

NDFH

SUMMER 2022 GOALS

- ❖ Plan on returning to Notre Dame more **physically** and **mentally** prepared than any year in the past.
- ❖ Determine your personal goals for the upcoming season and plan to accomplish them; **execute** your goals.
- ❖ Exemplify hard work...be in the habit of doing **the little bit extra** that separates you from the competition.
- ❖ Define what you believe it means to be a **CHAMPION**.
- ❖ **Commit to being a contributing member of the 2022 NDFH Team by:**
 - hustling at practice
 - demonstrating excellent work ethic during off field preparation
 - practicing strong team, social, and nutritional values as a member of a quality program.
- ❖ **Change is happening, be flexible, embrace the new norm!**
- ❖ Don't hope for success, plan for it! **PREPARE LIKE A CHAMPION** now, so you can have **FUN** playing the game you love at the start of the season.

Summer Schedule & Important Information

Conditioning

The Conditioning Packet is available for download on the NDFH Team Web Page.

Timed Mile Runs

All players must run a timed mile each week beginning June 6 – Aug 21. Please keep a record of your times and share with Coach Williams @ awilliams@ndapa.org in a google doc.

Important Dates

- ❖ 7/11 – 7/13 NDFH Camp (Registration is open online)
<https://www.ndapa.org/fs/form-manager/view/5bce064e-2732-4210-b6da-0daf669e4293>

- ❖ 7/17 - 7/18 Princeton Field Hockey Camp
[ACTIVE | Princeton University Sports Camps](#)

- ❖ 8/22 – 8/24 Tryouts at ND from 2:00 – 5:00pm. Participation at Tryouts is mandatory for all levels. Please bring a reversible pinnie and sneakers, in addition, to your FH Equipment.

- ❖ Each **Tuesday** starting **7/19 - 8/16**, the captains (Sydney Dalton/Aly Maguire/Chloe McCloskey/Maeve Seeger) will be running captain sessions where players can run their timed miles as a group on the track followed by open play. These sessions will run from **9-10:15am** weather permitting.

