



NAUSET WARRIORS

Field Hockey

201

COACHES & IMPORTANT CONTACT INFORMATION

Varsity Coach: Katie Ilkovich

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1st Assistant Coach: Addie Weeks

TBA

JV Coach: Allison Joy

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Goalie Coach: Joanne Holmberg

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Captains: Elizabeth Ednie, Jill Small, Kaelly Farrell

Athletic Director: John Mattson

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(W) 508.255.8800 ext 5209

Head Athletic Trainer: Michelle Pavlu, ATC, LAT, CSCS pavlum@nausetschools.org

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Nauset Regional High School

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<http://nausetschools.org/>

IMPORTANT RESOURCES & THEIR WEBSITES

The NRHS Athletic Department [Information & Reference Guide](#)

Nauset Warriors Athletics <http://nausetsports.org/> and [FamilyId](#) for sport registration

USA Field Hockey <http://www.teamusa.org/USA-Field-Hockey>

MIAA <http://www.miaa.net>

NFHS Concussion Training https://nfhslearn.com/users/sign_in

Warrior Pride Training Camp Register at [FamilyId](#)

BECOME A FAN! JOIN/LOGIN AT NAUSETSPORTS.ORG



FOLLOW US ON TWITTER @NausetFH

[Twitter](#)

Registration

Fall sports registration is underway.

Physical Exam must have current physical exam turned into the athletic trainer or school nurse. Physical exam must have been within the last 13 months.

ImPACT Neurocognitive Baseline Testing: Completed 1 time per 4 years of high school for non contact sport athletes and 2 times per 4 years for contact sport athletes.

Online registration the FamilyID registration portal is open please [click here](#)

Attend Fall Parent/Athlete/Coaches Meeting Date TBA. If you do not attend the meeting, parents and athletes must complete a concussion education course online at <http://www.cdc.gov/headsup/youthsports/training/index.html>

If you have any questions please feel free to contact :

Michele Pavlu by email at pavlum@nausetschools.org or by phone at (508) 619-5181

Team Captain

2017 Nauset Field Hockey Captain Application

Any member of the Nauset Field Hockey Team who would like to be a Captain is to write an essay addressing the following three questions:

- What does it mean to be a captain?
- Why do you want to be a captain?
- What qualities, ideas and/or experience would you bring to the position of Captain?

Your response should be no more than two pages typed and can be emailed to me at ilkovichk@nausetschools.org. The deadline is Sunday, May 14. At which point I will review each of them and schedule an individual interview. The Captains will be chosen prior to the Spring meeting.

“It is expected that team captains be leaders of their team and should be ready to assume duties as outlined by their coach. They are expected to be more aware of team rules and student athlete responsibilities. Captains are expected to communicate with their coach and team in the event of any problems that may affect the team or its members. Captains are expected to be a spokesperson for the team to the officials of the contest being played. Captains may be asked to meet with the Director of Athletics during the school year to discuss the athletic program. Captains of teams may be relieved of their position for violation of team, department or school rules. Discussion between the coach and Director of Athletics must take place before an athlete is dismissed as a Team Captain.”

Excerpt from: The NRHS Athletic Department [Information & Reference Guide](#)

Summer Playing Opportunities

Conditioning and Develop Stick Skills

[Cape Cod Field Hockey Summer League](#) (registration required)

Tuesdays: Starting June 27th

Location: Dennis-Yarmouth High School

[Elite Field Hockey Camps](#) now in partnership with [College Connections](#)

Bentley University, Waltham MA

Session 1: July 16th - 19th, 2017

Open Practices/Pick Up Games “Captains Practices”

Day of the Week	Location	Time
Monday Evenings Time	Nauset Turf	TBA

According to the MIAA Rule Book, "a captain's practice usually means that the team's captain(s) are organizing and conducting out-of-season practice for that sport without coaching supervision." These practices are designed by students to allow team candidates to "get in shape" for the upcoming season. They are not organized, attended or sponsored by members of our coaching staff. Since members of our coaching staff are not permitted to be involved with these practices, they are NOT MANDATORY, attendance is NOT MONITORED by a coach, and they are NOT part of our athletic program.

