

Dear Freshman Field Hockey Player,

I hope this letter finds you enjoying your summer while you get ready for high school. I also encourage you to do some running before camp starts, especially if you were not involved in summer league or Donahue's workouts! You will be running a timed mile during camp if you haven't done so at a Donahue workout.

Our **mandatory mini-camp** is August 13-17 from 8am-11am (Monday-Friday). This is a change from what the HS has done in the past and from the information I gave you in the spring—camp will end at 11am, not noon. REMINDER: Unlike middle school sports, we are "in season" from camp on and will have mandatory practices, scrimmages, or games 5-6 days a week leading up to and during school. In fact, we already have 4 scrimmages scheduled for the end of August and beginning of September (before school even starts!). In the past our summer practices have been from 7-9am Monday through Saturday but the specific times are yet to be determined. We'll let you know definite times at camp.

Both camp and practices are held on the high school field hockey fields at the rock parking lot (where mini camp was last year) unless otherwise specified beforehand due to weather. We will still have camp and practices if it rains. Please be on time in the morning and have your rides ready for you at 11am. Bring any hockey equipment you have, including sneakers (for long runs, timed runs on the track, and for bad weather), cleats, shinguards, stick, and a mouthguard. If you don't have shinguards or a stick we **will** provide you with them.

Eat breakfast at home and remember to bring **water, bug spray, sunblock**, and a healthy snack (frozen grapes or other fruit are a good idea). If you have questions, my home phone number is 242-3501, my cell phone is 290-2828, and Mrs. Snyder's cell phone number is 290-7288.

See you soon!

Mrs. Hart

******If you have not handed in a completed physical to a coach or the athletic office, you **MUST** bring it with you to camp.******