



# FREMONT HIGH SCHOOL FIELD HOCKEY

## SUMMER PRACTICES 2021

Summer practices are optional (but highly encouraged). Summer field hockey practices are for athletes to build on their skill level, learn new game strategies & skills, and get back in shape for the season. These practices are also an opportunity for new players to learn the game of field hockey.

**NO EXPERIENCE NECESSARY!**

**SUMMER PRACTICES BEGIN Tuesday, JUNE 22nd.** We will meet on field 3 (field on the baseball field). Sticks are provided for players who do not have their own. Practices will continue throughout the summer on TUESDAYS, WEDNESDAYS, and THURSDAYS from 9:00am - 11:00am.

Please fill out the Google Form if you are interested in attending:

<https://forms.gle/SEMfPDVPevXNnrMn8>

**CCS NO PRACTICE WEEK:** July 26th - August 1st. We will not have practice this week due to the CCS no contact rule.

**Quiet Week:** August 2nd - August 5th. Quiet week is set aside for paperwork and no physical play.

August 9th is the first official day of our season and **PHYSICALS MUST BE IN BY THIS DAY.** Practice will be from 3:30pm-5:30pm.

WEEK OF AUGUST 9th-13th we will have practice Monday - Friday 3:30pm - 5:30pm.

**OFFICIAL TRY-OUTS WILL BEGIN MONDAY AUGUST 16th (1st DAY OF SCHOOL).**

Try-outs begin Monday from 3:45pm - 5:45pm and will continue through Friday. It is very important that you attend all tryout sessions. Teams will be decided as soon as possible, prior to our first preseason game.

**Feel free to contact us with any additional questions!**

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