

# PRFH Meeting

## 2020 Season

- Coaching Staff
- Announcements
- RMD Fundraiser
- Summer Opportunities
- Tryouts
- Roster Selection
- Philosophy
- Schedule
- Roles & Responsibilities

# PRFH Coaches

- Coach Steve – Head Varsity Coach
- Coach Peery – Varsity Assistant Coach
- Coach Amy Terchick – JV Head Coach
- Open – JV Assistant Coach

# Announcements

- Complete Google form for your contact info.
- Everything tentative
  - Following PA state and PIAA guidelines
- AHN for athletic training
- Facility improvements
  - Stadium turf replacement – June 8<sup>th</sup>, 4-6 weeks
  - Field 6 – work began, estimated end of August
- Not permitted on school grounds until July 1

# Class Introductions

- 2021
- 2022
- 2023
- 2024

# RMH Fundraiser

- Temporarily suspended volunteer programs, including meal programs and in-kind donations.
- PRFH fundraiser to cover meals for Ronald McDonald House families.

# Summer Conditioning Program

- Next Level Sports Training w/ Jack Neff and Brad Spencer is our team training choice
  - Focus Cardio/Endurance, Strength, Speed, Flexibility
  - Nutrition Guidelines
  - Mon-Wed-Fri 8-9am (July 1)
  - Stadium Weight Room & Field 9 (until stadium turf complete)
- Coaching on Proper Form & Mechanics
  - Consistent with USAFH Strength & Conditioning
- Virtual Training
- Self-Paced Program

# Summer Conditioning Goals

- Progressive training - establish a routine of training to improve your physical conditioning.
- Prevent injury – a well-conditioned, flexible athlete is less likely to be injured and will recuperate more quickly if injured.
- Increase work capacity – a well-conditioned athlete can respond to the demands of field hockey competition and recover more quickly during games.
- Develop core strength and body awareness – abdominal, low back, and hip strength are essential to transfer the force generated by the legs to the upper body and to sustain proper field hockey posture.

# More on Conditioning

- Running on roads:
  - Vary if running on roads to avoid injury
  - Interval training (turf/track when permitted)
  - Long distances good but need intervals
- Get accustomed to the heat:
  - It is August and hot when we do our timed runs during tryouts.



# Team Camp

- World Camp USA – Swathmore College
- July 22 – 25 (sold out)
- Depends on what PA state permits
- To get the most out of it, be in shape!

# Summer Playing

- Summer League (Scholarships Available)
  - Thursdays, July 2 – July 30
  - 7-8:45pm
  - Instructional Drills, Small Sided Games, 11v11
  - Registration opening once cleared to go by state
  - Welcome help with K-6 program
- Summer Stick Time
  - Stay after summer conditioning to work on skills
- Summer 7v7
  - July

# Summer Socials & Team Bonding

- Virtual events
- In-person once permitted

# Physicals & Concussion Testing

- Required to try out
- Packet not posted yet
  - We will email once announced
- See own doctor
- Physicals – must be after June 1
- Impact Concussion Baseline Testing
  - REQUIRED ONLY 9TH AND 11TH GRADERS, NEW STUDENTS ENTERING PR, STUDENTS WHO HAVE NOT UPDATED THEIR BASELINE TESTING IN THE LAST 2 YEARS
- Completed Sports Packet due early August to Athletic Office (date to be announced)

# Tryout Dates

- PRHS Stadium
- Mon. Aug. 17                      4:30pm – 9pm
  - Timed Mile
- Tue. Aug. 18                      5pm – 9pm
- Wed. Aug. 19                      5pm – 9pm
  - Roster announced at end
- Thu. Aug. 20                      5pm – 9pm
  - Practice & Individual Discussions
- Fri. Aug. 21                      OFF if PR Band Kennywood Day
- Tradition that Seniors provide nutritious snacks

# Tryouts Criteria

- Technical
- Physical
- Tactical
- Psychological

# Tryouts Criteria – Technical

- 1000s Club
- Field Players:
  - 40-Yard Dash with Ball
  - Illinois Agility with Ball
  - Pulls
  - Passing Accuracy
  - 1v1's
- Goalkeepers:
  - Illinois Agility without Ball, no Equipment
  - Goalie Speed, Agility and Accuracy
  - Goalkeeper Futures Test
  - Save Percentage

