



From the Desk of Coach Steve

August 11, 2014

Dear Field Hockey Players and Parents,

DAY 1 IS DONE! - Great practice today. It rained pretty much the entire time we were on the turf but stopped for conditioning and the remainder of practice. All and all, it was a great first day but wet.

BAD WEATHER PLANS - The middle school auxiliary gym is scheduled 12pm-4pm, Tuesday-Thursday. First thing in the morning, I need to speak with the principal about our using the gym without hurting the floors. If it's raining, we will still be on the turf. If it's storming, we need to be indoors. Please check for last minute updates via email and a phone chain through the seniors. We will figure out where to hold the conditioning and the rest of practice as we go.

TIMED MILE - More than half came under 8 minutes and all came under 9 minutes, which is commendable. Livy finished with a 7:01 time and Molly, Sage and Allison G. all ran a 7:10 mile - way to go!

PRE-SEASON PLAYER QUESTIONNAIRE - Players received a questionnaire that is to be returned tomorrow - don't forget.

CAPTAINS - Interested seniors can pick up a captain's application tomorrow to complete and return Wednesday. Copies will be shared with the team and a vote to select varsity captains will be done on Saturday August 16th after the team and varsity/jv squads are announced. Returning jv squad members are eligible to be jv captain and should submit their application via email on Saturday evening/Sunday for a vote at practice on Monday August 18th. The jv application will be the same as varsity.

TREATS - Thanks to Coach Peery who brought homemade granola bars and Mrs. Dowiak who brought sliced oranges. We enjoyed them after conditioning which was perfect. Granola bar recipe is attached.

1000's CLUB - Kianna, Kayley, Sloane, Alexa, and Sarah Me. all turned in their completed forms today - way to go! I'm grading them to check for completion. Girls have until Saturday to turn in their form. We have a back design finalized.



WHAT ELSE TO BRING - Towel to dry off, extra socks, sneakers for inside, extra layers, sunshine.

Forever FH,

Coach Steve

coachsteve@prfieldhockey.com

412-585-4129