

THE POWER OF

ONE



FALCONS FIELD HOCKEY

2024 PHS Field Hockey Summer Guide

This guide is filled with information and SUGGESTIONS about your preparation. It is up to YOU to make the DECISION to actually prepare.

Traci Curtis - Head Varsity Coach - tcurti11@pennsburyisd.org

Lori Riley - Assistant Varsity Coach - lriley@pennsburyisd.org

Lauren Gerth - Head JV Coach - lgerth@pennsburyisd.org

Michelle Siegle - JV/Varsity Goalie Coach - msielgle@pennsburyisd.org

Hannah Aker (PHSFH alum) - JV/Varsity Coach Intern - hafhockey20@icloud.com

Vanessa Fry - Head JV-B Coach - vanessapfry15@gmail.com

Vanessa Stack - Assistant JV-B Coach - vstack@pennsburyisd.org

**YOUR GOALS.YOUR VICTORY.
YOUR SUMMER.**



Get Started

The philosophy of the Pennsbury High School Field Hockey program is to help players **LEARN** and **PROGRESS** in the sport of field hockey while encouraging **POSITIVE GROWTH** on and off the field. The collective focus is on building **STRENGTH, CONFIDENCE, INDEPENDENCE, SELF-RESPECT/WORTH,** and **OPEN HEARTEDNESS,** while learning to love the sport and help to grow the game. The mission, as a bonded team, is to work toward **BETTERMENT** of our **WHOLE SELVES** and finish the season an **IMPROVED** version of who we are in as many facets of our lives as possible. We honor the legacy of those who came before us and will continue to forge the path for all female athletes. This shared philosophy will provide a **STRONG FOUNDATION** upon which to **BUILD** a successful program together as **ONE, UNITED** field hockey **FAMILY.** #itsafamilything

- ▶ Practice will be held every day after school from **TBD** weather permitting, in combination with the game schedule. Players are expected to be flexible when the weather forces practice times to be altered (indoor/outdoor). There may also be weekend sessions planned. #committed
- ▶ Players are FULLY responsible for communicating with the coaches regarding any facet of the field hockey program before, during, and after the season, via email, Remind, or in person. #independent
- ▶ If a player is unable to make a practice or a game, the coaches need to be contacted ahead of time. #responsible
- ▶ If a practice or game is missed, there will be a consequence, however, each situation will be handled on an individual basis. #youneedtoearnit
- ▶ Players are expected to behave respectfully towards their teammates both on and off the field in accordance with the team philosophy and champion each other along the way. #foreverboundbyfieldhockey
- ▶ All athletes will be held to a school established standard of academic performance in order to remain on the team and teachers and coaches will track progress throughout the season. #schooliscool
- ▶ Playing time will be earned and established by performance, attitude, and behavior both on and off the field. This facet of the program can be discussed with the coaches in more detail through player request first and parent request second, if deemed necessary. #trust
- ▶ Fans on the sideline of games (both home and away) are representing Pennsbury High School and are expected to support the team philosophy and behave respectfully toward the players, coaches, referees, and opposing fans. #respect
- ▶ Photos of players/team will be taken throughout the season and possibly shared. Please let the coaches know if you do NOT want your child's photo shared and/or posted on social media and that request will be respected. #photobombing
- ▶ Our field hockey team is a family and all members must be committed and dedicated to being a positive contributor both on and off the field. #bealight
- ▶ The common goal is to BUILD from the inside out. This requires patience, trust, grace, selflessness, and knowing and accepting your role for the greater good. Be ready to give. #themoreyougivethemoreyouhave

IMPORTANT INFORMATION

**Pennsbury High
School**



Visit Pennsbury High School Athletics Website for important information regarding STUDENT PHYSICALS. Players may NOT tryout without proper paperwork. NO EXCEPTIONS. As soon as JUNE hits, GET IT DONE!