# Tryouts Criteria - 1000s Club

- Perform 1000 reps of various skills
- Completed over summer
- Improve skills – the ability to handle the ball confidently and skillfully differentiates hockey players on the field
- Drills posted on PRFH YouTube Channel
- Info. to be emailed and posted on web-site
- Due 1st day of tryouts



# Tryouts Criteria - 1000s Club

- Success and failure are slightly apart - not a lot of difference
- Small things done over periods of time bring great results
- $3 \times 3 \times 3 \times 3 = 81$
- $4 \times 4 \times 4 \times 4 = 256$
- 300+% increase

# Tryouts Criteria - Physical

- Timed Tests
  - 1 Mile Run
    - Goal is everyone under 8 mins
    - Contact me right away if you're worried about this target for yourself
  - 40-Yard Dash  
(Goalkeepers - no equipment)
  - 300-Yard Shuttle Run  
(Goalkeepers - no equipment)
  - 200-Yard Gasser  
(Goalkeepers - no equipment)
  - Push-Up Test
  - Sit-Up Test

# Tryouts Criteria - Tactical

- Small-Sided & Full-Field Games
  - Defense
  - Offense
  - Positioning
  - Field Sense
  - Game Sense

# Tryouts Criteria - Psychological

- Qualitative Aspects
  - Aggressiveness
  - Attitude
  - Coachability
  - Confidence
  - Effort
  - Hustle
  - Teamwork
  - Versatility

# Roster Selection

- Raw Score on each criteria
- Assign Points:
  - Top 20% = 5
  - Second 20% = 4
  - Third 20% = 3
  - Fourth 20% = 2
  - Bottom 20% = 1
- Sum up Points across criteria
- Rank Overall, by Grade, by Position

# Ideal Roster Size

- Varsity: 15-16
- JV: 16-18
- Goalies: 3 (included in above)
- Team Managers: 2 each, JV & Varsity
- Swing Players
- Cuts may be necessary or other roles offered such as manager, practice players, statisticians, filming, etc.
- Roles discussed during individual meetings

# Philosophy

- JV:
  - Purpose is to develop players
  - Playing time is fair which may not mean equal
- Varsity:
  - Field a competitive team
  - Goal is to win
  - Best players start and get playing time
- Intensity level increases with playing level

# Philosophy

- Team comes first, in all our decisions and all we do.
- We are a High School Team (competitive play).
  - NOT a Rec. Program (not equal play)
  - NOT a Club Team (not pay to play)
- Playing time is coaches discretion and is earned through attitude, ability, and effort at practice every day and through game performance.
- Starters are determined game to game.
- Practices blend positive reinforcement, accountability, and game-like pressure.



# Pre-Season Dates

- Sat. Aug. 22 – Practice & Mandatory Parent Meeting
- Mon. Aug. 24 – Practice
- Tue. Aug. 25 – Practice
- Wed. Aug. 26 – 1<sup>st</sup> Day of School
  - Ellis Home Scrimmage

# Practice Schedule

- Regular practices begin Thurs. Aug. 27
- To be determined once know more about new field and game schedules for other fall sports
- OFF on Sundays, unless otherwise noted
- Weekly OFF days according to game schedule and field availability
- Practice on Labor Day
  - Section game next day
- Post-season weekend practices TBD

# College Visits & SAT/ACT

- Avoid conflicts – refer to schedule and contact me now about potential conflicts
- SAT/ACT
  - Administered in morning
  - SAT: Sat. Aug. 29, Sat. Sep. 26, Sat. Oct. 3, Sat. Nov. 7
  - ACT: Sat. July 18, Sat. Sep. 12, Sat. Oct. 24, Sat. Dec. 12
- Current weekend games/practices:
  - Fri. Sep. 4
  - Sat. Sep. 12, Sat. Sep. 26, Sat. Oct. 3
  - Expect practice Sat. Oct. 17 (play Peters on Mon. Oct. 19)

