



From the Desk of Coach Steve

July 17, 2014

Dear Field Hockey Players and Parents,

It is both an honor and privilege to again serve the Pine-Richland School District as the head field hockey coach. I was excited to present my plans for the program on Tuesday evening. My presentation is attached for you.

I stated in my presentation that coaches are leaders, mentors and role models. I welcome those responsibilities and take them seriously. I want the best for the program and the girls and I will work hard to those ends. At the meeting, I committed to out working every coach in the WPIAL, and I need the girls to commit to working on their conditioning level and their stick (or goalie) skills over the remaining summer days until tryouts. Effort, hard work, and preparation will make our team great. Our summer training program is attached. Also note that Coach Andy Jakub is holding workouts at Santacroce Stadium at Richland Elementary on Mondays, Wednesdays, and Fridays, 10-11am, through August 4th. The fee is \$140 for the summer. Speak to Coach Jakub about a pro-rated amount for the duration of the summer.

Prior to the general meeting, I met with rising seniors to discuss their roles as leaders on the team. The seniors set the tone for the season and shape team chemistry. They are role models for younger players who take cues from them and model their behavior. I see great leadership potential in our senior girls, and I know they will all rise to the opportunity and create a positive environment for our girls and team.

We have three assistant coaches in the process to be approved by the school board at the August 11th meeting. I will announce them once all the paperwork and clearances are set, and we are just awaiting board approval as a formality. They all have outstanding field hockey playing experience with all playing at the collegiate level and their collective coaching experiences range from camps and recreational to high school to club. In addition, Coach Jakub will be continuing as a conditioning coach. I also hope to have additional coaches helping on a volunteer basis. I like to surround myself with die-hard field hockey enthusiasts who love to share their passion. A broader coaching team provides for a better coach-player ratio to work more closely with the players.

Coach Barb Griffith will be continuing as the head middle school coach, and we have found a new assistant coach to join the program, and she is also in the midst of the approval process.



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We have a group of girls at team camp at Ohio University. Team camp is a great way to develop skills and bond as a team. Next summer, I hope to see a larger group going. It is certainly beneficial for our team but it's also a great experience for the girls.

Back to commitment – the 1000's Club, part of the summer training program, involves doing a thousand reps of six field hockey skills each. Girls that complete the work earn a 1000's Club t-shirt, and I guarantee you it will look really cool. As another incentive, I will award our PRFH Manifesto Poster to girls that are exhibiting commitment to their conditioning and stick (or goalie) sticks now through tryouts. See below. It's really cool – you'll want one.

It was a great night at summer field hockey tonight. We are having fun, and the girls are doing well. We will keep working on hits. Next week, we are doing a Lip Dub video to the 80's song I'm Walking On Sunshine by Katrina and the Waves.

That's all for now. My contact info. is below if you need to reach me.

Forever FH,

Coach Steve

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