



# From the Desk of Coach Steve

August 3, 2014

Dear Field Hockey Players and Parents,

Tryouts begin in 8 days!

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

**CONCUSSION TESTING** – Players **MUST** be current on their impact testing in order to try out. The test is required for 9<sup>th</sup> and 11<sup>th</sup> grade players and those who have not updated their baseline testing in the last two years and any new students. Make-up baseline concussion testing will be held Aug. 6 & 7, 2014 in Pine-Richland High School Room 217. All sessions begin at the top of the hour and take 30-40 minutes to complete. All sessions are "walk-in," and the lab can accommodate about 20 students per session.

Wed. Aug 6<sup>th</sup> – 5pm, 6pm, 7pm

Thurs. Aug 7<sup>th</sup> – 2pm, 3pm, 4pm

Players unable to attend these sessions should notify me **IMMEDIATELY** so I can work with Michelle Pcsolyar to schedule a test for you in the high school training room.

**ACTIVITY FEE** – The district is requesting that the \$100 fee be paid prior to the season. Please mail checks to Pine-Richland High School, c/o High School Secretary, 700 Warrendale Rd., Gibsonia, PA 15044. Online payments can be made through Home Access, which is anticipated to be active on Aug. 18, 2014.

**FREE BALLS** – There are still plenty of field hockey balls available in the box on my front porch. My address is 912 Black Oak Court, Gibsonia in Treesdale – Oak Park, 2 minutes from the high school.

**NUTRITION** – Information is posted to the Members page on our website, [www.prfieldhockey.com](http://www.prfieldhockey.com). Password is 2014%Rams. Please review in advance in order to plan what to eat on mornings of tryouts and what to pack to eat after conditioning and practice.

**FIELD HOCKEY RULES** – New players should see the Members page for links to field hockey rules and fouls and a general description of the game.

**SEASON PRACTICES & GAMES** – Attached is the schedule for the upcoming field hockey season. Note that the Athletic Office is working on rescheduling the 9/29 away game at Latrobe to lessen the number of games in that week. Also there are conflicts with boys' soccer home games on 10/2 and 10/9 that they are working through.



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Oct. 9th is confirmation at St. Richard's. Please let me know if this involves you due to a game that night.

As we get into the season, I anticipate that we may shorten a practice or drop a practice. This schedule is set so we have the fields reserved for us.

Forever FH,

Coach Steve

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