



# From the Desk of Coach Steve

August 10, 2014

Dear Field Hockey Players and Parents,

## Tryouts begin TOMORROW!

**NEW START TIME** – We revised the start time for tryouts to maximize our turf time. Be ready to go at 12:00pm on Monday and 12:15pm on Tuesday thru Thursday. Seniors will lead warm-ups. Ready to go means fully equipped ready to begin at the scheduled time on the field. There will be a timed mile at 12:15pm tomorrow. Have your sneakers on.

Date	Time	Location	Notes
<b>Mon Aug-11</b>	11:30am - 12:00pm	Turf	Open Turf Time
	<b>12:00pm</b> - 1:30pm	Turf	Tryouts – Timed Mile at 12:15pm
	1:30pm - 2:30pm	Outfield	Conditioning
	2:30pm - 4:00pm	Outfield	Tryouts
<b>Tue Aug-12</b>	11:30am - 12:15pm	Turf	Open Turf Time
	<b>12:15pm</b> - 1:30pm	Turf	Tryouts
	1:30pm - 2:30pm	Outfield	Conditioning
	2:30pm - 4:00pm	Outfield	Tryouts
<b>Wed Aug-13</b>	11:30am - 12:15pm	Turf	Open Turf Time
	<b>12:15pm</b> - 1:30pm	Turf	Tryouts
	1:30pm - 2:30pm	Outfield	Conditioning
	2:30pm - 4:00pm	Outfield	Tryouts
<b>Thu Aug-14</b>	11:30am - 12:15pm	Turf	Open Turf Time
	<b>12:15pm</b> - 1:30pm	Turf	Tryouts
	1:30pm - 2:30pm	Outfield	Conditioning
	2:30pm - 4:00pm	Outfield	Tryouts
<b>Fri Aug-15</b>	11:30pm - 12:30pm	Turf	Extra Stick Time **Kennywood Day (Band 9am call)
<b>Sat Aug-16</b>	1:00pm - 3:00pm	Turf	Tryouts
	3:00pm - 4:00pm	HS Stadium	Conditioning
	<b>4:00pm - 4:30pm</b>	<b>Track</b>	<b>Yoga with Jamie Kusevich</b> ** Team and varsity captains announced.

**REQUIRED EQUIPMENT** – Stick, Shin Guards, Mouth Guard, Sneakers, Cleats, Goggles. Note on Goggles – if you have a pair from lacrosse, that's fine. You want to have a pair that does not obstruct looking down so open bottom goggles are the best. If you need to order a pair, I recommend Longstreth, [longstreth.com](http://longstreth.com). Use FH2014 code for 20% off and free shipping until August 15, 2014. I generally have my order the following day.



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**WHAT ELSE TO BRING** – Filled Water Bottle (coolers for refilling will be at the field), Gatorade, Healthy Food per nutritional guidelines, Trash Bag in case of rain for your stuff, Towel or Yoga mat for static stretching. Don't forget readiness to work hard and positive attitude.

**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. You need to eat prior to coming to the field. You need to have something to eat after conditioning. Nothing heavy.

**CONCUSSION TESTING** – Players **MUST** be current on their impact testing prior to the first scrimmage to play. The test is required for 9th and 11th grade players and those who have not updated their baseline testing in the last two years and any new students. If you are due and need to schedule one, notify me **IMMEDIATELY** so I can work with Michelle Pcsolyar, UPMC trainer, 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. You will not be allowed to play in scrimmages or games unless it's paid. There's a crack down this year.

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

**COACHING STAFF** – Our coaching staff is listed below. At the high school level, we will all work together on the field and sideline and off the field as a coaching team. We will each serve the designated roles listed so you know who are your direct coaches.

Coach Donna Stephenson – Varsity Head Coach	Coach Arielle King – Varsity Assistant Coach
Coach Laura Peery – JV Head Coach	Coach Charlie Branovan – Assistant JV Coach
Coach Barb Griffith – MS Head Coach	Coach Sloane O'Donnell – Assistant MS Coach

The assistant high school coaches are not able to be at all tryout sessions due to their commitments prior to accepting their coaching position. They very much would rather be on the field with the team but it is not possible due to their prior work and personal commitments. We appreciate your understanding with this. They are all dedicated and passionate coaches, and we have been working feverishly over the past few weeks to be ready for tryouts and the season. See the attached document for Field Hockey Individual and Team Skills and Tactics. These are all the things that our coaching staff will instruct to the players this season. It's a lot to teach and learn so that's why it's important to have four coaches at the high school level.



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Coach Branovan will be in Vancouver, Canada until August 25<sup>th</sup>, visiting her boyfriend. He bought her a plane ticket as a surprise birthday present. I am assigning her a project to organize information on college recruiting while she's away. She is also going to review YouTube for ideas.

Coach King is starting a new teaching position with Franklin Regional so she will be involved with new teacher orientation and in-service days. This week, she will be at Friday and Saturday practices.

Coach Peery has work commitments during the mornings this week. She will join us by 2pm on Monday thru Thursday and will be at Saturday practice.

Coach O'Donnell will be assisting at all sessions throughout the week.

The entire high school coaching staff played attack in high school and college. That's no concern, as I had to learn to coach defense during my last tenure as head coach. We will also draw upon Coach O'Donnell who played defense as well as my youth coaches who also played defense. YouTube is also an excellent source for us to ramp up our knowledge base.

**UPMC TRAINERS** – Dan Braatz, email [braatzdw@upmc.edu](mailto:braatzdw@upmc.edu), will be responsible for high school and middle school field hockey. Michelle Pcosolyar, email [pcosolyarmj@upmc.edu](mailto:pcosolyarmj@upmc.edu), is the lead UPMC trainer.

**1000's CLUB** – You have until Saturday, August 16th to complete your 1000's Club sheet. Go to the field during open turf time to work on it. Reps during tryouts do not count. See the below t-shirt fronts for motivation. The back is not quite final.



Forever FH,  
Coach Steve

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