

Welcome to State College Middle School Field Hockey! 2022

Please read below for the answers to many of your questions as we continue to prepare and implement a fun safe spring season.

General Season Overview

- Practices & home games are mostly at Memorial Field 4:15-6 PM Mon-Fri.
- SHUTTLE for students to Memorial field.
- Other activities. We encourage you to have a well rounded middle school experience and understand you have many interests. Email coaches with any scheduling conflicts so we can plan accordingly.
- We will be one SCMS FH team that will be split into A/B for game opportunities. Expect player movement between teams. We as coaches will put you in situations where you will be challenged; giving you the best chance of success. Where you play, will be a coaching decision. How you play, the attitude you bring, the enthusiasm you bring will be your decision.
- Equipment. Always remember your stick, mouthguard, shin guards (socks for over shinguards), sneakers for inside and turfs/cleats for outside, practice pinnie.

Trainer, McKenzie Truitt. mjt22@scasd.org 717-953-5271

- McKenzie is our trainer and available via phone, text, or email 2-7 pm M-F. She operated out of HS North Training room and also covers other sports. SCASD trainers work under Mount Nittany Physician Group, but you can have your child looked at by any doctors you see fit. We simply ask you to keep McKenzie in the loop so we can best serve the student-athlete.

Away game specifics.

- Parent/guardian may transport their child. Must complete a [Request to Transoort](#) travel form found on Team Central shared google drive. Directions are also on the shared drive.
- Food - will be provided for the player post game. Cooler will be outside the bus post game. Thank you to the volunteers who will step up to do this for us!
- Players riding the bus, will meet at MNMS at stated times. PF players will shuttle to MN to pick up the rest of the team. PF players NOT in school on game day, can meet the shuttle at PF or MN.
- Season celebration will be AFTER our final game, TBD on Memorial Field concourse (or Central Parklet). This game will be a PF vs MN game complete with coach color commentary. If you don't understand the sport by then, you will after this game! We need volunteers to help pull this together.

Importance of our Booster Club and its membership.

Booster Club: Please join the booster club. \$55 [Booster Membership Form](#)

* Your membership supports your daughter and the entire team and field hockey program; including feeding them for away games.

We are looking for **Volunteers!**

1. **Away game food & drinks coordinators:** Involves submitting orders to food place of choice (we will start by using school food service). Pick Up food & beverage cooler day-of, bring to the bus, return cooler day-after game. Players will place orders on google doc. Bus typically leaves MNMS between 1:30 & 2 PM. For an exact away game logistic schedule, see Team Central on Google Drive.
 - 1.1. 8th grade rep _____
 - 1.2. 7th grade rep _____
2. End of Year Celebration to coordinate with MN v PF game _____ , Memorial Field
 - 2.1. _____
 - 2.2. _____
 - 2.3. _____
3. PHOTOGRAPHER? Do you have a nice camera? Take and share photos via your method of choice. Former parents have used snapfish, flickr,

4. CLOTHING ORDER – distribution: hopefully April 1 or before.
 - 4.1. _____
 - 4.2. _____
5. Game Scorer's Table – Score Book & clock
 - 5.1. Beth Shaha
 - 5.2. _____
6. Uniform Distribution _____ & Collection End of Year
 - 6.1. _____
 - 6.2. _____

For more on the entire program read on...

Athletic Director: Chris Weakland

Assistant Athletic Director, point person for MSFH: Loren Crispell

Athletics Secretaries: Susie Sekunda, Tammy

Coaches: Head Coach Janet Egerer,
Assistant Coach MaryNell Smith

Volunteer Coaches: Beth Shaha, Sharon Herlocher, Chelsea Cummins, Chelle Tambroni

Athletic Trainer: McKenzie Truitt mjt22@scasd.org 717-953-5271

Roles in Youth Sports:

Coach - Teaches the game and makes it safe and fun

Players/Team – Open to learning, work on fundamentals, positive communicating (especially with body language)

Officials – Know and enforce the rules of the game. Keep the game safe. They are learning too! We need more officials in this sport, please be kind and fair to them as if you were out there doing it.

Parents/Guardians Support. You can help the program by promoting effort. Research has shown that a ratio of **5:1 positive** (verbal/non-verbal) for each negative (criticisms, corrections) is ideal for helping athletes do their best.