



# SPARTAN FIELD HOCKEY

MILTON  
HERSHEY  
SCHOOL®

## FIELD HOCKEY YEAR AT A GLANCE

Milton Hershey Field Hockey competes in the Mid-Penn Conference Capital Division in PIAA District III, 2A Classification.

### Fall Season (August to October)

- Preseason practices begin
- Daily practices after school with some Saturday practices and games
- 18 regular season games and two scrimmages against PIAA opponents
- Mid-Penn, District III, and PIAA State Playoffs, if qualified

### Winter/Spring/Summer Season (November to July)

- Middle and Senior Division athletes can try out for Alley Cats Field Hockey, a local indoor team, with weekly practices from November to February, and four-to six weekend tournaments at regional venues like Spooky Nook Sports and United Sports
- Speed, strength, agility, and skill development workouts
- Weekly strength and conditioning workouts
- Spring turf practices and tournaments with Alley Cats Field Hockey
- Team tryouts are held in May for the fall season
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer

## FIELD HOCKEY FACILITIES



- Henry Hershey Field: 7,000-seat artificial turf stadium with press box and home/away concession stands
- Middle Division: Practice and game fields
- Varsity and JV locker rooms
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions



Camps, club teams, off-season training, and equipment  
are included—with all costs covered.



## PROVIDED EQUIPMENT

- Field hockey stick, shin guards, turf shoes, mouth guard, backpack, and gloves
- Uniform includes game jerseys, skirt, spandex, socks, cold gear, and a rain jacket
- Practice apparel includes pinnies, shorts, sweatshirts, long and short sleeve t-shirts
- Indoor equipment provided for players participating in the off season
- All equipment costs are covered, including quality brands like Nike and more

## MEET THE COACH



- **MHS Varsity Head Coach Gina Allesie '90** was renamed head coach in 2025.
- She was previously the head coach for MHS Varsity Field Hockey from 1996-2012.
- She is an MHS Senior Division Physical Education/Healthy Lifestyles teacher.
- Coach Allesie played NCAA Division III Field Hockey at Cortland State, where she was a National Champion and All-American.
- During her coaching tenure at MHS, teams have made multiple PIAA district and state game appearances.
- Coach Allesie was inducted into the Spartan Hall of Fame in 2008.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- Elementary Division: Developmental program
- Middle Division: Developmental program
- 7th/8th Grades: Participation in PIAA Junior High field hockey (Fall)
- Select 7th/8th grade athletes can participate in local club teams for travel tournaments (Winter and Spring)

## PROGRAM ACCOMPLISHMENTS

Mid-Penn Division Championships: 1987, 1988, 1990, 1991, 2012

## NOTABLE ALUMNI

- Gina (Carlo) Allesie '90 | Cortland State University
- Ododo (Omo-Osagie) Walsh '98 | Lock Haven University
- Fonati (Ward) Abrokwa '00 | Lock Haven University



Scan the QR code or visit [mhskids.org/athletics](https://mhskids.org/athletics) to learn more. Contact Special Talent Admissions Counselor Rylan Good at [goodry@mhs-pa.org](mailto:goodry@mhs-pa.org).

