

PRFH Meeting 4/26/2018

Summer Conditioning Program

- Next Level Sports Training w/ Jack Neff and Brad Spencer
 - Cardio/Endurance, Strength, Speed, Flexibility
 - Nutrition Guidelines
 - Registration Form & Waiver Coming
 - Mon-Wed-Fri 8-9am; June 4 – August 10
 - Off week of July 4th
 - High School Stadium
- Self-Paced
 - Email Coach Steve for electronic packet

Summer Conditioning Goals

- Progressive training - establish a routine of training to improve your physical conditioning.
- Prevent injury – a well-conditioned, flexible athlete is less likely to be injured and will recuperate more quickly if injured.
- Increase work capacity – a well-conditioned athlete can respond to the demands of field hockey competition and recover more quickly during games.
- Develop core strength and body awareness – abdominal, low back, and hip strength are essential to transfer the force generated by the legs to the upper body and to sustain proper field hockey posture.

More on Conditioning

- Group training – motivation
- Running on roads:
 - Better to run intervals on turf or track
 - Vary if running on roads to avoid injury
 - Long distances not necessary – not the sport of field hockey
- Get accustomed to the heat:
 - It is August and hot when we do our timed runs during tryouts.

PRFH Coaches

- Coach Steve – Head Varsity Coach
- Coach Peery – Varsity Assistant Coach
- Coach Mastromarino – JV Head Coach
- Coach Branovan – JV Assistant Coach

Spring Clinic, Sun. May 20th, 3-5pm

- PRHS Stadium
- Grades K-8
- Only \$15 for Grades K-3 and \$30 for Grades 4-8
- Incoming 9th Graders – great way to meet the team and get to know the coaches
- Asking all current high school players to bring in at least one registration
- Promote in your neighborhood
- Current High School Players need to arrive by 2:15pm
- PRFH Coaches will provide curriculum and oversee clinic
- HS Players run drills with participants
- Done by 5:15pm

Physicals & Concussion Testing

- Required to try out
- Packet not posted yet
- Not school provided any more
- We will email once it's announced
- Physicals – must be after June 1
- Impact Concussion Baseline Testing
 - REQUIRED ONLY 9TH AND 11TH GRADERS, NEW STUDENTS ENTERING PR, STUDENTS WHO HAVE NOT UPDATED THEIR BASELINE TESTING IN THE LAST 2 YEARS
- Completed Sports Packet due early August to Athletic Office (date to be announced)

Philosophy & Expectations

- We are a High School Team - NOT a rec. program & NOT a club team
- Coaches discretion
- Starters determined game to game
- Squad movement
- Looking for effort, attitude, commitment, athleticism, potential, skills and field sense

Varsity	JV
<ul style="list-style-type: none">• Field a competitive team• Goal is to win• Best players start and get playing time	<ul style="list-style-type: none">• Purpose is to develop players• Playing time is fair which may not mean equal

Team Camp

- Shippensburg University
- July 29 – August 1
- Cost: \$400
- To get the most out of it, be in shape!

Summer League & Summer Stick Time

- Summer League \$85
 - Thursdays, June 14 – July 26, 7-8:45pm
 - Instructional Drills, Small Sided Games, Full Field 11v11
 - Registration open and posted on prfieldhockey.com
- Summer Stick Time
 - Seniors will be reaching out to underclassmen

Summer Socials & Team Bonding

- June – Seniors
- July – Juniors
- August – Sophomores

Tryouts Dates

- PRHS Stadium
- Aug. 13, 14, 15 Evening
- Roster Selection on Aug. 15

Tryouts Criteria - 1000s Club

- Perform 1000 reps of various skills
- Mandatory
- Completed over summer
- Improve skills – the ability to handle the ball confidently and skillfully differentiates hockey players on the field
- Drills posted on PRFH YouTube Channel
- Info. to be emailed and posted on prfieldhockey.com
- Form due 1st day of Tryouts

Tryouts Criteria – Technical

- Field Players:
 - 40-Yard Dash with Ball
 - Illinois Agility with Ball
 - Pulls
 - Passing Accuracy
 - 1v1's
- Goalkeepers:
 - Illinois Agility without Ball, no Equipment
 - Goalie Speed, Agility and Accuracy
 - Goalkeeper Futures Test
 - Save Percentage

Tryouts Criteria - Timed Tests

- 1 Mile Run
- 40-Yard Dash
(Goalkeepers - no equipment)
- 300-Yard Shuttle Run
(Goalkeepers - no equipment)
- 200-Yard Gasser
(Goalkeepers - no equipment)
- Push-Up Test
- Sit-Up Test

Tryouts Criteria - Qualitative

- Attitude
- Confidence
- Aggressiveness
- Hustle
- Coachability

Roster Selection

- Raw Score on each criteria
- Assign Points:
 - Top 20% = 5
 - Second 20% = 4
 - Third 20% = 3
 - Fourth 20% = 2
 - Bottom 20% = 1
- Sum up Points across criteria
- Rank Overall, by Grade, by Position

Roster Size

- Varsity: 15-16
- JV: 16-18
- Goalies: 3 (included in above)
- Team Managers: 2 each, JV & Varsity
- Want it for you
 - You can own it
 - Competitive year
 - Have to limit roster size

Pre-Season Schedule

- Pre-Season
 - Thu. Aug. 16 Evening
 - Fri. Aug. 17 Off (Kennywood Day)
 - Sat. Aug. 18 TBD
 - Sun. Aug. 19 Team Picnic?
 - Mon. Aug. 20 Evening
 - Tue. Aug. 21 Scrimmage @ Peters
 - Wed. Aug. 22 Evening
 - Thu. Aug 23 Evening (1st Day of School)
 - Fri. Aug 24 Off

Fall Schedule Preview

- Still finalizing games & practices
- Scrimmages: @ Peters Aug. 21
- Off Labor Day Weekend
- Constraints:
 - Fitting in non-section games so don't have games in a row or too many in a week
 - Turf availability
- Friday practices – stick time++ on turf, yoga
- Saturday practices?
- Late evening practices?
- Sat. Sept. 22 – Magnificat (Ohio) - Home
- Sat. Sept. 29 – Lower Dauphin Tournament

WPIAL Realignment

- 10 teams in Division I
 - Alderdice
 - Fox Chapel
 - Hempfield
 - Mt. Lebanon
 - North Allegheny
 - Norwin
 - Penn Trafford
 - Pine-Richland
 - Peters Township
 - Upper St. Clair
- 9 games - play each team once
- Past years – play each team twice
- Additional games w/ FC, NA, Mt. Lebo
- Post season scrimmage w/ Ellis

Policies – Attendance

- Avoid conflicts in season (vacation, college visits, etc.)
- Resolve potential conflicts
- Everything in season is mandatory (including off-the-field team events)
- Communicate in advance as soon as you know, at least 2 weeks via email
- Miss practice - will not start next game
- Just like school - if you miss, you are still responsible for what you missed
- Be on time
- Practices will end on time

Policies - Communication

- Player – Coach Communication
 - No one-to-one private communication
 - Email should have parents both ways
 - Remind App

Policies – School Discipline Code

- Violations subject to discretion of high school principals
- Field Hockey follows what is imposed by them

Questions?