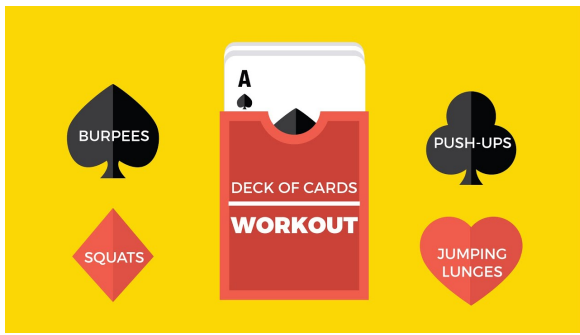
PHS Athletics Website: <https://www.pennsbury.org/Athletics.aspx>

All athletes need to be registered on FAMILYID - the link can be found on the athletics website. Completed physicals can be uploaded directly to player FAMILYID registration.

**FAMILYID
REGISTRATION
GRADES 9-12**

REMINDER: MISSING PHYSICAL OR INCOMPLETE INTO = NO PARTICIPATION

1. Students need a physical complete **on or after MAY 1, 2024** in order to participate in any PIAA sport during the 2023-2024 school year. Physicals completed before this date are not acceptable per PIAA rules and regulations - **WE CANNOT MAKE ANY EXCEPTIONS TO THIS RULE!** (If you cannot go to your primary physician, there are urgent care centers and local pharmacy clinics which charge lessor fees).
2. At the high school level, all athletic physical information is submitted online through Family ID (please visit athletic website for details on how to register).
3. All student-athletes must view the concussion presentation at the start of the season for the sport they are trying out for. Date/Time of concussion presentation will be provided by coaches.



All you need is a deck of cards!



- 1 deck of regular playing cards (Jokers included)
- 2 orange cones

Each SUIT in the deck represents a different category/type of exercise.

Number of REPS are determined by each card

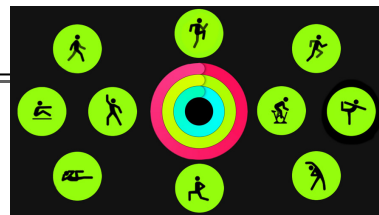
- Cards 2-10: reps are the number value on the card
- Face Cards (J, Q, K): 10 reps
- Ace: 11 reps
- Joker - 1 minute rest

Choose 1 card at a time and do the exercise. Keep flipping cards 1 at a time until you have made it through the entire deck.

Feel free to challenge yourself by flipping multiple cards and/or being creative and finding your own way to work through the deck. Add your own exercise choices to the list and have fun making it your own!

♥ Cardio	♦ Agility	♠ Arms	♣ Legs
jumprope	side shuffle	push ups	squats
split jumps	side jumps	plank (tap cone)	lunges
basketball shot	over and back	jab punches	calf raises
burpees	ski jumps	side planks	front kicks
star jumps	tap cone (w/foot)	bear crawls	side kicks
jumping jacks	plank jacks	upper cut punch	back kicks
tuck jumps	single leg hop	arm circles	superman
high knees	long jump	tricep dips	leg raises
mountain climb	sprint/breakdown	wrist rolls	toe & heel walks

À LA CARTE



If you have an Apple Watch, then use **APPLE FITNESS!**

- * Sprints/Track Work - 100s w/recovery jog, 50s, shuttle sprints, repeat sprints (10yds, 20yds, 40yds)
- * Distance Jog - Run for time - 30 minutes SLOWER pace
- * Fartlek Run (longer distance - minimum 3 miles - with sprints mixed throughout route)
- * Cross Training - bike, swim, hike, kayak, elliptical, rowing, rock climbing, rollerblading, kickboxing
- * Multi-Sport Training - basketball, volleyball, tennis, soccer, football, street hockey, gymnastics, lacrosse
- * Mindful Stretching & Rest - STRETCH YOUR BODY!!! Yoga, Take a Walk, Sit by a Lake, Serve Others



Instagram

- @Jasonfairheller
- @capecodfieldhockeyclub
- @zinger_strength
- @bossfhockey
- @leaphockey

Follow @WINNINGDIFFERENCE for inspiration and encouragement!

