

**From:** Coach Steve (Donna Stephenson) coachsteve@prfieldhockey.com  
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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,

It's finally here - tryouts begin tomorrow! You all have been working hard over the summer, and we are excited to see you all tomorrow and see how your months of hard work will pay off.

Tomorrow- meet inside the visitors' gate at the PRHS Stadium at 4:30pm.

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 tomorrow.**

See below for an updated schedule through Sept. 2nd. We hope to finalize and announce the rest of it this week.

There is a schedule change for our team building workshop on Aug. 22nd. We will begin at **9:30am** on Middle School Field #9 with warmups, and the JV team will be done at noon. You need to dress for a regular practice and wear sneakers. You won't need any of your equipment.

### **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 | 9:30a - 12:00p | Team Building Workshop - JV & VARSITY      |
|     |        | 12:00p - 2:00p | Team Building Workshop Continued - VARSITY |
| Tue | Aug-23 | 7:15p - 9:45p  |  |

### **REGULAR SEASON PRACTICES**

|     |        |               |                                |
|-----|--------|---------------|--------------------------------|
| Wed | Aug-24 | 7:15p - 9:15p |                                |
| Thu | Aug-25 | 5:00p         | Scrimmage @ Fox Chapel         |
| Fri | Aug-26 | 5:15p - 7:45p |                                |
| Sat | Aug-27 | OFF           |                                |
| Mon | Aug-29 | 5:15p - 7:45p |                                |
| Tue | Aug-30 | TBA           | Team Pictures                  |
| Wed | Aug-31 | 5:15p - 7:45p |                                |
| Thu | Sep-01 | 6:00p         | Scrimmage @ Mt. Lebanon        |
| Fri | Sep-02 | 2:45p - 4:00p | Mrs. Bowman Team Talk at 2:45p |
| Sat | Sep-03 | OFF           |                                |
| Mon | Sep-05 | OFF           |                                |

Our game schedule is posted on the [Calendar](#) page at [www.prfieldhockey.com](http://www.prfieldhockey.com).

I hope you have been able to watch the USA team in the Rio Olympics. They are 4-1 going into the quarterfinals tomorrow against Germany at 11:30am on NBCSportsNetwork. We will be interested in hearing what you have learned by watching the games.

-Coach Steve

cell 412-585-4129

[coachsteve@prfieldhockey.com](mailto:coachsteve@prfieldhockey.com)

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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

Goalie Speed, Agility and Accuracy  
Goalkeeper Futures Test  
Save Percentage

**Qualitative Assessment:**

Attitude, Confidence, Aggressiveness, Hustle, Coachability

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Pine-Richland Field Hockey  
700 Warrendale Road  
Gibsonia, PA 15044

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