

June 2021

Dear Potomac Field Hockey Players and Parents,

After missing all of the competitive 2020 field hockey season, I know that we are all excited about and looking forward to the 2021 fall season! There is a great deal of information in this letter about summer opportunities as well as details about our August pre-season schedule. If you have any questions, please ask!

Potomac Website:

Always refer to the school's website for up-to-date sports information. It is here that you will find almost everything you'll need for the summer and the upcoming field hockey season.

Expectations for Preseason:

The coaches expect ALL PLAYERS signed up for try-outs to attend preseason beginning on **Monday, August 23rd** whether you are interested in being considered for the varsity or the junior varsity. Preseason is two weeks long, and we expect all candidates to attend all sessions. The varsity and JV tryout schedules are detailed at the end of this letter. We encourage you to try out for varsity, whatever your grade level. In addition to your skill level, we will also be looking for focus, a passion to improve, athleticism, attitude, and how well you work with your teammates.

Preseason Schedule:

You will find the pre-season schedule at the bottom of this letter. Please print it out, incorporate it into the family calendar, and work around this schedule when making Labor Day weekend plans, doctor's appointments, scheduling driver's education and/or academic classes, etc. Although the coaches have put much thought into the dates and times, some may shift or change. If this happens, we will communicate these changes to you as soon as possible.

Regular Season Practice Schedule:

Once school starts, the teams will practice Monday-Friday from 3:30-5:30. Please note that when we have a long weekend or a Monday game during the season, there might be a weekend practice to prepare for that game. Please do your best to avoid scheduling appointments during practice time. The varsity season could extend through the state tournament, which concludes November 13th.

Summer Development:

Summer is an important time to recharge and relax. But it is also absolutely critical to be working out and to pick up your stick and play. The off season is an important time for developing your field hockey strength, speed, and ball handling skills. All players are expected to work individually throughout the summer so you come prepared, both physically and mentally, to our first practice on August 23rd. It is *highly* recommended that each player attend at least one camp and/or participate in a league this summer. There are some local summer field hockey opportunities listed on the last page of this document. In addition, there will be **weekly open turf times from June 21-July 30**. Please watch your email for updates! If you plan to come for open turf, you must complete [this waiver](#) prior to coming to campus.

Physician Form:

The physician form is due to the school nurse by July 15th. Each year we are forced to sideline players whose form is not on file. Please get your form turned in so that you will not be sidelined!

Potomac Weight Room:

The weight room will be open and supervised all summer for you to use. The hours will be **Monday-Thursday from 8:00-10:00 and 2:00 - 5:00**. Working in the weight room and adding strength will fundamentally change your game as well as help prevent injuries. Weightlifting is a MUST for high school athletes. When the weight room is open, there will be a strength and conditioning coach present who can help you design a work-out program for you. Please take advantage of this great resource! If you plan to come work out, you must complete [this waiver](#) prior to coming to campus.

Enjoy your vacation and good luck with your summer training! Please send Coach Smalley an email if you have any questions about the upcoming season.

Head Varsity Coach
nsmalley@potomacschool.org

Nancy Smalley

Assistant Varsity Coach
mvaughan@potomacschool.org

Maggie Vaughan

Head JV Coach

Barb Mays

bmayes@potomacschool.org

Assistant JV Coach

TBD

PRE-SEASON PRACTICE SCHEDULE

During the first week of pre-season, we will be doing a fitness component during the first 30 minutes of each morning practice. Please plan to work out several times a week during the four weeks prior to August 23rd! The mile run, sprints with and without a ball, and timed agility drills will all be part of our first week of pre-season. Please come prepared to demonstrate your best self!

Monday, August 23	8:45am-11:15am 1:45pm-3:45pm	Varsity and JV practice Practice for Varsity candidates
Tuesday, August 24	8:45am-11:15am 1:45pm-3:45pm	Varsity and JV practice Practice for Varsity candidates
Wednesday, August 25	8:45am-11:15am 1:45pm-3:45pm	Varsity and JV practice Practice for Varsity candidates
Thursday, August 26	10:00am 11:15am	Varsity scrimmage @ Holy Child JV Scrimmage @ Holy Child
Friday, August 27	9:15-11:15am 1:30pm-5:00pm	V/JV practice Varsity-off campus bonding event
Monday, August 30	3:30-5:30pm	V/JV practice
Tuesday, August 31	3:30-5:30pm	V/JV practice
Wednesday, September 1	4:15pm 5:30pm	Varsity scrimmage @ Holton-Arms JV scrimmage @ Holton-Arms
Thursday, September 2	3:30-5:30pm	V/JV practice
Friday, September 3	9:15am-11:15am	V/JV practice
Tuesday, September 7	3:30pm-5:30pm	V/JV Practice
Wednesday September 8	4:30 pm 3:30-5:00	Varsity vs Bishop Ireton JV practice
Thursday, September 9	3:30-5:30pm	V/JV practice
Friday, September 10	4:30pm (Back to School BBQ)	Varsity vs Bishop O'Connell
Saturday, September 11	9:00am	Varsity Playday at Madeira

Local Summer Field Hockey Opportunities - 2021

Those marked in **red and bold** indicate Potomac students already attending. Join your teammates!

[American University](#) - offering 4 clinics throughout the summer; open to rising 9th grade and older:

June 12 9:00-12:00

June 13 1:00-4:00

July 17 9:00-3:00

July 18 12:00-6:00

Revolution Camps: 3 local camps for ages 10 - 18

[Chantilly, VA](#) June 28-July 1

[Catholic University:](#) July 12-14

[George Mason:](#) July 26-29

Beyond Sticks: everything at The Madeira School

[One Day Clinics:](#) Grades 6-8 (12:00-2:15) and 9-12 (3:00-5:15) **June 6th** and/or June 13th

[Showcase Camp:](#) grades 6 - 12; **June 21-25**

[High School Camp:](#) grades 9-12 June 28-30

[Boot Camp:](#) grades 6-12 **July 6-9**

[High School Pre-Season camp:](#) grades 9-12 August 2-6

[Game Play Only](#) - June 28-July 28 Mondays and/or Wednesdays evenings; all ages

[Washington Wolves Camps:](#) Martin Luther King Jr. Recreational Park (1120 Jackson Road, Silver Spring, MD – Turf field)

July 12-16:	4:00-7:00pm	\$265
July 19-23:	4:00-7:00pm	\$265
July 26-30:	4:00-7:00pm	\$265

[Washington Wolves High School Prep Camp:](#) Stone Ridge School, Bethesda, MD

Aug 2 - 6	3:30-5:30 JV	5:45-7:45 Varsity	\$265
Aug 9 - 13	3:30-5:30 JV	5:45-7:45 Varsity	\$265

