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Subject: PRFH 8/22 - 8/27
Date: August 21, 2016 at 4:37 PM
To: coachsteve@prfieldhockey.com

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Pine-Richland Field Hockey Update Email

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PINE-RICHLAND **FIELD HOCKEY**

Hi Team,

Just a quick note because I'm getting my oldest son off to Pitt tomorrow after practice.

Great job this week in tryouts! We are really proud of you all and excited for the season.

You need your practice pinney for every practice, and you must have your sneakers and cleats/turf shoes for every practice.

Tomorrow - we start warmups at 9:30am on the field behind the middle school above the stadium, Middle School Field #9. Dress for practice. You'll be running around. You need sneakers but you won't need any of your equipment. Varsity is going until 2pm so pack a snack. JV is done at 12pm.

Scrimmage @ Fox Chapel on Thursday - we will tell you what to wear at practice on Wednesday. We depart from behind the high school outside the Athletic Office. **The bus LEAVES at 3:15pm.**

Water jugs - please bring them filled with ice and water. The water coolers are for refills.

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.

Many thanks to the parents that have already done so much for the team with the picnic, car wash, team pictures, apparel, etc. Thank you for enriching your child's experience in field hockey. Playing field hockey is the cake. Parents provide the icing with all these extras that the girls love.

PRE-SEASON

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

Wed	Aug-24	7:15p - 9:15p	
Thu	Aug-25	3:15p	Bus leaves
		5:00p Varsity	Scrimmage @ Fox Chapel
		6:00p JV	

Fri	Aug-26	5:00p - 7:45p	NOTE: Now 5pm start due to football ending earlier
Sat	Aug-27	OFF	

-Coach Steve

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