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To: coachsteve@prfieldhockey.com

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Pine-Richland Field Hockey Update Email

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PINE-RICHLAND **FIELD HOCKEY**

Hi Team,

Our 2016 high school field hockey tryouts are right around the corner! Tryout Criteria is posted below.

YOU CANNOT TRY OUT UNLESS YOUR SPORTS PHYSICAL PACKET IS IN THE ATHLETIC OFFICE BY AUGUST 8, 2016!

TRYOUTS

Mon	Aug 15	4:30p - 8:15p	Timed Mile on Track
Tue	Aug 16	4:45p - 8:15p	
Wed	Aug 17	4:45p - 8:15p	Team Announced at End

PRE-SEASON PRACTICES

Thu	Aug 18	4:45p - 9:00p	Team Tailgate Included in Time
Fri	Aug 19	12:00p - 2:00p	Dr. Miller Team Talk at 12p
Sat	Aug 20	8:00a - 10:00a	Team Car Wash Follows
Mon	Aug 22	10:00a - 2:00p	Team Building Workshop (MS Field #9)
Tue	Aug 23		Evening Practice, Time TBA

For August 23 on, I need to confirm practice times with the Athletic Office. The athletic secretary who oversees this is a 10-month employee and returns next week.

Meet inside the visitors' gate at the PRHS Stadium except the Team Building Workshop on August 22 (meet on Middle School Field #9 above the stadium and behind the middle school).

Warm-ups will begin at the indicated start time.

Girls will be ready for pick-up at the indicated end time. We will reserve the last 15 minutes of practice time to clean up.

You must have your sneakers and cleats/turf shoes for every practice.

1000s club tracking sheets for skills and conditioning are due the first day of tryouts. You can find these forms under [Forms](#) at www.prfieldhockey.com.

Our game schedule is posted on the [Calendar](#) page at www.prfieldhockey.com. Note that the away game at Norwin was moved from October 4 to October 5. If you reference our game schedule posted on the school's Athletic Schedules page, note that there is not a game on September 2. And do not go by the practice schedule on this page because it is not correct at this time.

NOTE- we are off Labor Day weekend this year! We have games on four Saturdays (9/10, 9/17, 9/24, and 10/1). The other weekends are off through the regular season. Expect Saturday practices during playoffs beginning October 22.

Be sure to check out the Rio games for USA Field Hockey in action. The broadcast schedule is posted below.

-Coach Steve

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Pine-Richland Field Hockey Tryouts Criteria

Players will be evaluated with timed tests and a qualitative assessment. Each test and assessment is valued at a total of 5 points. Players earn points (5, 4, 3, 2, or 1) based upon their score relative to the rest of the players.

These tests were adopted from the USA Field Hockey Futures Program selection criteria.

Timed Tests:

1 Mile Run

40-Yard Dash (Goalkeepers - no equipment)

Shuttle Run (Goalkeepers - no equipment)

Field Players:

40-Yard Dash with Ball

Illinois Agility with Ball

Yard Stick Pulls

Passing Accuracy

1v1's

Goalkeepers:

Illinois Agility without Ball, no Equipment

Goalie Speed, Agility and Accuracy

Goalkeeper Futures Test

Save Percentage

Qualitative Assessment:

Attitude, Confidence, Aggressiveness, Hustle, Coachability

Rio 2016 Olympic Games Broadcast

Date	Match	Network	Time	
Sat	Aug-06	USA vs. Argentina	USA Network USA vs. ARG	4 p.m. EST
Mon	Aug-08	USA vs. Australia	NBC Sports Network	9 a.m. EST
Wed	Aug-10	USA vs. Japan	NBC Sports Network	4:00 p.m. EST
Thu	Aug-11	USA vs. India	NBC Sports Network	6:30 p.m. EST
Sat	Aug-13	USA vs. Great Britain	CNBC	5 p.m. EST
Mon	Aug-15	Women's Quarterfinals	USA Network	9 a.m. EST
		NBC Sports Network	11:30 a.m. EST (taped)	
Tue	Aug-16	Women's Semifinals	MSNBC	11 a.m. EST
Wed	Aug-17		CNBC	5 p.m. EST (taped)

Fri

Aug-19

Women's Bronze Medal Match

USA Network

11:30 a.m. EST

Women's Gold Medal Match

MSNBC

4 p.m. EST



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