COMING TOGETHER
 IS **A BEGINNING**
 KEEPING TOGETHER
 IS **PROGRESS**
 WORKING TOGETHER
 IS **SUCCESS.**

-HENRY FORD

Pre Season Testing Sessions Begins on August 23rd, 2017

Possible Preseason Doubles

- 1 hour video/strategy classroom and conditioning session
 - 2 hour field play for a total of 3 hours.
-

Hydration and Nutrition

“When you feel thirsty, you are already dehydrated”

Nutrition and hydration are very important for all student athletes in training.

Dates of Importance

Check In is Wednesday, August 23rd

- Summer Journals Due
- Physical and ImPact Testing Due
(If required documents are not turned in the athlete is not cleared to play)
- Conditioning
(No stick work) *bring sneakers, cleats/turf shoes

Tri-Scrimmage (Nauset/Mashpee/Falmouth ‘Varsity’ Teams) Monday August 28th 8:15AM

- First game begins at 9AM.
- JV Practice & Help at Varsity Game

Labor Day  Monday, September 4th - No Practice - Enjoy the day!

First Day of School Tuesday, September 5th

Cape Cod Field Hockey Play Day (Coach Invitation) Saturday, September 9th 7:30AM - 1:30PM

Rain Date Cape Cod Field Hockey Play Day - Sunday, September 10th **abbreviated schedule*

Determining the Varsity and Junior Varsity Teams

- ❑ For all players trying out for field hockey during preseason, the coaching staff wants to express that all positions are earned, no one is guaranteed a spot. *Junior Rule* If as a Junior, a player has been placed on Varsity and they are returning for tryouts, they will not be cut from the team their Senior year.
- ❑ The Varsity team will be determined after the Cape Cod Field Hockey Play Day, Sept 9th*. Varsity players will be notified individually at practice the following Monday, September 11th.
- ❑ The Starting Squad and Playing Time on Varsity/JV will be determined by the individual's work ethic and dedication, punctuality, attendance, attitude, coachability, leadership qualities, and sportsmanship. In addition, coaches will be evaluating level of physical fitness, stick and agility skills. Preparation and following the training program will prepare the athlete for the intensity of the sport. You are expected to be in shape at the beginning of preseason.

Fundraising

- ❑ Fundraising is a requirement for all players on the team. The selling of Nauset Cards is an annual event that consists of two sessions. The first is The Blitz: four days over two weekends in the Fall. During the rest of the season \$10 of each individual card sale goes directly to the team. Throughout the school year athletic teams are asked to help with the TNWBC Concession Stand. The profits of the cards sold and concession sales fund The Nauset Warrior's Booster Club, in turn TNWBC is driven to support the Nauset Athletics; the most recent initiative and a huge undertaking was the installation of the Nauset Community Turf Stadium. To learn more about The Nauset Warriors Booster Club visit [the Nauset Boosters website](#).

Community Service

- ❑ Community Service activities provide the student-athlete to become an active member of their community with a long lasting, positive impact. Throughout the school year and season there are opportunities for the athlete to give back to their community, amongst them during the season on Sundays, we mentor U14 players; beginning to intermediate learners (2nd through 8th grade). To download the Community Service log for the Field Hockey Mentor Program or find other ways to give back visit the [NRHS Community Service](#) site or find Coach Shiffner at the **Community Service Office** at NRHS in E building, Room 200.5, by email: schiffnerj@nausetschools.org or phone: 508.619.5167

2017 Nauset Field Hockey Training Program

Training should be started the week of June 25th.

I know that everyone has a busy schedule during the Summer, but it is important that individually and as a team make sure you are all prepared physically and mentally for the field hockey season.

Here are a few key points to keep in mind about your summer workouts:

