

Dear Field Hockey Player,

Preseason for all fall sports will begin on Monday, August 17th. Both Coach Grady and Coach Hoh will be the Varsity Head field hockey coaches for this season! All preseason practices will be either on the high school turf or the grass field in front of the school. Below is the Harriton Field Hockey Preseason Schedule and the expectations for the Fall 2020 season. Players should be available to be at all practices and in good physical shape starting the first week of preseason. We strongly encourage all players to stay active this summer. If anything changes, we will be sure to communicate to everyone- please check emails regularly!

Medical Form/Parent Permission:

The school district requires each athlete to have a physical form dated on or after June 1st, 2020. Those who do not have a physical completed prior to preseason cannot participate in a fall sport until it is handed in. The form is available at the athletic office. If you need the form, contact the athletic Secretary at 610-658-3976 or visit www.lmsd.org

Players NOT on the Mailing List: If you know of someone who is interested in playing field hockey, please let us know and we can add them to our list! Please email both coaches.

Varsity Head Coaches

Coach Hoh- hohj@lmsd.org

Coach Grady- gradya@lmsd.org

JV Coach

TBD

Week 1: 8/17- 8/21

8/17 (Monday) – Tryouts

7:00am- 8am – Meet at the Turf for the Mile run (**7:30 to be considered for Varsity**) and to show the new players around. Please be ready to run on the track by 7am.

8:00am-8:30am Mandatory Athletes and Coaches Meeting – auditorium.

8:30am-10:00am – Practice on the turf

4:00-6:00pm – Practice on the turf/grass field

8/18 – 8/21 (Tuesday-Friday) - Tryouts

8:00am-10:00am – Practice on the turf

4:00-6:00pm – Practice on the turf/grass field (meet at the grass field)

***We will have a play day this season. Once we have confirmation we will let everyone know.**

Week 2: 8/24-8/28

8/24 - 8/26 (Monday-Wednesday)

To be determined

8/27 - Thursday

Scrimmage vs West Chester Rustin

8/28- Friday

To be determined

Week 3: 8/31-9/4

Starting the week of 8/31– Practice only at night

During the regular season, JV and Varsity will practice 4:00-6:00pm

8/31-9/3 (Monday-Thursday)

4-6pm- JV practice on the grass field

4-6pm – Varsity/Swing practice (Location TBD)

9/4 (Friday)

Game vs West Chester East

Time: 11:00 am

Equipment needed:

- Physical Forms
- Goggles
- Mouth Guard
- Shin Guards
- Socks or Shin Guard Covers
- Sneakers
- Cleats
- Field Hockey Stick
- Water Bottle
- Pinnie
- Sun Screen
- Snacks
- No Jewelry

If you have any questions, please feel free to reach out to both of us.

Coach Hoh and Coach Grady

Harriton Field Hockey

hohj@lmsd.org

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