Footwork/Agility

Agility drills are the key to improving your athletic performance. Agility drills (e.g. agility ladder drills) are highly beneficial if you want to enhance your acceleration pace in one direction, immediately slow down, and change direction. Your coordination will get better just like your speed and explosive power, which can help you dominate your opponents. Everyday life does not test your body to that degree that you can play a game without exercising. Agility drills also engage parts of your musculoskeletal system that are not being used enough on a regular daily basis. If you do not build up your muscles and strengthen your bones, you will be prone to injury. It is one of the reasons why agility training should be accompanied with speed drills as well.



Tuck jump - Tuck jump is among the basic agility drills that do not require any equipment at all. Yet, it is one of the most effective because it improves athletic performance by enhancing both power and agility. This exercise engages your core muscle, hips, and legs. Tuck jumps to build up quadriceps muscles and hip flexors. This agility drill is among the easiest to execute. Bend your knees slightly, and your feet should be shoulder-width apart. After taking that stance, jump straight up because you should land in the same position. While in the air, you could grab ahold of your knees with your arms. Make sure that your knees are as close as possible to your chest. Hold your knees for a brief period while in midair, and let go once you start falling. Once you land on your feet, jump right back up, and continue doing so. You could start by doing 10 to 12 reps in three sets, and if this is too many for you, reduce the number of reps.

Shuttle runs - Shuttle runs combine high-intensity training with a basic conditioning program. This exercise requires more space than what is usual for most agility drills. You could use whatever you have to mark two spots about twenty-five yards apart. Position your body for a sprint and sprint from one marker to the other. Once you reach the second marker, get back as fast as possible to the first one, and repeat this process six to 8 times. You could also create your version of this agility drill. Instead of just sprinting back and forth, you could lower your body and touch the marker, and immediately sprint back. Also, you can try sprinting in one direction and running backward in the other. To execute side-to-side shuttle run, your hips should be back, your knees should be forward, and you should land on the balls of your feet.

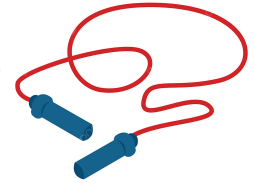
Dot drills - Dot drills are designed to strengthen your knees and ankles. If you want to achieve a fluent change of direction without maximum effort, dot drills are the way to go. Not only do these exercises build up your leg muscles, but they also provide you with the stability needed for sports activities. Your explosive speed will improve if you do dot drills. Your movement should be quick, and your upper body should not be moving too much. To gain maximum out of this exercise, you should let your lower body do everything. You can tape five marks on the ground. Those five marks should form the same pattern as the number five on a dice. Before doing the exercise, you should warm up first. Step on a dot, put your feet together and start jumping from dot to dot. The warm-up should not take too long, and once you are ready to go, you can try jumping on one foot from dot to dot. After this, you could design a jumping pattern that suits you the most. You could try completing these three versions of dot drills, or you could create your own.

Grit

Noun

COURAGE, bravery, pluck, mettle, backbone, spirit, strength of character, strength of will, moral fiber, steel, nerve, fortitude, toughness, hardiness, resolve, resolution, determination, tenacity, perseverance, endurance;
informal: guts, spunk.

JUMP ROPE - Jumping rope will help you to be lighter on your feet giving you the ability to move quickly, change direction with accuracy, and play on the balls of your feet instead of getting caught flat footed.



Agility ladder drills - Several agility drills can be done with the help of a ladder. Most athletes use this piece of equipment to improve their knee and ankle stability. The speed ladder is practical because you can take it with you and exercise wherever you want. Not only will this ladder improve your speed, but it will also have a significant impact on your feet coordination. Agility ladder drills are a part of many speed and agility training programs because of their efficiency.

