

December 2021

Issue 1

CIRCLE UP!

*A Newsletter from Mayhem
Field Hockey*

Inside the Issue



THE FUTURE IS MAYHEM

A Look at our Leadership Program and its role in the success of this Fall Season.

ALWAYS EARNED NEVER GIVEN

Get to know Coach Ally, who led Gwynedd Mercy to the State Championship game this season!

LIVE A LIFE OF MAYHEM

Check out our fall Club events and other exciting happenings from this Fall season.

MAYHEM SPONSOR SPOTLIGHT: THANK YOU

Thank you to our 2021-22 Sponsors, Taquira Amor, JFour Trucking, and German Novoa Landscaping for supporting the Mayhem Athletic Center in its opening season. Check out their banners hanging at the facility this winter!

We have BIG PLANS for the MAC in 2022, but we can't do it without your help! Interested in becoming a personal or corporate Sponsor? Email morgan@mainlinefieldhockey.com





MAYHEM LEADERS: UNSUNG-HEROINES OF THE SEASON

With the recent expansion of our youth age divisions, which included the addition of U10 teams and a significant increase in our U12 enrollment, Mayhem Leaders rose to the challenge and demonstrated their crucial role in our organization this fall. Our leaders truly shined from the sidelines this season—wearing their bright colored t-shirts, with LEADER stamped across their shoulders while confidently cheering on and coaching our youngest athletes.

Club owner Alex McMahan designed the Mayhem Leadership Program three years ago “to give select high school athletes the opportunity to shadow and assist the Mayhem coaching staff in order to learn key skills needed to teach and motivate young athletes.” Among those skills are public speaking, practicing empathy, multi-tasking, and delivering feedback.



Mayhem often speaks to what the athletes can receive from this program, but the club and coaches benefit significantly from their dedication and efforts. The additional support helps our coaches deliver more instruction and strategic adjustments.

MAYHEM LEADERS: UNSUNG-HEROINES OF THE SEASON CONTINUED...

In addition to attending every practice, Mayhem Leader Lexi Patterson supported Coach Jill's U12 Team at their tournament in Virginia over Thanksgiving which required her to travel to a different field location in between her games. Jill Myers shared her thoughts on what it was like to have Lexi Patterson (2025) as Leader this season;

"This is the second season I have worked with her and I love how proactive she is-she keeps my head on straight. Not only does she do all of the expected jobs very well like warm-up, helping me with subs, what color uniforms to wear, etc, but she also is someone I rely on to teach the kids specific skills and explain tactics. I have even started to ask for her opinion on big decisions like what formation to play and what corners are open because I like hearing what she has to say...



She has a great knowledge of the game for her age, and me including her on those decisions challenges her to think about hockey in perhaps a different way, and she is definitely up for that challenge."

Our Leadership program is a unique way we empower our athletes to have confidence in their voice. Check out who our current leaders are and why they applied to the program on our website.

COMING SOON! MAYHEM SUMMER CAMP ANNOUNCEMENT



Last Summer Mayhem had a successful camp season working with athletes from Kindergarten through seniors in high school.

On January 1st our Summer Camp registration opens for all ages, including an exciting new location. Any ideas on where we will be bringing the MAYHEM next? Follow us on Instagram and subscribe to our mailing list to be the first to know about all things MAYHEM SUMMER CAMPS 2022!

RISING TO THE TOP: GET TO KNOW COACH ALLY FULLER

We sat down to catch-up with one of Mayhem's most tenured coaches, Allyson Fuller, after leading Gwynedd Mercy Academy High School, to the PIAA-AA State Championship! Ally attended Drexel where she played Division 1 Field Hockey and majored in Biology. After graduation, Ally went on to play for the USA Women's Indoor Nation Team for four years and began her coaching career at the college level with Villanova University, before becoming an assistant coach at Gwynedd Mercy Academy High School under Coach Alex McMahan. Alex handed over the reins of the program to Ally in the Spring of 2020. Taking on the challenge of becoming a head coach along with the obstacles of the pandemic, Ally led GMA to a district title and the state championship game in only her second year at the helm of the Monarchs.

You had an extremely successful Fall Season, as a second-year high school head coach, can you tell us a little bit about what that experience was like?

