

June 2011

Dear Field Hockey Athlete,

Summer is upon us once again, so it is time to think about preseason for Fall sports. This year we will begin on **Monday, August 22rd**. JV and Varsity will be trying out together the first week. Please come prepared for the first day with your **stick, mouth guard, goggles, sneakers, cleats and plenty of water**. August is usually a hot month, so a small water bottle will not be enough. There will be a limited number of sticks and goggles that will be available to borrow.

Please make sure that you submit your physical form and parent permission slip into the health office by August 8th to make sure everyone is cleared in time for the first day of tryouts. You may turn in your recheck card and physical to the health office after July 15th. You will not be able to participate until the nurse clears you, so make sure you have doctor's notes for any inhalers, Epi-pens, or anything else you may need a note for. My goal is to have 100% cleared for the first day of tryouts.

This summer you should be running both distance and sprints to make sure that you are in top physical condition come preseason. We will be conducting a series of fitness assessments during tryouts, so it is in your best interest to not wait until a week before tryouts to start running. I would also encourage attending a camp this summer. It is a great way to build upon your skills and get the rust off before tryouts. There are plenty of camps available in the area including both day camps and overnight camps. Please contact me if you have any questions or would like suggestions on camps or training.

I have high expectations for this fall. I expect my team to share the same expectations and have a willingness to work hard. A positive attitude and being coachable will make you successful in this program.

We will be practicing from **7:00am- 10:00am** the first week of preseason. Please be prompt. We will meet the first day in the H gym lobby.

Enjoy your summer and please do not hesitate to contact me if you have any questions!

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