# Game Schedule

- Posted on school web-site
- Scrimmages:
  - Wed. Aug. 26 – Ellis (home)
  - Tue. Sep. 1 – Penn-Trafford (away)
- Games:
  - Non-Section (3): Ellis, Shady Side (varsity only), Fox Chapel
  - Section (12): Allerdice, Hempfield, Mt. Lebanon, North Allegheny, Norwin, Peters Township
- Tournaments:
  - Lower Dauphin (2) – Sat. Sep. 26
  - MS/JV – Tentative Sat. Oct. 3 (JV plays later to avoid SAT conflict)
- Playoffs:
  - WPIALs - Wed. Oct 28, Wed. Nov. 4
  - PIAA – Tue. Nov. 10, Sat. Nov. 14, Tue. Nov. 17, Sat. Nov. 21

# Roles & Responsibilities of Coaches

- Determine Schedule, including:
  - Play 4 the Cure Game
    - P4C Committee can recommend charities to PRFH Boosters Board
    - PRFH Boosters Board & Coaches decide upon charity to be supported
  - Senior Night Game
- Determine Roster
  - JV/Varsity Squads & Swing Players
- Determine Starting Lineups, Playing Time, Substitutions, Game Strategy, etc.
- Provide Positive & Constructive Feedback to Players
- Provide Regular and Timely Communication to Players and Parents

# Roles & Responsibilities of Players

- Abide by the P-R Student Code of Conduct
- Avoid conflicts in season (vacation, college visits, etc.)
  - Everything in season is mandatory – practices, games, and team events such as team dinners, team building activities, and community outreach activities
- Demonstrate accountability by emailing coaches (while cc'ing parents)
  - Regarding conflicts, missing school due to illness, etc.
  - Communicate in as much advance notice as possible
  - Be sure to see coach in person to ensure on same page and discuss what you missed
- Set an example of good sportsmanship by being respectful of all players, coaches, officials, and opponents
- Be supportive of the entire team

# Roles & Responsibilities of Players

- Show responsibility by:
  - Wearing practice jerseys daily
  - Removing all jewelry
  - Being prompt and ready to warm-up at the start of practice time
    - Things happen – drive safe and see coach upon arrival to discuss
  - Assisting with equipment
- Ride bus with team to and from games per district policy
  - Go together as a team, play together as a team, and come home together as a team
  - Help with unloading bus and returning equipment to locker room
  - Athletic Travel Release Form only allowed for extenuating circumstances

# Roles & Responsibilities of Players

- **Communicate any concerns directly with coaches in timely manner.**
  - **The best way to resolve any issue is through a discussion involving those closest to the issue, the individual student-athlete and coach.**
- Please see your coach if you have a question or concern.
- Coaches desire an open communication channel with players, but please respect boundaries.
  - Appropriate concerns for players to discuss with coaches:
    - Playing time
    - Role on team
    - Academics
    - Injuries
    - Illnesses
  - Concerns not appropriate for players to discuss with coaches:
    - Positions, assignments, team strategy or play calling
    - Other student athletes
    - Game schedule including opponents selected to play and when make-up games are played



# Roles & Responsibilities of Parents

- Boosters do not represent the players or parents to the coaching staff.
- Set an example of good sportsmanship by being respectful of all players, coaches, officials, opponents, and other parents.
- Be supportive of the entire team.

# Roles & Responsibilities of Parents

- We ask that parents encourage their child to address questions and concerns directly with the coaches in a timely manner so issues can be discussed and resolved right away.
- Please allow 24-hour waiting period before raising a concern.
- Coaches desire an open communication channel with parents, but please respect boundaries.
  - Appropriate concerns for parents to discuss with coaches regarding their child:
    - Academics
    - Injuries
    - Illnesses
  - Concerns not appropriate for parents to discuss with coaches:
    - Playing time, positions, assignments, team strategy or play calling
    - Other student athletes
    - Game schedule including opponents selected to play and when make-up games are played

# District-Athletic Resolution Process

The best way to resolve any issue is through a discussion involving those closest to the issue, the individual student-athlete and coach.

Issues are addressed in the following order:

- Student-Athlete and Coach
- Student-Athlete, Coach, and Parent
- Student-Athlete, Coach, Parent, and Athletic Director
- Student-Athlete, Coach, Parent, Athletic Director, and Assistant Superintendent

By communicating timely and effectively, we hope to come to a resolution at the first step with the student-athlete and coach.

Questions?