

## **GOOD MORNING PFH!!!**

I'm. incredibly proud of our PFH Team Training this summer! Everyone played an important role in making our summer training successful... from the strong leadership of our senior captains, hard work of our returners, and the enthusiasm of our incoming 9th graders. Our ability to adapt to new guidelines without losing any passion for our sport or teammates is a true inspiration! Character shines in times of adversity...well done PFH!!!

### **REGISTRATION**

You must register through the athletic office before you may participate in preseason practices. Registration Information links: [WWW.PIONEERATHLETICS.NET](http://WWW.PIONEERATHLETICS.NET).

**You must be registered to practice.**

### **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) to each practice session.
- \* Preseason sessions will include running, individual skills and small games.
- \* Bring a snack and extra water during preseason practices! We will have a break each day.

### **SEASON DAATES AND PRACTICE TIMES**

(season practice times begin Monday, August 24)

Junior Varsity Practice Times: 4:00-5:45 pm

Varsity Practice Times: 5-7 pm M/W/F and 3:30-5:30 on T/Th

### **MHSAA UPDATE FROM EVE CLAAAR- PIONEER ATHLETIC DIRECTOR**

Please see attached letter regarding guidelines from the state for athletics.

### **SEASON GAME SCHEDDULE**

I know everyone is excited to get the game schedule! Once we hear about competition start dates from the MHSAA, we will be able to provide a schedule. Plan on being busy August 12- October 31!

### **FINAL THOUGHTS...our Time to SHINE...**

We have an important role within the athletic community at Pioneer! We did a great job this summer because we respected the guidelines. We need to continue to practice and role model all these guidelines once we start on Wednesday! We will continue to be detailed and disciplined, so that we can have a season and to respect the health and safety of others!

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!!!

Please feel free to reach out to your captains or coaches if you have any questions or concerns.

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