free shot against the goalie.

FREE HIT - awarded when a foul is committed outside of the scoring circle (unless intentional within the 25-yd line). Opposing players must stay at least 5 yards away until the ball is hit or the player touches the ball once (self-starts).

FOOT - the most common penalty, called when the ball hits a player's foot causing an advantage for their team. If there is no advantage, the umpire may choose to hold their whistle and play on.



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▲ SAFETY ▲ COMPLIANCE

AND DECREASE

TRISK TONTROVERSY TEGAL ISSUES





Student Advisory Council Aids MHSAA

ight student-athletes who are juniors at their schools during the 2025-26 academic year are serving two-year terms on the Michigan High School Athletic Association's Student Advisory Council.

The Student Advisory Council is a 16-member group which provides feedback on issues impacting educational athletics from a student's perspective, and also is involved in the operation of MHSAA championship events and other programming. Members of the Student Advisory Council serve for two years, beginning as juniors. Eight new members are selected annually to serve on the SAC, with nominations made by MHSAA member schools. The incoming juniors will join the group of eight seniors-to-be appointed a year ago.

Selected to begin serving on the Student Advisory Council in 2025-26 are: Nichole James, Detroit Edison; Mia McGregor, Mio; Camryn Siegers, Holland Christian; Lucy Weber, Fenton; Brody Hammer, Middleville Thornapple-Kellogg; Sam Bentley, Ypsilanti Lincoln; Mason Mireles, Hartford; and Joey Smokevitch, Johannesburg-Lewiston.

Those eight new members were selected from 125 applicants, the second largest group of applicants in the 20 years of the council. The first Student Advisory Council was formed for the 2006-07 school year. With the addition of this class beginning this summer, members will have represented 148 schools from 53 leagues plus independent schools that do not play in a league. Combined, the new appointees have participated in 11 MHSAA sports, and six will be the first SAC members from their respective schools.

The Student Advisory Council generally meets eight times each school year, and once more for a 24-hour leadership camp. In addition to assisting in the promotion of the educational value of interscholastic athletics, the Council discusses issues dealing with the 4 S's of educational athletics: scholarship, sportsmanship, safety (including health and nutrition) and the sensible scope of athletic programs. There also is a fifth S discussed by the group – student leadership.

This school year, the Council handed out championship trophies at Finals events, led



2025-26 Student Advisory Council

First Row: Mia McGregor, Mio; Joey Smokevitch, Johannesburg-Lewiston; Lucy Weber, Fenton; Mason Mireles, Hartford; Camryn Siegers, Holland Christian; Sam Bentley, Ypsilanti Lincoln; and Brody Hammer, Middleville. **Second Row:** Harper Barnhart, Brownstown Woodhaven; Diamond Cook, Southfield Christian; Ethan Stine, Bridgman; Trey LaValley, Romeo; Henry Ewles, Pontiac Notre Dame Prep; Cole Haist, Big Rapids; Frannie Keeley, Jenison; and Itzel Albarran, Bronson. **Not Pictured:** Nichole James, Detroit Edison.

Student Advisory Council Belief Statement

As the voice of Michigan's student-athletes, the Student Advisory Council's role is to convey the message of how high school sports are supposed to be played. We are responsible for helping the MHSAA maintain a positive and healthy atmosphere in which interscholastic athletes can thrive.

We believe athletes should be competitive, sportsmanlike and excel academically. We believe students in the stands should have fun, but not take the focus away from the game. We believe coaches should act as teachers, helping student-athletes develop while still keeping high school sports in perspective. We believe that parents should always be positive role models and be supportive of their child's decisions. We believe officials commit their own time to high school sports and respect should always be shown and given to them.

The most important goal for student-athletes is to enjoy high school sports while keeping a high level of respect between all those involved in the games.

sessions during four Sportsmanship Summits, provided feedback to the MHSAA Representative Council on proposed rule changes, worked on a mental health initiative, and wrote the script for a public service announcement on adult spectator sportsmanship that was included in broadcasts throughout the last school year.

The new additions to the SAC will join the Class of 2026 members who were selected a year ago: Itzel Albarran, Bronson; Harper Barnhart, Brownstown Woodhaven; Diamond Cook, Southfield Christian; Henry Ewles, Pontiac Notre Dame Prep; Cole Haist, Big Rapids; Frannie Keeley, Jenison; Trey LaValley, Romeo; and Ethan Stine, Bridgman.

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MHSAA Representative Council

The Representative Council of the Michigan High School Athletic Association is the body assembled to carry out the wishes of member schools. The Council meets several times annually to discuss and pass legislation concerning interscholastic athletics in Michigan.

The Representative Council is made up of 19 members, with all but five elected by a vote of MHSAA-member schools to represent different geographic regions, different sizes of schools, non-public schools, and junior and middle schools. Two members are elected to statewide at-large positions. Four members are appointed by the Council to facilitate representation of females and minorities, and the 19th position is occupied by the Superintendent of Public Instruction or his/her designee.

The officers and two other representatives form the MHSAA's Executive Committee, which meets on a monthly basis during the school year to review eligibility appeals and other current business.



First Row: Mark Uyl, Vic Michaels, Eric Albright, John Thompson. Second Row: Chris Miller, Jennifer Thunberg, Chris Hartman, Chris Adams. Third Row: Adam Stefanski, Anna Novak, Dr. Arnetta Thompson, Jeff Kline, Mike Bakker. Fourth Row: Jason Malloy, Fred Smith, Dr. Monica Merritt, Ross Fort, Jay Alexander, Sean Jacques. Not Pictured: Chris Riker.