Plyometric agility drills - Besides agility ladder drills athletes that need great lateral power and coordination can benefit from lateral plyometric jumps. This exercise can help you improve your dynamic power, as well as your balance. In total, your lateral movement will be quicker because your feet will get stronger. This drill is a fantastic example of how you can improve your athletic performance by using just your body weight. No equipment is required in the beginning, but you might want to set up a barrier once it becomes too easy for you. You could also use exercise steps or even low hurdles once you feel ready for it. Place masking tape on the ground in a straight line. This is a basic setup for this drill.

Position yourself on one side of the line and bend your knees in a deep squat. Your feet should be hip-width apart to execute this exercise properly. Be sure to maintain this body position throughout the drill except when you are jumping. Once you are ready to go, jump laterally from one side to the other. Your heels should have a crucial role in propelling your body upward and sideways. Once you land, do a deep squat to absorb the shock from jumping and immediately jump to the other side of the masking tape. Repeat this process for half a minute to a full minute, and you will have completed one set. Do a total of three sets for these agility drills.

If you want to increase the strength of your glutes, quadriceps, and hamstring muscles, a plyometric jump box is a piece of equipment that can help you achieve that goal. Many speed and agility training programs include workouts with a plyometric box. All you need is a sturdy cube that is from fourteen to thirty-six inches in height, and you can start improving your explosive power, as well as your foot speed. There is a number of exercises that can be done with the help of a plyometric jump box, but the most common ones are step-ups, lateral step-overs, and box jumps.

If you're waiting
for a sign...

HERE IT IS

GO WORKOUT




We make suggestions. YOU MAKE DECISIONS.

Write your name here and staple pages together before handing in calendar in August.

JUNE 2024

Register to play in the Blue Star Summer League with the PHS Team bluestarfieldhockey.com

SUN	MON	TUE	WED	THU	FRI	SAT
ACCOUNTABILITY The quality or state of being accountable; especially: an obligation or willingness to accept responsibility or to account for one's actions			DOWNLOAD THE APP NIKE RUN CLUB to help track your runs and give you guidance on workout options.	WANT IT Wednesdays will be workouts outside on the Pennsbury turf field from 9-11:00am	Always work on strengthening GAME SENSE and IQ by watching high level FH, basketball, lax, soccer, etc...	If you belong to a gym, take time to consult with a trainer and show them your summer guide. Train with a purpose.
NUTRITION is a very important piece to this puzzle. If you do not fuel your body properly, you will not make any progress.	Prospective Player/ Parent Meeting. 7pm PHS Orange Cafe Register for Blue Star Summer League 3	STICKWORK 100 Cross Training POWER 50 50 push ups 50 sit ups 50 squats 4	STICKWORK 100 FOOTWORK AGILITY 5	STICKWORK 100 Multi-Sport Training POWER 50 50 push ups 50 sit ups 50 squats 6	STICKWORK 100 Sprint Workout 7	STICKWORK 100 2 Mile Time BASELINE: _____ 8
STICKWORK 100 MINDFUL Stretching and Rest 9	STICKWORK 100 JUMPROPE POWER 50 50 push ups 50 sit ups 50 squats 10	STICKWORK 100 Distance Jog 11	STICKWORK 100 Sprint Workout 12	STICKWORK 100 Power Deck POWER 50 50 push ups 50 sit ups 50 squats 13	STICKWORK 100 Last Day of School Fartlek Run 14	STICKWORK 100 2 Mile Time this week: _____ 15
STICKWORK 100 MINDFUL Stretching and Rest 16	STICKWORK 100 BLUE STAR Summer League HUN School 7-8pm 17	STICKWORK 100 Distance Jog POWER 50 50 push ups 50 sit ups 50 squats 18	STICKWORK 100 Cross Training 19	STICKWORK 100 JUMPROPE POWER 50 50 push ups 50 sit ups 50 squats 20	STICKWORK 100 Sprint Workout 21	STICKWORK 100 2 Mile Time this week: _____ 22
STICKWORK 100 \$5 TNT High School Pick Up at Nation9 9:00am 23	STICKWORK 100 BLUE STAR Summer League HUN School 7-8pm 24	STICKWORK 100 MINDFUL Stretching and Rest 25	STICKWORK 100 WANT IT WEDNESDAY PHS turf field 9-11:00am 26	STICKWORK 100 FOOTWORK AGILITY 27	STICKWORK 100 Sprint Workout POWER 50 50 push ups 50 sit ups 50 squats 28	STICKWORK 100 2 Mile Time this week: _____ 29

