

June, 2019

Dear Potomac Field Hockey Players and Parents,

I know you are thinking about your summer, but fall is just around the corner and that means another year of GREAT field hockey! There is a great deal of information in this letter about summer opportunities as well as details about our August pre-season schedule. If you have any questions, please ask!

Potomac Website:

Always refer to the school's website for up-to-date sports information. It is here that you will find almost everything you'll need for the summer and the upcoming field hockey season.

Expectations for Preseason:

The coaches expect ALL PLAYERS signed up for try-outs to attend preseason beginning on **Monday, August 19th** whether you are interested in being considered for the varsity or the junior varsity. Preseason is two weeks long, and we expect all candidates to attend all sessions. The varsity and JV tryout schedules are detailed at the end of this letter. We encourage you to try out for varsity, whatever your grade level. In addition to your skill level, we will also be looking for focus, a passion to improve, athleticism, attitude, and how well you work with your teammates.

Preseason Schedule:

You will find the pre-season schedule at the bottom of this letter. Please print it out, incorporate it into the family calendar, and work around this schedule when making Labor Day weekend plans, doctor's appointments, scheduling driver's education and/or academic classes, etc. Although the coaches have put much thought into the dates and times, some may shift or change. If this happens, we will communicate these changes to you as soon as possible.

Regular Season Practice Schedule:

Once school starts, the teams will practice Monday-Friday from 3:30-5:30. Please note that when we have a long weekend or a Monday game during the season, there might be a weekend practice to prepare for that game. Please do your best to avoid scheduling appointments during practice time. The varsity season could extend through the state tournament, which concludes November 9th.

Summer Development:

Summer is an important time to recharge and relax. But it is also absolutely critical to be working out and to pick up your stick and play. The off season is an important time for developing your field hockey strength, speed, and ball handling skills. All players are expected to work individually throughout the summer so you come prepared, both physically and mentally, to our first practice on August 19th. It is highly recommended that each player attend at least one camp and/or participate in a league this summer. Beyond Sticks is offering camps at Potomac this summer; you can register for these camps on the Beyond Sticks web page: <http://beyondsticks.com/summer-camps>. There are also many other camps available both in and outside this area.

The summer field hockey opportunities are listed on the last page of this document.

Physician Form:

The physician form is due to the school nurse by July 15th. Each year we are forced to sideline players whose form is not on file. Please get your form turned in so that you will not be sidelined!

Potomac Weight Room:

The weight room will be open and supervised all summer for you to use. The hours will be Monday-Friday from 3:00-6:00 as well as Monday, Wednesday, and Friday from 8:00am-10:00am. Working in the weight room and adding strength will fundamentally change your game as well as help prevent injuries. Weightlifting is a MUST for high school athletes. When the weight room is open, there will be a strength and conditioning coach present who can help you design a work-out program for you. Please take advantage of this great resource!

Enjoy your vacation and good luck with your summer training! Please send me an email me if you have any questions about the upcoming season.

Head Varsity Coach	Nancy Smalley	nsmalley@potomacschool.org
Assistant Varsity Coach	Kate Pattison	kpattison@potomacschool.org
Head JV Coach	Barb Mays	bmays@potomacschool.org
Assistant JV Coach	Jessica Reynolds	jreynolds@potomacschool.org

PRE-SEASON PRACTICE SCHEDULE

During the first week of pre-season, we will be doing a fitness component during the first 30 minutes of each morning practice. Please plan to work out several times a week during the four weeks prior to August 20th! The mile run, sprints with and without a ball, and timed agility drills will all be part of our first week of pre-season. Please come prepared to demonstrate your best self!

Monday, August 19th	8:45am-11:15am 1:45pm-3:45pm	Varsity and JV practice Practice for Varsity candidates
Tuesday, August 20th	8:45am-11:15am 1:45pm-3:45pm	Varsity and JV practice Practice for Varsity candidates
Wednesday, August 21st	9:15am – 10:45am 10:00am	JV practice Varsity scrimmage @ Holton-Arms
Thursday, August 22nd	8:45am-11:15am 1:45pm-3:45pm	Varsity and JV practice Varsity practice
Friday, August 23rd	1:00pm-2:30pm 9:00am-5:00pm 5:00pm	JV practice Varsity-Off Campus bonding/team building event Varsity Cook out/pool party/sleepover
Monday, August 26th	9:15am-11:15am 4:00pm	V/JV practice Varsity scrimmage vs Bishop O'Connell
Tuesday, August 27th	1:45pm-3:45pm	Varsity and JV practice
Wednesday, August 28th	4:00pm 4:15pm	Varsity scrimmage @ Holy Child JV scrimmage @Trinity Christian
Thursday, August 29th	9:15am-11:15am 1:45pm – 3:45pm	V/JV practice Varsity practice
Friday, August 30th	9:15am-11:15am	V/JV practice
Tuesday September 3rd	2:30pm-4:00pm 4:45pm	JV Practice Varsity game vs George Mason HS
Wednesday, September 4th	3:30pm-5:30pm	V/JV Practice

Summer Field Hockey Opportunities - 2019

Below are the camps offered by Beyond Sticks. All Potomac students will get a discount!

Beginner/Junior/Goalkeeper/Performance Camp: June 17th - 21st 9:00 - 3:30 PM at Madeira School in McLean, VA.

Our most popular camp! Coached exclusively by college coaches with our Play Beyond the Game Curriculum and USAFH on field lesson plans. Includes pinny, Play Beyond the Game Handouts, and individual written feedback. **Potomac School students qualify for 15% off! Enter the Code: PNTHR2019**

5 Day Camp (Monday 17th - Friday 21st)	\$540
4 or 2 day Goalkeeper Camp (M/T or W/Th)	\$260/2 day
3 Day Camp (Monday 17th - Wednesday 19th)	\$330
2 Day Camp Elite Camp (Thursday 20th & Friday 21st)	\$230

July 1st - 2nd Bootcamp **8:30-3:30 PM** at Potomac

Positionally specific coaching: Goalkeeping/Defense/Midfield/Forwards or Beginner. Our 2 day camp is coached by college coaches with our Play Beyond the Game Curriculum and USAFH on field lesson plans. Includes pinny, Play Beyond the Game Handouts, and individual written feedback. Price: \$240 - **Potomac School students qualify for 15% off! Enter the Code: PNTHR2019**

2 Day Youth Camp or Bootcamp: 9:00 AM - 3:00 PM at the Evergreen Sportsplex in Leesburg, VA.

Includes a pinny. Led by our very own head coach and Heritage Varsity Coac, Derek Ryan, this camp will be structured in a format where you will cover the skills required to shine in tryouts this fall season.

June 24th & 25 th	\$230
July 15th & 16th	\$240

"Make the Team" Series Rising 6th to rising 10th graders: June 25 - July 25 4:00 – 6:00pm at Potomac

Not quite a clinic, not quite a league, The "Make Your Team Series" is a blend between development and a summer league. It is a program designed to provide Middle School and JV athletes with the fundamentals and tactics of field hockey so that they can be ready for fall season at their school. "Make Your Team Series" focuses on development through game play so our young athletes understand rules, positions and concepts while practicing their individual skills in game-like situations! All skill levels welcome!

WHEN: 6 weeks June 25th- July 25th. No play July 4th week. **Tuesdays OR Thursdays from 4-6 PM.** Weather alternate dates: July 30th-August 1st.

COST: Tuesdays \$160. Thursdays \$160. Both Tuesdays and Thursdays \$300. If you miss one you may attend the other date or double up a week. **Enter the Code: PNTHR2019 for 15% OFF**