This fall was more than I could have asked for. Not just getting to state finals and winning the District Title, but the happiness I felt going out to the field and being with the girls every day. It's really rewarding. As a team, we were in such a good place and our culture was strong, it was really about just helping individuals excel and buy into our "team" strategy and vision,

Were there any key moments or strategic decisions throughout the season that propelled you to the championship game?

Adjusting our press against Villa Maria Academy when we faced them for the second time during the season, that allowed us to neutralize a lot their attack. Once we really got that down we were able to carry it on through the rest of season and into playoffs.

Can you share your experience playing high school and club, college?

I was fortunate to come from an area that was strong in hockey. I went to Central Dauphin out in Harrisburg and played for the Pa Mavericks. From day one I was playing against the best of the best, so once I realized I could keep up with those girls it really raised my confidence.

I really thrived in my club environment, it was very much a work hard, play hard environment which carried over to Drexel.



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RISING TO THE TOP: GET TO KNOW COACH ALLY FULLER CONTINUED

Any lessons you learned from your experiences on these teams?

I learned that not everyone responds to external pressure in the same way and people respond to different types of leadership. The earlier that players can identify their style and respect their teammates differences', the better they will work as a team, realizing that hard work looks different on everyone.

I thrived when I felt like I was the underdog. If you feel like you are in the bottom or middle of the group, you don't have to be insecure about that. Just think about all the people you can learn from and let it propel you to the top.

Are you taking on any new challenges?

I am coaching the Over-45 USA Women's Senior National Team at the Indoor Masters World Cup this February in Virginia Beach. It is a brand new experience for me. I have never coached anyone older than me, let alone direct multiple coaches at practice, so its very surreal but very rewarding. I am really looking forward to learning from them as people, players, and coaches, and giving them what I have to offer.



"If you feel like you are in the bottom or middle of the group you don't have to be insecure about that. Just think about all the people you can learn from and let it propel you to the top."

Do you prefer indoor to outdoor?

Thats like asking me if I like cats or dogs better. Indoor is just so fast and there is no margin of error. I do like indoor better, I like that you have to be so "on" and precise.

You also coach many athletes in private lessons, what do you believe is the value of lessons?

There is such a value to be gained when the athlete is focused on what they are trying to accomplish without the distraction of others. It's a time to really hone-in on a particular skill, or concept, or strategy, that with time well spent, they can really gain ground during the session. They also allow the players to connect with coaches and express any of their concerns or goals, and work collaboratively in a safe, personal environment, with an expert to guide them.

A FALL FULL OF FUN!

The Fall Season is always pure MAYHEM! In addition to our annual Fall programs and traditions, Mayhem also made time for some firsts! Check out some of the events from this Fall.

MAC Grand Opening Celebration

Athletes and Parents were invited to the Mayhem Athletic Center to commemorate the opening of our new home. The Party was complete with snacks, music from DJ Bogle, and a highly competitive player vs parent game!

Pallets & Pizza

Families from our U14 teams helped us take up the turf, piece by piece, and load them on to pallets to be stored for the winter months. Athletes were rewarded with pizza and the opportunity to be the FIRST on the court, for all their hard work!

Halloween Retreat Practice

Athletes took a break from their "normal routine" to play some fun games and connect with their coaches and teammates through coach-led discussion about the challenges of returning to school and finding normalcy amidst the pandemic. Recognizing that balancing everything can often create feelings of stress and pressure, U16 and U19 members were given honorary "My Sister's Keeper" t-shirts as a reminder that they should always prioritize their mental health, and know that they can turn to their family and any of the Mayhem staff in times of need. The day was complete with costumes and candy, of course!

Holiday Team Bonding

Teams were invited to the MAC to decorate holiday ornaments, snack on cookies, and play some fun pick-up games!



Athletes at the Grand Opening of the MAC



Athletes and Parents help us transition from turf to court.



Tess Hankins at Halloween Practice



U10 Athletes craft Holiday Decorations at our Team Bonding Event

MAYHEM

down the shore

SUMMER FIELD HOCKEY CAMPS



Register at MainLineFieldHockey.com

AUG
8-11 & 15-18

Field Hockey Camp for All Ages
Sea Isle City
Dealy Park