**"UNLESS YOU
PUKE, FAINT, OR DIE,
KEEP GOING"**



JULY 2024



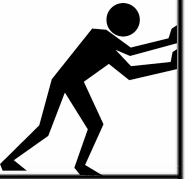
SUN	MON	TUE	WED	THU	FRI	SAT
JUNE 30 \$5 TNT High School Pick Up at Nation9 9:00am STICKWORK 100	JULY 1 BLUE STAR Summer League HUN School 7-8pm STICKWORK 100	2 MINDFUL Stretching and Rest STICKWORK 100	3 WANT IT WEDNESDAY PHS turf field 9-11:00am STICKWORK 100	4 POWER 50 Distance Jog STICKWORK 100	5 POWER 50 JUMPROPE STICKWORK 100	6 2 Mile Time this week: _____ STICKWORK 100
7 \$5 TNT High School Pick Up at Nation9 9:00am STICKWORK 100	8 FOOTWORK AGILITY STICKWORK 100	9 POWER 50 Distance Jog STICKWORK 100	10 WANT IT WEDNESDAY PHS turf field 9-11:00am STICKWORK 100	11 POWER 50 Sprint Workout STICKWORK 100	12 MINDFUL Stretching and Rest STICKWORK 100	13 2 Mile Time this week: _____ STICKWORK 100
14 \$5 TNT High School Pick Up at Nation9 9:00am STICKWORK 100	15 Sprint Workout STICKWORK 100	16 POWER 50 Cross Training STICKWORK 100	17 WANT IT WEDNESDAY PHS turf field 9-11:00am BLUE STAR Summer League HUN School 7-8pm STICKWORK 100	18 POWER 50 MINDFUL Stretching and Rest STICKWORK 100	19 Fartlek Run STICKWORK 100	20 2 Mile Time this week: _____ STICKWORK 100
21 \$5 TNT High School Pick Up at Nation9 9:00am STICKWORK 100	22 STICKWORK 100 BLUE STAR Summer League HUN School 7-8pm STICKWORK 100	23 POWER 50 Distance Jog STICKWORK 100	24 WANT IT WEDNESDAY PHS turf field 9-11:00am STICKWORK 100	25 MINDFUL Stretching and Rest STICKWORK 100	26 POWER 50 JUMPROPE STICKWORK 100	27 2 Mile Time this week: _____ STICKWORK 100
28 \$5 TNT High School Pick Up at Nation9 9:00am STICKWORK 100	29 POWER 50 Fartlek Run STICKWORK 100	30 MINDFUL Stretching and Rest STICKWORK 100	31 WANT IT WEDNESDAY PHS turf field 9-11:00am STICKWORK 100			



