



From the Desk of Coach Steve

July 26, 2014

Dear Field Hockey Players and Parents,

ASSISTANT COACHES – I am pleased to announce our Pine-Richland Field Hockey assistant coaches. Coach Laura Peery will be our JV Head Coach. Coach Peery is a manager with Panera Bread and played field hockey at North Allegheny and then at Washington & Jefferson College. She was previously the head coach for Norwin High School and is a coach with Team Golden Triangle. Coach Arielle King will be our Varsity Assistant Coach. Coach King is a French teacher and played high school field hockey in Hershey, PA and then at Washington & Jefferson College where she played all 4 years and started every game as a forward. Coach Charlie Branovan will be our JV Assistant Coach. Coach Branovan is an MBA student at Robert Morris where she also played Division I Field Hockey for 3 seasons. She graduated from Pine-Richland High school in 2010 where she was a team captain her senior year and has served as head coach of PRYC Summer League for the past 4 summers. The coaches are in the approval process and are on track to be approved at the August 11th board meeting. They are allowed to coach at tryouts on August 11th because I will be there and I have been board approved. Please join me in welcoming Coach Peery, Coach King, and Coach Branovan to our program.

SPORTS PHYSICALS – Your sports physical **MUST** be turned in by August 4th to the Athletic Office for you to try out.

TRYOUTS & PRE-SEASON – Tryouts and pre-season dates and times are attached. Times were selected to maximum coaches' and turf availability. Open Turf Time, 11:30am to 12:30pm, on Monday August 11th to Thursday August 14th is available for players to work on stick skills independently without coaches. We are extending the deadline for 1000s Club to Saturday August 16th. Turn in your 1000s Club form on or before August 16th to earn a t-shirt. Friday August 15th is Kennywood Day. We will hold Extra Stick Time from 11:30am to 12:30pm. This is not considered a tryout session.

MISSING TRYOUT SESSIONS – Some of you have inquired about missing tryout sessions. We expect returning players to be knowledgeable of the WPIAL opening date for fall sports from prior tryouts but understand that some incoming 9th graders or those new to the district may not know. We cannot offer separate tryouts for players, and it is important to treat all players fairly and consistently so we are making this known to all prospective players. The player is required to make up the equivalent number of tryout sessions missed and will not be considered for the team until those sessions are made up. At that point, the coaches will determine if she makes the cut for the team using the same criteria applied to all other players. She will have to complete all the timed tests and evaluation drills, likely before or after the sessions. In addition, she



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will not be allowed to have a uniform or pick her jersey number until she makes the cut, and she will sit out scrimmages and games until that time. She will still participate in all aspects of the team such as the team events and team building activities. It is important for such players to show their commitment to the team by completing the 1000s Club and coming into tryouts at a good conditioning level.

CUTS – Inevitably, the question of cuts comes up with tryouts. The Pine-Richland Field Hockey coaching staff values hard work and positive attitude. We can teach skills and tactics but work ethic and attitude are self-driven. We want girls that want to be at field hockey when we are together and who want to work hard to improve individually and as a team. We want girls that put forth best effort every time. Girls can show their commitment to the program by coming into tryouts at a good conditioning level and with a completed 1000s Club form. Our tryout criteria will be used to rank players to determine the Varsity and JV squads. Our desired roster size is between 32 and 36 players willing to work hard and bring a positive attitude to field hockey.

SETTING GOALS – It is easier to put forth effort when you are working toward a goal. Think about what you hope to achieve this season, write down your goals, and tape them to your mirror to remind yourself every day. Your goal may be to make the Varsity squad or the JV squad or to be a starter or to play a certain position or to score a certain number of goals or to not let in any goals or to master a given skill or to learn a new skill. Set goals for yourself now and remind yourself of them when you doubt whether to go that extra effort when conditioning, at practice, or in a game. You will never regret working hard for something. You will regret not reaching your goals that you could have reached had you put forth the effort. Play field hockey with no regrets.

WWW.PRFIELDHOCKEY.COM – Team documents can be found on the Members page. This page is password protected and these documents are considered property of Pine-Richland Field Hockey. Password is 2014%Rams

SEASON PRACTICES & GAMES – Season practice dates and times and games will be published this week. We are finalizing a few games.

Forever FH,

Coach Steve

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