

Middle School Field Hockey



We are so glad that you have expressed interest in playing Middle School Field Hockey for the 2017 season. If you are still planning on coming out for the team there are several things you need to know.

1. Physicals

- If you had your physical done or are having it done by your family doctor, you need to still sign up for Family ID online and get the two papers submitted by **Thursday, August 3rd by noon.** Remember, they do not get turned into anyone else except the athletic trainer. If it is late, you will not be permitted to practice right away; late physicals are unacceptable.
- Physicals are now over, but you can attend make up physicals at Coordinated Health's Wind Gap, Bethlehem, Allentown, or East Stroudsburg offices. A voucher is needed along with Family ID (all info is online @ slaterathletics.org).

2. Practices:

- Practices begin on August 14th and are mandatory. All practices and home games are played on the field behind the Middle School. Please see the enclosed calendar for tentative practice and game times. We ask that you be patient and flexible as our schedule may change before/within the season. **You are expected to be at all games and practices. You MUST follow the communications rules and regulations policy.**

3. Cuts/Reserves:

- Cuts are a possibility every season. Cuts are handled fairly and are based upon many different aspects of the game. Players will be assessed on a daily basis during the first and second week of practice. The final teams will then be established. Please make sure you take this sport seriously if you would like to make the team.
- The team will be split into two teams, an "A" team and a "B" team. The "A" team consists of players that are playing at the highest level for Middle School Field Hockey and the "B" team consists of the players that are still developing their skills. The "B" team may also contain players that are labeled as reserves. These are players that are taking longer to grasp the basic concepts of the game. These players will receive minimal game time until they are ready for the speed of game play. All girls will receive game time as long as stated rules and requirements are met.
- Unfortunately, not all teams have the participation or number of girls that are interested in field hockey. In the event that the team does not have a B team, our B team players will not travel with the A team to the game. Instead, these players will have practice to further improve their skills and

knowledge of the game. Parents will be notified in advance when the students will be having practice.

4. Equipment:

- All equipment (stick, mouthguard, shinguards, uniform, etc...) is supplied; however, if you have your own please feel free to use it. **You will need your equipment every day.**
- Some other things you should bring to practice everyday include:
 - ✓ Water
 - ✓ Sneakers and cleats (if you have them)
 - ✓ Comfortable/appropriate clothing (ex. Mesh shorts, tee shirt)
 - ✓ A waterproof bag to protect personal items if it should rain
 - ✓ **A positive attitude!**

5. Conditioning:

- A major part of field hockey is running. Hopefully you have been running and training your body so you will be ready for the first day of practice. If you have not already started **it is not too late to start now!**

6. Website:

- We are asking that all parents/players go to the athletics website, www.slaterathletics.org and sign up for email/text alerts. If you make the team, **this will be mandatory**. This is how we will be communicating cancellations and changes to the schedule. This includes cancellations due to weather. These alerts/information will also be available through our Twitter page @SlaterHockey. If you do not have access to the internet please let Coach Dickey know as soon as possible.

7. Events:

- ImpACT Testing has been scheduled for Monday August 7th at 10:00 a.m. at the High School Library. Please remember all 7th grade players as well as any new 8th grade players must take this test. Make up ImpACT Testing will be Friday August 11th from 8-9 a.m.
- You will also notice a couple of events underlined on the August calendar. These events are tentatively scheduled and we will give more information to athletes during the first and second week of practices.

8. Locker Room:

- Players may **not** enter the locker room prior to the arrival of Coach Dickey or Coach Cuiello. Coach Dickey will report to the locker room at 2:10. Girls are to be dismissed on the **second** bell. If this rule is not followed there will be an immediate consequence. Directive comes from Administration and Varsity Head Coach.

9. Communication

- We ask that when contacting Coach Dickey and Cuiello, that you please use phone calls over texting. Texting will not be tolerated, as it is not accepted at the High School level. If this rule is not followed, there will be consequences.

We look forward to seeing you on August 14th to start our season! As a middle school athlete, there are high expectations for team commitment and responsibility to the team. **Together** we will learn the sport of field hockey, become a team, and have fun. If you have any questions or concerns please contact Coach Dickey at 610-428-6180.

London Dickey , Head Coach
Grace Cuviallo , Assistant Coach