AUGUST 2023



push
HARDER
than
YESTERDAY



SUN	MON	TUE	WED	THU	FRI	SAT
I CAN. I WILL. END OF STORY.		<i>IF YOU WANT IT, WORK FOR IT. IT'S THAT SIMPLE.</i>	TIX 37 words	1 Sprint Workout STICKWORK 100	2 FOOTWORK AGILITY STICKWORK 100	3 2 Mile Time this week: _____ STICKWORK 100
4 MINDFUL Stretching and Rest STICKWORK 100	5 POWER 50 Hill Sprints STICKWORK 100	6 FOOTWORK AGILITY STICKWORK 100	7 POWER 50 Distance Jog STICKWORK 100	8 Sprint Workout STICKWORK 100	9 POWER 50 Cross Training STICKWORK 100	10 2 Mile Time this week: _____ STICKWORK 100
11 TAKE A DEEP BREATH Prepare to hand calendars in to coaches tomorrow	12 TNT FH CAMP JV/Varsity TRYOUTS begin for all players in grades 9-12 2 sessions per day	13 TNT FH CAMP TRYOUTS 2 sessions per day Time & Place TBD	14 TNT FH CAMP TRYOUTS 2 sessions per day Time & Place TBD	15 TNT FH CAMP TRYOUTS 2 sessions per day Time & Place TBD <u>Player Meetings</u>	16 JV/Varsity PRACTICE Time & Place TBD 1 session	17 JV/Varsity PRACTICE Time & Place TBD 1 session
18 OFF	19 PENNSBURY HOST PLAY DAY SCRIMMAGE 8am - 1pm	20 JV/Varsity PRACTICE Time & Place TBD 2 sessions	21 JV/Varsity PRACTICE Time & Place TBD 2 sessions	22 JV/Varsity PRACTICE Time & Place TBD 2 sessions	23 JV/Varsity PRACTICE Time & Place TBD 2 sessions Team PARENT MEETING	24 JV/Varsity PRACTICE Time & Place TBD 1 session
25 OFF	26 JV/Varsity PRACTICE Time & Place TBD 2 sessions	27 SCRIMMAGE	28 JV/Varsity PRACTICE Time & Place TBD 2 sessions	29 GAME AWAY @ TRUMAN	30 JV/Varsity PRACTICE Time & Place TBD 2 sessions	31 JV/Varsity PRACTICE Time & Place TBD 1 session



NOTES

Register for Blue Star Summer League



Sport Physical after May 1, 2024



Register or Update Family ID online



- ➔ Mon., June 3rd - Prospective Player & Parent Meeting 7pm PHS Orange Cafe
- ➔ Mon., June 17th - Blue Star Summer League - HUN School - 7-8pm
- ➔ Sun., June 23rd - TNT High School Pick Up Games - Nation9 - \$5 - 9-10am
- ➔ Mon., June 24th - Blue Star Summer League - HUN School - 7-8pm
- ➔ Wed., June 26th - WANT IT WEDNESDAY - PHS TURF - 9-11am
- ➔ Sun., June 30th - TNT High School Pick Up Games - Nation9 - \$5 - 9-10am

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- ➔ Mon. July 1st - Blue Star Summer League - HUN School - 7-8pm
 - ➔ Wed., July 3rd - WANT IT WEDNESDAY - PHS TURF - 9-11am
 - ➔ Sun., July 7th - TNT High School Pick Up Games - Nation9 - \$5 - 9-10am
 - ➔ Wed., July 10th - WANT IT WEDNESDAY - PHS TURF - 9-11am
 - ➔ Sun., July 14th - TNT High School Pick Up Games - Nation9 - \$5 - 9-10am
 - ➔ Mon., July 15th - NO BLUE STAR SUMMER LEAGUE (moved to Wednesday)
 - ➔ Wed., July 17th - WANT IT WEDNESDAY - PHS TURF - 9-11am
Blue Star Summer League - HUN School - 7-8pm
 - ➔ Sun., July 21st - TNT High School Pick Up Games - Nation9 - \$5 - 9-10am
 - ➔ Mon., July 22nd - Blue Star Summer League - HUN School - 7-8pm
 - ➔ Wed., July 24th - WANT IT WEDNESDAY - PHS TURF - 9-11am
 - ➔ Sun., July 28th - TNT High School Pick Up Games - Nation9 - \$5 - 9-10am
 - ➔ Wed., July 31st - WANT IT WEDNESDAY - PHS TURF - 9-11am

