

PIONEER FIELD HOCKEY 2020

(Info for Incoming Freshman)

Welcome to all Pioneer Field Hockey (PFH) Incoming Athletes!

As you know, we are in the midst of difficult times. Additionally, you are incoming freshman, which means you have some added unknowns. One thing I do know, without question, is that you are about to become a Pioneer athlete on a team sport, so you will develop grit, strength, and heart and over the next four years! Regardless of what the summer and fall brings, we will prepare, work hard, become a team and this is our time to SHINE!

"In every environment I'm in (which includes TRAINING) I strive to be consistent with my actions, always positive, accountable and reliable. I give nothing but 100% in every situation, even if no one is watching.
(Rechelle Hawkes-Three time gold medal Olympic Field Hockey Champion -Team Australia)

SUMMER TRAINING SCHEDULE

Due to the public health emergency, this summer will look a bit different. Ann Arbor Public Schools will adhere to all guidelines from the state and additionally, will develop specific Guidelines for our Athletes and Teams to ensure protective safety procedures are in place, before we can start any practices together in person.

Our team has been doing weekly virtual training sessions- consisting of core strength, yoga, and meditation. Once our summer officially begins, we would like to include you in our training sessions. Typically, in the summer we train twice a week and this includes: running, core, strength training in the weight room, and some basic field hockey skill development.

2020 PANDEMIC SUMMER TRAINING

Starting June 22, we will train on Tuesday and Thursday from 9:30-10:30 am. This will be virtual on google meet until we are cleared to meet together on the field. Please keep connected through email (messages from coaches) and your cell phone (messages from captains), so you are aware of any changes this summer. We will continue to have these practice times with a possible increase 9:30-11 am if Ann Arbor guidelines allow athletes to meet on the field.

TENTATIVE PIONEER SUMMER CAMP

This is a special summer, so we're going to have camp right at Pioneer this year. This may be a once in a lifetime opportunity!!! We typically travel to an away team camp at one of the universities in the Midwest. This year, we will be working with All-American Field Hockey Camp, where two collegiate field hockey coaches will come to Pioneer to conduct team camp right on our own turf!! We are scheduled for July 27-29. Since this is an actual camp, you will have to pay. There will be more info once we know we have approval based on district guidelines.

PRESEASON DATES AND PRACTICE TIMES:

Preseason officially begins on Wednesday, August 12. We will have 2 practices M-F each day and Teams will be divided into Junior Varsity and Varsity on Thursday August 20. Once teams are divided into JV and Varsity, teams will practice individually, again M-F once a day after school.

EXPECT MORE INFORMATION:

As restrictions and guidelines change, we all need to stay in strong communication and we need to be flexible. We wanted to send you general information about dates and we will send out specific information regarding times once district guidelines for our athletes and teams are approved to ensure protective safety procedures are in place.

You will also receive the Summer Training Packet (individual training workouts) and overall team information within the next week. In the meantime, good luck finishing out your school year!!! We've heard this is a competitive, spirited group...can't wait to get out on the field!!! GO PFH!!!

Jane Nixon (pioneer field hockey head coach)

Feel free to email if you have any questions.