



From the Desk of Coach Steve

July 29, 2014

Dear Field Hockey Players and Parents,

Tryouts begin in 13 days!

FREE BALLS – I put a box of about 100 balls on my porch for you to come by and pick up some for your 1000s Club quest. I am retiring these balls so feel free to grab a half dozen or dozen and **KEEP THEM**. First come, first serve. My address is 912 Black Oak Court, Gibsonia in Treesdale – Oak Park, 2 minutes from the high school. No need to call, knock or ring the doorbell.

OPEN TURF TIME – To see when the turf is open so you can work on your 1000s Club, click on “Sports Schedules” under the Athletics & Activities menu from the home page. Then click on “Pine-Richland”. The turf is busy 9-11:30am for the rest of the week and Thursday night for summer fh but otherwise available. Next week is booked 8am-10pm. It would be fun to meet friends there and work on your fh skills.



NUTRITION – See the attached documents from UPMC Nutritionist Leslie Bonci. Also look under the Members page on our web-site, www.prfieldhockey.com. Password is 2014%Rams

FIELD HOCKEY RULES – See the Members page for links to field hockey rules and fouls and a general description of the game. Your daughter should review them if she is new to field hockey this year. Parents might learn something too.

PROPER HIT – Look up the Swing and Hit by Tjerk Van Herwaarden on You Tube, <http://www.youtube.com/watch?v=kpXDBfdEMOK> and then go practice it 1000 times.

Forever FH,

Coach Steve

coachsteve@prfieldhockey.com

412-585-4129