- ❑ **Heat** - Try to avoid working out between 12 and 4 PM
- ❑ **Hydration** - Make sure to be drinking water before during and after your workout
Sample Calculation **Your Weight x 0.05 = oz of water to drink per day**
- ❑ **Nutrition** - Make sure you are eating healthy food with a combination of **Protein, Fiber** and **Carbs**.
Try to keep the junk food to a minimum.
- ❑ **Workout Together** - Workout with a partner or small group. It will keep you motivated and push each other to work harder. Open Practices/Games “Captain Practices” and Warrior Pride Training Camp are two great options.
- ❑ **Know yourself** - Everybody is built differently, starting at different fitness levels, and have various areas of strength. For those of you that are already in good shape - maintain - do more than what is listed. For example: If you are running 5 miles a day now - that is awesome! Keep that up and focus on stick work and agilities. Others may just be starting out and will do the minimum that is listed and should progress at their own pace.
- ❑ **Stay Injury Free** - Don't over do a workout. If you participate in other physical activities equal to what is on the workout program, don't feel you need to do more. **The Body Needs Rest!**
- ❑ **This is a generalized workout schedule.** Feel free to adjust days according to health, degree of fitness, vacation and ability. Note: Any MWF workout can include stickwork - Plan for 1 - 1.5 hours to complete the workout. It is suggested that the heaviest workout day is followed by a day of rest or a light workout. Stagger your workouts so that no two intense workouts are on back to back days.
Ex. Easy-Hard-Easy-Hard-Rest
- ❑ **Warm-up and Stretch** - Every workout should include:
 - A light warm up: 5 minutes of jogging/walking/jump rope and dynamic stretching
 - A cool down: light jog/walk followed by static stretching
- ❑ **Record Your Workouts** - August 23rd, at Check In all workout logs will be collected. They should consist of daily activities, recorded times, distance, successes and difficulties, food and water intake, and general statements of how you feel.

Summer Weekly Workout Schedule

Week of June 25 - July 1

M/W/F - You should be running 1-3 miles to build up a general endurance level.

T - Summer League

Th/S - Speed/Agility workouts (15-20 min. each) and stick work (20-40 min.)

Week of July 2 - 8

M/W/F - You should be running 2-3 miles with an improvement in your times-aim for 9 min mile..

T - July 4th - No Summer League

Th/S - Speed/Agility workouts (15-20 min. each) and stick work (20-40 min.)

Week of July 9 - 15

M/W/F - You should be running 2-3 miles with an improvement in your times-aim for 8 min mile.

T - Summer League

Th/S - Speed/Agility workouts (15-20 min. each) and stick work (20-40 min.)

Week of July 16 - 22

M/W/F - You should be running 3-5 miles with varied speeds (fartlek training).

T - Summer League

Th/S - Speed/Agility workouts (15-20 min. each) and stick work (20-40 min.)

Week of July 23 - 29

M/W/F - You should be running 3-5 miles with varied speeds. Try to improve your overall times.

T - Summer League

Th/S - Speed/Agility workouts (15-20 min. each) and stick work (20-40 min.)

Week of July 20 - August 5

M/W/F - You should be running 3-5 miles. Try to improve your overall times..

T - Summer League

Th/S - Speed/Agility workouts (15-20 min. each) and stick work (20-40 min.)

Week of August 6 - 12

M/W/F - You should be running 4-6 miles to build up a general endurance level.

T - Summer League

Th/S - Speed/Agility workouts (15-20 min. each) and stick work (20-40 min.)

Week of August 13 - 19

M/W/F - You should be running 4-6 miles with varied speeds. .

T - Summer League

Th/S - Speed/Agility workouts (15-20 min. each) and stick work (20-40 min.)

Week of August 20 - Preseason August 23

M - You should be running 4-6 miles with varied speeds.

T/W - Speed/Agility workouts (15-20 min. each) and stick work (20-40 min.)

Speed/Agility Workout

- ❑ **Ladder Run:** on the track. Run 100m - rest 30 seconds, Run 200m - rest 1 min, Run 400m - rest 2 min; Run 400m - rest 2 min, Run 200m - rest 1 min, Run 100m - Done.
- ❑ **Striders:** On a field hockey field using a timing device. ↴

100 yard: Start at the End Line and run to the opposite End Line (100 yards) in 20 seconds. Immediately jog back to your starting position. At the 1 min mark repeat. Do this a total of 6 times.

300 yard: Start at the End Line and sprint to the 50. Touch the line with your hand as you pivot and sprint back towards the end line, 3 times without stopping = 300 m. Do 3 300s total, aim to finish each in under 1 min 5 sec with 2 minute rest in between.

25 yard: Sprint to the 25 yard line and back with a 30 sec recovery. Do this 5-10 times.

Spring to the 50 yard line and back with a 45 sec - 1 minute recovery. Do this 5-10 times.

- ❑ **Quick Feet:** This can be done over your stick for 1 minute. Forwards and Backwards, Left and Right. Around the stick without stepping over it. Stay low and on the balls of your feet.
- ❑ **Jump Rope:** Jump Roping is a GREAT way to warm up before a workout and to train for quick feet. Think of how many less defensive corners we will have if our feet got out of the way!