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- ➔ Mon., August 12th - JV/Varsity Tryouts - 2 sessions per day - TIME & PLACE TBD
 - ➔ Tues. August 13th - JV/Varsity Tryouts - 2 sessions per day - TIME & PLACE TBD
 - ➔ Wed., August 14th - JV/Varsity Tryouts - 2 sessions per day - TIME & PLACE TBD
 - ➔ Thurs., August 15th - JV/Varsity Tryouts - 2 sessions per day - TIME & PLACE TBD
Player Meetings regarding placement in the program
 - ➔ Fri., August 16th - JV/Varsity Practice - 1 session - TIME & PLACE TBD
 - ➔ Sat. August 17th - JV/Varsity Practice - 1 session - TIME & PLACE TBD
 - ➔ Mon., August 19th - PHS HOST SCRIMMAGE PLAY DAY - 8am-1pm - TURF
 - ➔ Tues., August 20th - JV/Varsity Practice - 2 sessions per day - TIME & PLACE TBD
 - ➔ Wed., August 21st - JV/Varsity Practice - 2 sessions per day - TIME & PLACE TBD
 - ➔ Thurs., August 22nd - JV/Varsity Practice - 2 sessions per day - TIME & PLACE TBD
 - ➔ Fri., August 23rd - JV/Varsity Practice - 1 session - TIME & PLACE TBD
TEAM PLAYER/PARENT MEETING IN THE EVENING
 - ➔ Sat., August 24th - JV/Varsity Practice - 1 session - TIME & PLACE TBD
 - ➔ Mon., August 26th - JV/Varsity Practice - 2 sessions per day - TIME & PLACE TBD
 - ➔ Tues., August 27th - SCRIMMAGE @ Princeton Day School - TIME TBD
 - ➔ Wed., August 28th - JV/Varsity Practice - 2 sessions per day - TIME & PLACE TBD
 - ➔ Thurs., August 29th - GAME @ TRUMAN - TIME TBD
 - ➔ Fri., August 30th - JV/Varsity Practice - 2 sessions per day - TIME & PLACE TBD
 - ➔ Sat., August 31st - JV/Varsity Practice - 1 session - TIME & PLACE TBD



Name: _____

Grade: _____ Forward Mid Defense

Position Potential: _____

Team Recommendation: _____

	Exceptional (4)	Strong (3)	Average (2)	Beginner (1)
Fitness Stamina Speed				
Stickwork Ball Handling Pass/Receive				
Offense Spacing Accuracy				
Defense Spacing Agression				
FH IQ Game Sense Read & React				
Effort Attitude Teammate				
Coachability Listening Application				

Coach Comments:



**Nothing is given.
Everything is earned.**

TEN THINGS THAT REQUIRE ZERO TALENT

- BEING ON TIME
- WORK ETHIC
- EFFORT
- BODY LANGUAGE
- ENERGY
- ATTITUDE
- PASSION
- BEING COACHABLE
- DOING EXTRA
- BEING PREPARED

@AthleteAssess

PHS FIELD HOCKEY SELF EVALUATION

(to be completed during the week of tryouts and handed in on meeting day)

NAME: _____ GRADE: _____ DATE: _____

PREPARATION: Please describe your personal preparation for the field hockey season in relation to our summer workout packet and your efforts.

PERFORMANCE: Please list strengths/accomplishments/overall contributions you made regarding your personal performance throughout the evaluation process and explain what you have to offer the team.

FAILURE: Please list weaknesses/needed improvements and things you wish you would have done better regarding your personal performance through the evaluation process and how you handled any setbacks.

SELF AWARENESS: Looking at the BIG picture and using a culmination of your summer preparation and overall personal performance throughout evaluations (according to our rubric), on which team do YOU believe you have earned a spot? Where will you contribute the most and grow as a field hockey player? Circle your choice:

JV-B (formerly freshman team will now include sophomore players)

JUNIOR VARSITY

VARSITY