

Dear Field Hockey Player,

Preseason for all fall sports will begin on Monday, August 15th. Both Coach Grady and Coach Hoh will be the Varsity Head field hockey coaches for this season! All preseason practices will be either on the high school turf or the grass field in front of the school. Below is the Harriton Field Hockey Preseason Schedule and the expectations for the Fall 2022 season. Players should be available to be at ALL practices and in good physical shape (7:45 mile) starting the first week of preseason. We strongly encourage all players to stay active this summer. If anything changes, we will be sure to communicate to everyone- please check emails regularly!

Medical Form/Parent Permission:

The school district requires each athlete to have a physical form dated on or after June 1st, 2022. Those who do not have a physical completed prior to preseason cannot participate in a fall sport until it is handed in. The form is available at the athletic office. If you need the form, contact the athletic Secretary at 610-658-3976 or visit www.lmsd.org

Players NOT on the Mailing List: If you know of someone who is interested in playing field hockey, please let us know and we can add them to our list! Please email both coaches.

Varsity Head Coaches- Please always contact both coaches

Coach Hoh- hohj@lmsd.org

Coach Grady- gradya@lmsd.org

JV Coach

TBD

Game Schedule: Digitalsports

Equipment needed:

- Physical Forms
- Mouth Guard
- Shin Guards
- Socks or Shin Guard Covers
- Sneakers
- Cleats
- Field Hockey Stick
- Water Bottle
- Pinnie
- Sun Screen
- Snacks
- No Jewelry

Schedule (If anything changes, we will email):

Week 1: 8/15- 8/19- Tryouts

8/15- Monday

7:30am- Auditorium (All Sports Meeting)

8:30am-10:30am-Practice on the grass-front of school (mile run-track)

4:00pm-6pm- Practice on turf

8/16- 8/19 (Tuesday-Friday)

8:30am-10:30am-Practice on the grass-front of school/Track

4:00pm-6pm- Practice on turf

Week 2: 8/22-8/26- Tryouts

8/22- Monday

Scrimmage @ Upper Dublin

V- 4:15 pm

JV- 3:00 pm

Bus departs: TBD

8/23 - Tuesday

8:30am-10:30am-Practice on the grass-front of school/Track

4:00pm-6pm- Practice on turf

8/24 - Wednesday

Scrimmage Home vs West Chester Rustin

V- 4:00 pm

JV- 5:15 pm

Arrive to the field ready for warm-ups: 3:15

8/25 - Thursday

8:30am-10:30am-Practice on the grass-front of school/Track

4:00pm-6pm- Practice on turf

8/26 - Friday

8:30am-10:30am-Practice on the grass-front of school/Track

4:00pm-6pm- Practice on turf

Week 3: 8/29-9/2

Start of regular season from this point forward

Practices will be 4-6pm

If you have any questions, please feel free to reach out to both of us.

Coach Hoh and Coach Grady
Harriton Field Hockey