Photo taken May 2025

Representative Council Members

Chris Adams*

Superintendent Camden-Frontier High School Class C-D — Southeastern Michigan

Jay Alexander*

Executive Director of Athletics Detroit Public Schools Detroit Public Schools Position

Mike Bakker**

Principal Fenton High School Statewide At-Large

Fred Bryant**

Athletic Director Cadillac High School Class A-B — Northern Lower Peninsula

Ross Fort (ex-officio)

Special Assistant to Deputy Superintendent for Finance and Operations Michigan Dept. of Education, Lansing Designee

Karyn Furlong**

Athletic Director Richland Gull Lake High School Class A-B — Southwestern Michigan

Aaron Gaffney**

Superintendent Ellsworth Community School Class C-D — Northern Michigan

Chris Hartman*

Athletic Director Kingsford High School Class A-B — Upper Peninsula

Sean Jacques**, Vice President

Teacher Calumet High School Class C-D — Upper Peninsula

Jeff Kline*

Athletic Director Mt. Morris High School Statewide At-Large

Jason Malloy**

Athletic Director Westland John Glenn High School Appointee

Dr. Monica Merritt**

Superintendent Plymouth-Canton Schools Appointee

Vic Michaels**, Secretary-Treasurer

Director of Physical Education & Athletics Archdiocese of Detroit Private and Parochial Schools

Chris Miller*

Athletic Director/Director of Operations Gobles High School Class C-D — Southwestern Michigan

Fred Smith**

Athletic Director Bangor Middle School Junior High/Middle Schools

Adam Stefanski*

Athletic Director Boyne City High School Junior High/Middle Schools

Dr. Arnetta Thompson*

Superintendent Godfrey-Lee Public Schools Appointee

John Thompson**, President

Athletic Director
Brighton High School
Class A-B — Southeastern Michigan

Jennifer Thunberg*

Principal Freeland Middle School Appointee

*Term Expires December 2025

**Term Expires December 2026

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Finals Notes

Your Officials Today

Just as the participants on the teams at this year's Finals are realizing a dream of vying for top honors, another group of individuals are also reaching a goal for the hard work they have put in by being assigned to officiate the action.

Officials for MHSAA Finals are selected from an Association committee of member school personnel from across the state, based on the recommendations and ratings by schools, as well as from input from local officials associations.

These officials believe that interscholastic athletics are truly educational in nature, and work to uphold that standard. Like the athletes in the Finals, officials come from all corners of Michigan.

Selected to work this year's Finals are: **Anne Acluche**, West Bloomfield; **Zane Almquist**, Ypsilanti, and **Nancy Cox**, Pinckney.

Congratulations to this year's Final officials. If you are interested in becoming a registered game official in any sport, contact the MHSAA at 1661 Ramblewood Drive, East Lansing, MI 48823, or register online at MHSAA.com.

Behind The Scenes

The hallmark of a strong association is its ability to work together for the common good. Every year, nearly 10,000 game officials and 50,000-plus administrators and coaches at over 1,600 middle, junior and senior high schools voluntarily pool their efforts daily for the operations of the MHSAA's competitive extracurricular interscholastic athletic program.

An important responsibility of membership in the Association is the operation of the hundreds of District, Regional and Final level tournaments by school administrators who serve as the site managers for these games.

The behind the scenes work of these individuals and their staffs make sure that tournament competition is a memorable experience for the participants.

The MHSAA would like to thank Northville Athletic Director **Brian Samulski** for serving as the tournament manager for the 2025 Field Hockey Final.

Coordinating the Finals from the MHSAA is Field Hockey Director **Paige Winne**. Assisting with tournament operations are MHSAA staff **Andy Frushour** and **Maddie Maloney**.

The MHSAA would like to recognize the efforts of these individuals and the other individuals who have donated their time and talents to make the Finals a success.

On the Air

Video streaming of today's Finals is available on MHSAA.tv. A \$13.99 subscription will also allow you to watch all of the November tournament coverage, including the Lower Peninsula Cross Country Finals, Girls Volleyball Semifinals and Finals, Lower Peninsula Girls Swimming & Diving Finals, and Football Playoff action through the Semifinal and Final rounds of the tournament. Annual subsriptions can be purchased for \$79.99, which includes events for the entire MHSAA school year.

Results on the Web

Full results and coverage of the Finals may be found on MHSAA.com throughout the day's competition.





MICHIGAN ACHIEVEMENT SCHOLARSHIP



Michigan high school seniors and students who recently graduated from high school may be eligible for the Michigan Achievement Scholarship.

Community College Guarantee

All students are eligible for the Community College Guarantee (regardless of family income), which includes:

- Earning a skills certificate or associate degree tuition-free at their in- district community college!*
- An additional \$1,000 Michigan Achievement Bonus for Pelleligible students to use toward additional college costs.

Public or Private University

Students may be eligible to receive the Michigan Achievement Scholarship at a Public or Private University.

- Up to \$27,500 to earn a bachelor's degree—that's \$5,500 per year for up to five years.
- 7 in 10 high school graduates are eligible.
- Find out if you are eligible by completing the FAFSA.

Career Training

Students may be eligible to receive the Michigan Achievement Scholarship at a career training program.

- Up to \$4,000 to earn a skill certificate—that's \$2,000 per year for up to two years.
- Find out if your program is eligible by visiting michigan.gov/careertraining.

*Students would receive a significant tuition discount if they attend an out-of-district community college.

Visit mi.gov/achievement to get started.



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