

PIONEER FIELD HOCKEY 2020

Welcome PFH 2020 Athletes!!!

"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

The Pioneer Field Hockey Program has a tradition of excellence. This tradition is based on passion for team, passion for hard work and passion for this great sport! We are inspired and motivated by each other! We are Pioneer Field Hockey!

2020 PIONEER FIELD HOCKEY GRADUATES:

Pioneer Field Hockey wishes our graduating seniors: Serena Brimacombe, Helen Brush, Eliza Kreske, and Lucy Scott all the best as they continue their successful journey in life.

We thank our graduates for their inspirational dedication to the program. They made a positive difference and we are blessed to have them in our pioneer field hockey family! Serena (University of Michigan), Eliza (Michigan State University) and Lucy (Kenyon College) will all be members of their respective collegiate field hockey teams.

ATHLETIC DEPARTMENT REGISTRATION:

Please complete online registration through the pioneer athletic dept website: <https://pioneerathletics.net/main/otherad/contentID/46665838>. You must be registered to be on a team at Pioneer and to participate in preseason practices that start on August 12.

Registration opens July 10.

SUMMER TRAINING SCHEDULE

We will be on the Main Street Turf Field, but NEW THIS YEAR...

Check In: Just outside the gate of the Main Street Field TUESDAY and THURSDAY from 9:00-11 am (June/July) (RULES/GUIDELINES TO KEEP US SAFE)

- COACHES will check you in one at a time (we will ask a few questions)
- No gathering at the entrance
- 6 feet of social distancing at all times, wash hands before and after practice, use hand sanitizer
- NO BATHROOMS AVAILABLE
- BRING YOUR OWN WATER and Extra Supply- NO WATER PROVIDED AT THE FIELD
- No scrimmages/ contact
- No sharing equipment, clothing, sticks, water
- You are not allowed to touch equipment with your hand (stick only)
- All equipment will be disinfected by coaches to keep us safe
- You are responsible to keep your personal equipment clean (sticks, shin guards ,water bottles, etc...
- Shower and clean clothes after each practice

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 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. . (If you need financial support, contact Jane).

Sign up: <https://allamericanfieldhockey.com/camper-registration/>

Select "Pioneer, MI" from the pull down menu. There is no collection of payment when you register, we will collect your check for \$210 made out to "Pioneer Field Hockey" the first morning of camp.

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PRESEASON DATES AND PRACTICE TIMES:

Preseason officially begins on Wednesday, August 12 – Thursday August 20.. We typically have 2 practices/day, but to limit check in procedures, transportation, and contacts, we will have one long practice each day from 7 am–11 am. We will have one ½ hour break for snacks, shade, rest during each session. Except on Tuesday, August 18 we will have two sessions (from 7–9 am and 5–7 pm).

- * You are responsible for attending all practice sessions during preseason and the season. Work schedules, lessons and appointments should not conflict with preseason or season practice times. If you have a specific family obligation, a parent/guardian needs to inform coaches in writing.
- * Be prepared to run and play at each practice. You will need running shoes, turf shoes and field hockey gear (stick, mouth guard, shin guards, water bottle and goggles) each practice session.
- * Preseason sessions will include running, individual skills, small games and scrimmages (if allowed)
- * Bring a snack and extra water during preseason practices!

SUMMER INDIVIDUAL TRAINING PACKET:

Preparation is the key to success. Training is the only way to prepare for Pioneer Field Hockey on August 12. If you are in town and your schedule permits, attend Summer Team Training. Be diligent and complete the summer PFH Individual Training. We also recommend that you keep a training journal to record your trainings, goals, thoughts, inspirational messages. Individual training is important!! As an athlete you will grow stronger when you push yourself and train on your own. Dedication and effort is a life skill that will be with you forever. Check in on your teammates and give them some PFH lovin'! We're in this together, so make these days count!!!

FUND RAISING EVENT:

The annual field hockey car wash is Tentatively scheduled for Friday, August 14 from 12 – 5 pm. Each player will be responsible for participating and contributing to this event. .Proceeds from the car wash provide equipment, uniforms, tournament fees, busses, field maintenance, assistant coaches, etc.

Please note: the car wash is TENTATIVE due to district and state guidelines. Stay tuned

We'll let you know if this turns into a Virtual Event. This is all new to everyone, but we're in this together, and we are PFH, so we know how to face challenges and adjust as needed to be successful!

CONTACT INFORMATION:

Feel free to contact your captains or the coaching staff this summer if you have any questions or need some inspiration to be your best!

PFH Team Captains:

Isa Keen	734-276-3544	2021keenisabelv@aaps.k12.mi.us
Ava Morgeson	734-548-25077	2021morgesonava@aaps.k12.mi.us
Ella Robers	734-395-5095	ellamargaretroberts@gmail.com

PFH Team Coaches:

Jane Nixon	734-646-4507	nixon@aaps.k12.mi.us
Darcy Knoll	810-397-1232	thorpekn@aaps.k12.mi.us
Jessie Hieber		hieberj@aaps.k12.mi.us
April Bertin	734-330-5876	afbertin218@gmail.com
Katie Morris	734-649-5332	kmorris14@gmail.com

IMPORTANT DATES:

July 10	Athletic Department Registrations Opens
July 27-29	All-American Field Hockey Camp for PFH at Pioneer
August 12	PreSeason Begins. (7am – 11 am)
August 14	PFH Carwash TENTATIVE (may end up virtual 😊?)
August 15	Pioneer Playday (with Ohio's top teams at Pioneer this year-no freshman)
August 18	Practice Split Sessions (7-9 am AND 5-7 pm)
August 21	JV and Varsity Team Practices Begin (times TBA)
August 22	Battle of the Border at Saline (varsity only)
August 31	1st Day of School
Sept 7	No Practice Labor Day

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 communicate specific information regarding any changes. District and state guidelines will always be followed to ensure safety procedures are in place.

OUR TIME TO SHINE:

We are PFH!! One important aspect of being an athlete on a team is that we know how to face adversity, challenge, uncertainty and we know how to adjust to make things POSITIVE!

We also know we're in this together...we're a TEAM and we can make anything work! We're there for each other and we're in it together...WE ARE PFH!!