



From the Desk of Coach Steve

August 13, 2014

Dear Field Hockey Players and Parents,

TRAINERS – If anything comes up with a player, we need to send her to see the trainers who will manage her care. The player will inform her parents. Parents should follow up directly with the trainer. The trainers and I will be speaking daily. Also, girls should see the trainer prior to or after practice and allocate enough time accordingly. The trainers will be either in the stadium or high school training rooms. From my observation the past few days, I would start with the high school location.

OTHER EQUIPMENT HANDOUT – Yesterday I shared a handout regarding equipment – mouthguard, right hand glove and compression sleeves – for informational purposes.

Gladiator Mouthguards – Being able to both breathe and talk sounded good.

http://www.gladiatorguards.com/_blog/our-blog/post/chews-to-lose-why-do-athletes-complain-about-their-mouthguards

Right Hand Glove – Almost every season, a girl would get a stick to the hand and lose a game or more as a result.

<http://www.longstreth.com/Gryphon-G-Mitt-Pro-Glove/productinfo/HGGRGMP/>

Calf Compression Sleeves – I wore these for the half-marathon and they really helped. I would wear them under my clothes and to bed. They really help with muscle recovery. I also used compression tights, which helped with my quads and hamstrings.

<http://www.amazon.com/Zensah-Splint-Compression-Sleeve-X-Large/dp/B0032TWU6U>

FIELD HOCKEY HANDOUTS – Girls are responsible for a 1” or 1 ½” binder and tabs. So far tabs are Attack, Defense, Rules, Curriculum, Nutrition and goalies have Goalie. They are responsible for the material and should bring the binder every day. We are having a binder cover-decorating contest that will be voted at Monday’s practice.

NUTRITION – Girls received a nutrition handout today. Post to your refrigerator. Avoid dairy before practice and conditioning.

CAPTAINS – All five seniors submitted an application. I will make copies and distribute tomorrow for the vote on Saturday. I must say this is going to be a difficult vote for the girls. If I were a player, I would want all five. They are all true leaders in every sense of the word, and I am so proud of the way they have stepped up individually and as a group to create a positive culture for our team. As a coach, I couldn’t have it any better with all of our seniors being so outstanding.

DAY 4 – Tomorrow 11:30am-1:30pm turf, 1:30pm-2:30pm conditioning on track, 2:30-4pm outfield. I checked the outfield and they cut it and it will be dry enough by afternoon. I requested that it be lined in time. We made do with the green gym the past two afternoons, and I appreciate the girls’ patience with the tight quarters in there.



From the Desk of Coach Steve

DAY 5 – Friday 11:30am-1:30pm turf, extra practice time. We have the turf for two hours so girls not in band should come and use the time to develop their skills. We won't introduce anything new since band kids have Kennywood Day.

TREATS – Thanks to the Georgiadis for watermelon yesterday and the Shepards for apples today. This is so helpful and I hope it to be a new team tradition each year.

VISITORS – Superintendent Dr. Miller visited yesterday and gave the girls a speech on the four pillars of a team's performance. It's brilliant. Ask your daughter about it.

Today High School Principal Mrs. Bowman stopped by to discuss academic eligibility and allow the girls to ask questions. We talked a lot about dress code and then parking and schedules. I reiterated the importance of dress code with respect to field hockey, as proper field hockey technique requires us to bend from the waist and get low to the ball, which can result in a modest looking outfit suddenly becoming more revealing. At the conclusion of our turf practice, we are literally surrounded by boys as football lines up for their practice that follows.

1000's CLUB – Kierstin turned in her completed form today – way to go! Deadline is Saturday!

WHAT ELSE TO BRING – Sunscreen! Some girls are looking a little crusty with sunburn. Protect your skin. You should reapply mid-way.

Forever FH,

Coach Steve

coachsteve@prfieldhockey.com

412-585-4129