



Convent & Stuart Hall

Schools of the Sacred Heart San Francisco

Hello! We are looking forward to another season of Convent field hockey as we grow the program. Please read through the following so you are prepared for the season.

The philosophy of the coaching staff is to teach not only field hockey skills, but also teamwork, sportsmanship, discipline and tenacity. We believe that through playing field hockey, young athletes can not only learn how to play the game, but also learn valuable life lessons they can carry with them. Through hard work and determination, success can be achieved at many levels. The importance of good fitness, nutrition and hydration to being successful and ready for competition is also stressed.

Summer Workouts

Equipment needs:

1. **Stick:** A 36.5" stick is recommended for all players. The stick should have a slight bow to it; there are many options for that available. You can email me with specific questions about that. [This is the link to Longstreth](#); it is a field hockey specialty store. The linked page has several sticks that are good; however I do not recommend the Voodoo sticks (I have had too many players have them break sooner than they should). [4USports](#) (based in Berkeley) also has a nice selection of sticks.

Here are two good sticks available from Dick's:

- <https://www.dickssportinggoods.com/p/grays-gx1000-composite-field-hockey-stick-16gysagrysgx1000xfhs/16gysagrysgx1000xfhs>
 - <https://www.dickssportinggoods.com/p/stx-rx-401-field-hockey-stick-20stxwrx401xxxxxfhs/20stxwrx401xxxxxfhs>
2. **Field hockey shin guards** (*should be the hard ones* and go up to just below your knee; soccer shin guards are not appropriate for field hockey)
 - <https://www.longstreth.com/GRAYS-G600-Field-Hockey-Shinguards/productinfo/HL235/> (these are my daughter's preferred shin guards; you may be able to also find them on Amazon or at Dick's)
 - You may also want to buy some rashguards for under the shin guards.
 3. **Socks:** soccer style that cover the shin guards *in red & white for games* + others for practice.
 4. **Mouthguard-** must be of a color that is *not clear or white* (or with teeth printed on them).
 5. **Left handed glove-** as discovered last season, we need to protect our hands. [Here](#) is one from Longstreth that I know is comfortable (may also be found at Dick's or on Amazon). A right handed glove is also recommended.
 6. **Turf shoes:** Asics brand are the most comfortable for field hockey and their shape works well for the movements of the sport. Soccer cleats will work, but may not be the most comfortable, especially when combined with the shinguards.
 - <https://www.longstreth.com/Asics-Gel-Lethal-Field-Turf-Shoes/productinfo/9TCAGLF/>

7. **Running shoes**- needed for running.

Note: shoes such as Air Force 1's, Chucks, Stan Smith's, skater shoes (ie: Vans), and other non-running and non-turf shoes *must not be worn*. They are not good for your feet in this kind of activity.

Fitness expectations:

In order to be successful in full game play, fitness and conditioning is essential. Please work on running this summer so that you are ready for the season. This is your [conditioning guide](#) for your summer fitness program. Also focus on your nutrition and hydration as you prepare for the season.

Attendance expectations:

Field hockey is a commitment; attendance to practices and games is mandatory. When athletes miss practice, important skills are not learned and as we build this program we need everyone in attendance. If there is a conflict, this must be communicated directly to the coaches by noon the day that will be missed. Please try not to schedule conflicting appointments during the season.

We are excited to advance our program at Convent and to continue this field hockey journey and build traditions within it.

See you on the pitch in August!

Coach Lovejoy