Fall Tryout Assessment

***Goalies and Field Players will all be assessed on the agility, endurance and speed work that does not require a stick and ball. Goalies may be asked complete their own Futures Timed Drill or something similar.**

- ❑ **We will be looking for Enthusiasm, Effort, and the ability to work as a Team Player.**
- ❑ **Timed 1 Mile Run**
- ❑ **Quick Feet:** Given 1 minute - count how many times you can quick-step both feet over the line 1. Front to Back and 2. Side to Side
- ❑ **Ladder Drill:** 4 cones - Starting on the end line, sprint to the 5 yard and back step to the endline, sprint to the 10 yard and back step to the endline, continue until you reach the 15 yard line turn and sprint to the endline. You are running backwards until the last sprint where you turn and sprint back.
- ❑ **Stick Work**
 - [Video Demo https://www.youtube.com/watch?v=vzXA9ji-3Do](https://www.youtube.com/watch?v=vzXA9ji-3Do)
 - 1. Yard Pulls - total in 1 minute
 - 2. Straight Dribble 25 yards
 - 3. Dribble thru cones
 - [Video Demo https://www.youtube.com/watch?v=uZHLntUIGpE](https://www.youtube.com/watch?v=uZHLntUIGpE)
 - 4. Air dribble - "Balance" timed until successful run for 1 min. If you drop the ball back to the starting line.
 - 5. Circle Dribble - timed until the ball successfully hits the backboard of goal

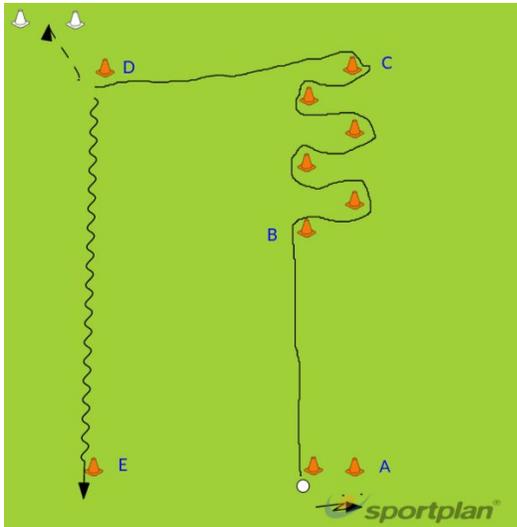
6. Pushes (10-15 yards)
7. Stops
8. Slap Shot (5-10 yards)
9. Sweep (left and right 10-15 yards)
10. Passing and movement, timing and seeing the field (space and other players)

The Shuttle Passing Drill [My favorite video!](#)

[Video Demo](#) <http://blog.fieldturf.com/field-hockey-passing-drill/>

❑ Futures Tryout Timed Drill - Field Player

[Video Demo](#) https://www.youtube.com/watch?v=L_u2Ovkft4Q



1. Back facing the grid, 20 1 yard drag pulls.
2. Turn and dribble to B cone.
3. Dribble feet and ball around cones to C.
4. Dribble to D pushpass ball thru cones
With forearm facing, no reverse.
5. Turn and spring thru E.

Goalie Specific Workout

❑ Futures Tryout Timed Drill - Goalkeeper

[Video Demo](#) <https://www.youtube.com/watch?v=yCYS9KViSvq>

Futures Diagram and Explanation

[Link](http://www.teamusa.org/usa-field-hockey/futures/futures-trials) <http://www.teamusa.org/usa-field-hockey/futures/futures-trials>

- ❑ Reach out to Coach Katie and Joanne for more links and specifics for goalies.

Workout Log Sample

Use a calendar, notebook, doc., or whatever works best for you. All that matters is that you keep a detailed record of your activities and are able to see the improvement over the summer session.

Key Notes:

- Date Weather/Temp Food and Water Intake General Notes: Health/Energy Level
- Endurance Run: Distance, Time, Mile Tempo
- Speed/Agility Workout: Specifics (Which workout? How did you do? What to improve upon?)
- Stick Work: What specific drill? Level of difficulty? Successes?
- Did you participate in: Summer League, Camp, Captains Practice

Remember!

However you have it recorded - something must be handed in or emailed to Coach Katie at Check In August 23rd.

Pre Season Schedule

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