

August 1, 2020

Dear Field Hockey players and parents,

What else can we say about 2020? So much has happened since March when we all went to the virtual world of online learning. There has been a sense of the unknown about this Fall season for many weeks until recently and I am SO excited that the opportunity to get the 2020 Field Hockey season is officially underway! We certainly look forward to having the opportunity to defend our 2019 WPIAL title once again this year. At the moment, we have 28 players on the roster which is fantastic - many rising players from the Middle School and a few who are new to SSA from the outside. A HUGE WELCOME TO EVERYONE!

The Google Classroom that was set up back in June to help communicate with the team as much information about conditioning, getting equipment, and lots of other helpful tidbits worked out very well and I hope that the girls shared all of the information with their parents! I had hoped to invite parents into that group as well but for some reason, restrictions within the system did not allow me to do that. The classroom will remain up and running for the time being and so if there any new members to our team, please email me (egorse@shadysideacademy.org) and I will invite you to join the group so that you can get the information.

There will be a lot of information coming out as things continue to be revised with new guidelines coming out from the PIAA & the WPIAL, so I want to keep this letter short with specific and important information. Our plan is to have a "TEAM CAMP" (which is something new), next week from Monday August 10 - Wednesday, August 12 on the turf from 6 - 8pm and then the "official" preseason begins on Monday, August 17th. The team camp is optional and I wanted to find a way to get as many players together (socially distance, of course) prior to the start of pre-season. So here are a few of the logistics that I need everyone to know in regards to the team camp as well as preseason:

TEAM CAMP

Aug. 10 - Aug.12, 6 - 8pm

1. The waiver form (in Google classroom) must be signed and brought to the first session. If you participated with Coach DiNardo this summer, then you are fine. There will be temperature checks prior to each session and specific questions must be answered in order to participate. Parents who are dropping off, please make sure that your daughter has been cleared to participate before leaving-we can have no visitors in the stands watching practices.
2. Locker rooms will not be available (the bathroom on the turf will be). Come dressed with your gear and then find a "hoop" on the turf to place your equipment down.
3. Bring plenty of water with you - refilling on the turf will not be available.
4. Wear your mask covering down to the field and when you leave. We will keep social distancing on the turf so masks will not need to be worn.

PRESEASON DATES/TIMES

Monday, August 17 - Friday August 21 from 6:45am - 10am

Monday, August 24 - Tuesday August 25 (POSSIBLY August 26) from 6:45am - 10am

Preseason is VERY new and different this year and the number one goal is to keep students safe. We are condensing our practice times to reduce the "down-time" where we had lunch and team meetings in previous years in between the practice sessions. Our practice times will run from

7am - 10am EVERY day and we will pack A LOT into this time period. Temperature screenings will begin at 6:45am and at the end of the practice sessions, players are asked to then leave campus immediately.

REGULAR SEASON PRACTICES look to begin on Wednesday, August 26 @ 3:45pm and will then continue at that time once school classes begin.

JUST A FEW REMINDERS PRIOR TO PRESEASON BEGINNING ON MONDAY, AUGUST 17th:

1. All of your medical forms **MUST** be turned in/submitted electronically through the Magnus portal. You should have received information about downloading all of the necessary forms (PIAA sections 1 through 7) – you cannot practice without this information submitted electronically.
2. Rising Freshmen and Juniors as well as anyone new to SSA, must also complete the imPact (concussion) tests. I will be hearing more from our athletic trainers shortly about the process for taking the impact tests and I will send out more information as soon as I know more.
- 3. A BIG RULE CHANGE FOR THE UPCOMING SEASON - EYEWEAR (GOGGLES) ARE NO LONGER MANDATORY TO WEAR!** The wording included in the rule books is such that the eyewear is “preferred” but not required. We will talk more about this at our practices but I wanted to let you know ahead of time.

WHAT TO BRING FOR EVERY PRACTICE - preseason & in-season:

Molded mouthguard

A LOT of Water

Sunscreen

Stick

Shinguard

Sneakers & cleats

If you have ANY other questions, please do not hesitate to get in touch with me - I cannot wait to see you very soon! **THE 2020 FIELD HOCKEY SEASON IS ABOUT TO GET UNDERWAY!**

Sincerely,

Coach Gorse

Betsy Gorse

Varsity Field Hockey Coach

SSA Middle School PE/Health Teacher

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