

From: **Coach Steve** coachsteve@prfieldhockey.com
Subject: PRFH 2016 Summer Field Hockey
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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

Happy Summer! Please see below for important reminders and information about the program and other opportunities. -Coach Steve

SPORTS PHYSICALS

NO PHYSICALS DONE BEFORE 6/1/16 CAN BE ACCEPTED

Tuesday, June 7, 2016

9:30am – 9:45am: 7th – 12th Girls Field Hockey

Pine-Richland High School Nurse's Office.

Forms: [2016-2017 Sports Physicals Forms](#)

ALL FORMS MUST BE COMPLETED AND SIGNED BY A PARENT OR GUARDIAN. NO ONE WILL RECEIVE A PHYSICAL WITHOUT SIGNED FORMS. THE ENTIRE PACKET MUST BE TURNED IN AT THE TIME OF THE PHYSICAL.

YOU CANNOT TRY OUT UNLESS THE PACKET IS IN BY AUGUST 8TH.

UPMC BASELINE CONCUSSION TESTING

ImPACT Baseline Testing is required every 2 years, and all 7th, 9th and 11th grade athletes should be tested in addition to any new students.

Friday, June 10, 2016

11:00am – Field Hockey

10:00am – Field Hockey

12:00 Noon – Field Hockey

PRHS Rooms 417, 418 and 424

Make-up testing will be held in August.

SUMMER TEAM TRAINING

Get ready for the season with our 9-week progressive training program which begins on **Monday June 13th**.

Form: [2016 PRFH Summer Training Registration Form](#)

Questions? Email Brad Spencer at BradSpencer72@gmail.com.

Scholarships are available. Email coachsteve@prfieldhockey.com.

SUMMER LEAGUE

Don't forget to register for our 10th annual Thursday evening Summer League which begins on **June 16th**.

Register: <http://leagues.bluesombrero.com/prfieldhockey>

Flyer: [2016 PRYC Summer Field Hockey Flyer](#)

Scholarships are available. Email coachsteve@prfieldhockey.com.

1000s CLUB

High school players are required to complete the 1000s club program over the summer and bring their completed forms to the first day of tryouts.

Completing the skills and conditioning over the course of the summer months readies players for tryouts and the season.

See below for our PRFH YouTube Channel for the skills playlists.

Players can either follow a self paced conditioning program or register for the summer team training program.

[PRFH 1000s Club Guidelines](#)

Tracking Sheets:

[2016 PRFH 1000s Club Field Player Tracking Sheet](#)

[2016 PRFH 1000s Club Goalie Tracking Sheet](#)

[2016 PRFH Summer Conditioning Tracking Sheet](#)

YouTube Playlists:

[1000s Club Field Player YouTube Playlist](#)

[1000s Club Goalie YouTube Playlist](#)

Programs:

[PRFH Self Paced Conditioning Program](#)

[2016 PRFH Summer Training Registration Form](#)

SUMMER SOCIALS

At the spring team meeting, we announced summer socials for the team:

June - Seniors

July - Juniors

August - Sophomores

In addition, our seniors will be connecting with underclassmen players this summer to build relationships and organize social events as well as get together to work on skills.

More info. to come.

SUMMER TEAM CAMP

University of Maryland, Session 1: Sun. July 24th - Wed. July 27th
Final Payment due **June 15th.**

OTHER SUMMER OPPORTUNITIES

TGT Club

Wednesdays & Saturdays, Begins June 1st

[2016 TGT Flyer](#)

[2016 TGT Registration Form](#)

[2016 TGT Waiver Form](#)

Venom / Rutgersports

July 16-19

Mt. Lebanon High School

<http://rutgersports.com/field-hockey-camps/>

Midwest College Exposure Camp

Date: Monday, July 18th and Tuesday, July 19th

Location: Dexter High School outside of Ann Arbor, MI

Who: All 9th and 12th graders - this is geared toward the serious hockey player

Cost: \$215 per athlete

Housing: Athletes will be responsible for their own housing, we are working on securing a block of rooms at a reduced rate at a local hotel. Athletes will only be supervised during practice times.

[Camp Brochure](#)

[Online Registration Link](#)

Slippery Rock Field Hockey Camp (Individuals)

August 5-7

[Camp Brochure](#)

[Online Registration Link](#)

TRYOUTS, PRE-SEASON & FALL SCHEDULES

We are still finalizing our dates and times with the Athletic Office.

NOTE: THE SCHEDULE POSTED ON THE ATHLETIC PAGE IS NOT ACCURATE!!

TRYOUTS:

August 15-17

4:45pm - 8:15pm

PRHS Stadium

Meet inside the visitors gate

Remaining schedule to be announced.

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