

**From:** Coach Steve (Donna Stephenson) coachsteve@prfieldhockey.com  
**Subject:** PRFH 8/29 - 9/2  
**Date:** August 28, 2016 at 1:32 AM  
**To:** coachsteve@prfieldhockey.com

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*Pine-Richland Field Hockey Update Email*

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# **PINE-RICHLAND FIELD HOCKEY**

## **PRFH Week 8/29 - 9/2**

### **Sunday 8/28 Youth Program**

3-4:30pm Grades 3-4 Clinic

4:30-6pm Grades 5-6 Clinic

We are looking for high school players to come help.

Arrive 15 minutes before session starts.

### **Monday 8/29 Practice**

5:15pm - 7:45pm

### **Tuesday 8/30 Team Pictures**

Meet at trees across from the middle school.

4:30pm - 5:45pm JV

5:00pm - 6:30pm Varsity

### **Wednesday 8/31 Practice**

6:45pm - 9:15pm

### **Thursday 9/1 HOME Scrimmage v. Mt. Lebanon**

Warm-ups begin at 5:15pm

JV @ 6pm

Varsity @ 7pm

### **Friday 9/2 Practice**

2:45pm - 4:15pm

2:45pm Mrs. Bowman Team Talk

### **Labor Day Weekend 9/3 - 9/5 OFF**

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## **PRFH Week 9/5 - 9/10**

### Labor Day Weekend 9/3 - 9/5 OFF

9/4 No Youth Program

### Tuesday 9/6 Practice

6:45pm - 9:15pm

### Wednesday 9/7 Practice

2:45pm - 4:00pm

Track

### Thursday 9/8 Practice

6:45pm - 9:15pm

### Friday 9/9 OFF

### Saturday 9/10 HOME Game v. Fox Chapel

Warm-ups begin at 12pm

JV @ 1pm

Varsity @ 2:30pm

### Sunday 9/11 Youth Program

3-4pm Grades K-2

4-5pm Grades 3-4

5-6pm Grades 5-6

We are looking for high school players to come help.

Arrive 15 minutes before session starts.

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## Team Calendar

Our team calendar is now current with all our practices and games.

One note - practice time on 10/4 needs to be finalized.

Go to the CALENDAR page on the team website to see the calendar and instructions on downloading it.

[http://www.prfieldhockey.com/?page\\_id=1057](http://www.prfieldhockey.com/?page_id=1057)

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## Team YouTube & Photo Albums

[PRFH Olympics Videos](#)

[PRFH Team Building Workshops Videos](#)

[PRFH Team Building Workshop Videos](#)

[PRFH Olympics Photo Album](#)

[PRFH Car Wash Photo Album](#)

[PRFH Team Building Workshop Photo Album](#)

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## [PRFH v. Fox Chapel Photos on Varsity Views](#)

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