

June 24, 2021

Dear Field Hockey players and parents,

The 2021 field hockey season is just 52 days away and I am very excited to be back and working with this amazing group of field hockey players! We had a tremendous amount of success last season winning our 3rd consecutive WPIAL championship and we had a challenging run into the semifinals of the state playoffs for the first time in SSA and WPIAL history! This Fall we will once again be the team that others want to beat and so preparation begins NOW!

As far as team summer workouts, beginning June 21st we are offering Monday evening pick up games on the turf from 6:30 – 7:30pm and all players are welcome to come out and join the fun. On Tuesday's and Thursday's, Coach DiNardo is running strength and conditioning sessions exclusively for the field hockey team from 2 – 3:30pm. Bring your water and work to get stronger and faster with agility and speed training with Coach D. These sessions will be held in the Fitness Center and on the track and will continue through July 30th.

For those who are unable to make these summer sessions, I have already emailed the Week#1 training schedule and I will be emailing the team every Sunday with the upcoming week's schedule. Stickwork drills and links from recent USA field hockey games to watch for homework will also be included. All of this will help get you ready first day of preseason on August 16th. As always, please make sure that you are hydrated and well stretched prior to any of these workouts and you spend time cooling down after. IF YOU HAVE NOT RECEIVED RECENT EMAILS AND WOULD LIKE TO BE INCLUDED ON THESE WEEKLY EMAILS, PLEASE SEND ME A NOTE AND I WILL GET YOU ON THE LIST FOR UPCOMING INFORMATION (egorse@shadysideacademy.org).

PRESEASON begins Monday, August 16th at 7AM on the turf!! Our training sessions will run from 7am – 10am, Monday through Friday the first week. Please arrive early enough as practice BEGINS promptly at 7am. We will have full turf for the first hour of practice, split the turf for the second hour and then conditioning and chalk talk during the third hour. The second week of preseason, we will have the same morning schedule on Monday (8/23) and Tuesday (8/24). On Wednesday (8/25) we have a morning scrimmage with Peter's Township (10am) and then on Thursday (8/26) & Friday (8/27) we will begin our regular afternoon workouts (3:45 – 5:30pm) as I will be attending faculty meetings during the day.

JUST A FEW OTHER REMINDERS:

1. ALL of the necessary medical forms MUST be submitted electronically through the Magnus portal in order to participate in preseason. Questions about this can be directed to the school nurse or the athletic trainers. **PLEASE MAKE YOUR APPOINTMENTS FOR YOUR PHYSICAL NOW as the availability of those appointments becomes much harder to schedule later in the summer!!**
2. Rising Freshmen and Juniors and anyone new to SSA will need to take the the imPact (concussion) test before you can practice. Stay tuned for more info on this.
3. WHAT TO BRING FOR EVERY PRACTICE: molded mouthguard, shinguards, goggles/eyewear if you plan to wear them, stick, sneakers & cleats (take the time to break them in prior to the first practice), swimsuit/towel and plenty of water and some snacks. If need to get new equipment, I recommend Longstreth (www.Longstreth.com) for their relatively quick service but please do contact me if you have questions.

I am excited to see everyone arrive to preseason with positive attitudes and a strong willingness to work to the best of your ability. Everyone on this team plays an important role as we go for another Section Championship in 2021. While your attendance at preseason is expected, it is not mandatory. What I can tell you is that these preseason sessions are where the coaches evaluate players and use these opportunities to watch you play and see how you practice. It also gives us the chance to watch your field sense in scrimmages and watch how players work together. We will also take note of your level of conditioning when you arrive and see how much time and effort you have put into preparing for the season over the summer. Preseason is meant to be a tough but a positive challenge and it will be a great team building experience as we go through it together! If you have conflicts with any of the preseason practice sessions, please contact me (egorse@shadysideacademy.org)

I cannot wait to see you on August 16th!

Betsy Gorse
Varsity Field Hockey Coach
SSA Middle School PE/Health Teacher
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2021 FIELD HOCKEY SCHEDULE

As of 6.25.2021...things may still change slightly so stay tuned

PRESEASON BEGINS: MONDAY, AUGUST 16 from 7am – 10am

Wed. Aug. 25	Peter's Twp. (scrim)	H	10AM
Mon. Aug. 30	Penn Trafford (scrim)	H	4PM
Fri. Sept. 3	Aquinas	A	4PM
Wed. Sept 8	Pine Richland	A	TBA
Mon. Sept 13	Sewickley	H	6PM
Wed. Sept 15	Ellis	A	3:30PM
Mon. Sept 20	WT	A	4PM
Wed. Sept 22	Aquinas	H	6PM
Thurs. Sept 30	Sewickley	A	4:15PM
Fri. Oct. 1	Peters Twp.	A	5PM-JV ? 6:30PM-V
Mon. Oct 4	Ellis	H	6PM
Thurs Oct. 7	Aquinas	A	4PM
Sat Oct 9	WT (Homecoming)	H	10AM
Thurs Oct 14	Sewickley	H	6PM
Mon Oct 18	Ellis	A	4:30PM
Wed. Oct 20	WT	H	6PM
Sat. Oct 23	Mt. Lebo	H	11AM

WPIAL playoff dates

Wed. Oct 27

Mon. Nov 1

PIAA post season playoff dates (based on WPIAL finish)

Tues. Nov 9

Sat. Nov 13

Tues. Nov 16

Sat. Nov 20