

## Field Hockey Pre-Season

The conditioning sessions will be June 29th, July 1, 7, 8, 13, and 15th. We will start at 6:30 pm till 7:30 pm in the gym. Send me an email if you are able to come. [Rmcnevin1@verizon.net](mailto:Rmcnevin1@verizon.net) We do not want to waste Ashley's (the Athletic Trainer's) time. Please come to at least 4 of these sessions.

The below has the remaining training session that you should begin today. Any questions, REACH OUT TO ME. If you know of any players coming back for this season, please reach out to them.

READ BELOW!!!!

Happy Summer to you all. Hoping everyone is well and safe from Covid. As the summer has approached, it is time to start to think about pre-season hockey.

In order to get ourselves prepared, please see the below suggestions for you :

- Run or jog 20 to 30 minutes every other day. Implement Walking, swimming, and or bicycling on an off day of running.
- After the day that you run, please do 3 - 4 sets of bodyweight exercises:
  - Squats, Pushups, forward lunges, burpees, and Russian twists. 3 to 4 reps of each!
- Please remember to do a warm-up and cool down before you start your exercise program.
- Text a teammate and work together in doing this. Keep active. June is almost over so you have 6 weeks to prepare.
- This is not a hard program to do. In 30 days you will feel very good if you do as instructed.

I will also be having strengthening and conditioning sessions on the following dates in the gym: June 29th, July 1, 7, 8, 13, and 15th. We will start at 6:30 till 7:30. Bring your sticks and hopefully we can go out on the field and push the ball around!

I will keep sending out reminders about these sessions to make sure we have enough girls participating.

Ashley, our athletic trainer will be our coach.

Get ready for a great workout!

Girls, you have to start doing something or you will be very out of condition when we do start pre-season on the 16th of August. Please pass this on to any of the girls you know that may be interested in joining us, especially incoming Freshmen. They can come to the conditioning sessions.

PRE-SEASON - Schedule is also posted on the website Athletics section.

Begins on Monday, August 16th. Upper Field at 7:30 AM until 10:00 AM.

August 21st, Garnet Valley Tournament - All must Attend. Clear your schedules now.

Week 1: August 16-August 20 & Saturday, August 21, Scrimmage Tournament

Week 2: August 23rd - August 27th

Week 3: August 30 regular time. Tuesday August 31, no practice, Scrimmage at Upper Darby - info to follow.

Then back on field for Sept 1 & 2. Off on Sept 3,4,5,6, back on field the 7th.

Thanks.

Coach Patty