Field Hockey Information Sheet 2017

Welcome! The BVT Field Hockey Program has continued to grow each year and has become strong and very successful. To continue to excel, all potential players need to do their part before the official season begins. Fall sports tryouts begin on **Thursday August 24**th, and normally run for three-four days (schedule depending).

It is your responsibility to arrive at the first BVT try out session in the best physical condition of your life. The BVT Fitness Center is open M – Th. 2:00- 5:30pm and players are expected to work out there (or another workout facility) 2x a week during the preseason. Our Fitness Center is equipped with personnel who can assist you with the equipment, so please do not be afraid to ask! A small amount of practice time is spent on conditioning. As a potential player, it is your job to come in great shape so your coaches can fine tune your fitness and work skills and plays related to the game. High School level field hockey requires dedication, and the first impression of how prepared you are for the season will tell many things about your attitude and readiness to succeed.

**BVT requires all athletes to register for tryouts online using the school website. It is suggested to register as soon as possible. Make a Physical Appointment right away (these appointments book up quick, and we will not be holding spots on the teams for anyone!). This season all physicals must occur before August 24th. It does not matter when you had a physical in the past… If you show up to try outs without registering or without submitting your physical form to the nurse, do not expect to be allowed to try out.**

In addition to a Fitness Center workout, a basic 5x a week summer workout from early June until practice begins in August should include the following:

* Stretch well (Injuries occur when athletes do not prepare their bodies to workout)
* Jog / run 2 miles (The best athletes have stamina)
* 10 min sprint / jog (Field Hockey requires players to quickly move/change direction)
* Strengthen your non-dominate arm (Your hits will dramatically improve with this)
* 2 sets of 20 pushups (Be sure you are correctly doing push-ups!)
* 100 crunches or 200 bicycles (Again, correctly!)
* 15 minutes of stick and ball work: dribble- drive, sprint, dribble-shooting-passing-reverse stick work on a bumpy field and a smooth fast surface (if you REALLY want to master a skill you should practice it 20-30x every day)
* Run 200, 400 and 600 or 800 yards ( a FH field is 100 yards) instead of the 2 miles occasionally
* Cross Fit Stretches ( Spider mans, High Knees, High Skips, Cross Overs both ways, Inch Worms, Bear Crawl, Standing Triple Jump, Broad Jumps and Air Squats, Butt Kicks, Samson Stretch, Straight Legged March, Quad Stretch into Toe Touch – Feel free to YouTube them!)

Plan on running a timed mile on the first day no matter how hot it is. We expect 8-9 min miles from all our athletes and we will expect all above workout exercises to be mastered. Below are the BVT Field Hockey captains for the 2017-2018 school year. They will be running captain lead practices, and we encourage you to attend as many as you can before try outs.

* + Shannon Bethel 508-564-2794
  + Emily Iacovelli 508-244-2826
  + Megan Mahoney 774-276-0763
  + Casey Remillard 774-291-1643

If you are interested in summer Field Hockey Camps, please contact any of the captains. The more time athletes play together preseason, the better the team will be during the regular season (and hopefully post season).

Our schedule is on the BVT Web Site under Athletics 🡪Teams and Schedules. When you look at the schedule you will see it will be challenging and we will need to be totally ready for the start of the season. We need to be fit, strong and fast and already be familiar with one another’s abilities. Please do your part to be ready on August 24.

The Varsity Coach is Mrs. Laurie Borek 774-277-0357 [BVTFH@verizon.net](mailto:BVTFH@verizon.net)

The Junior Varsity Coach Is Mrs. Danielle Cann 508-479-8182 [DCann@valleytech.k12.ma.us](mailto:DCann@valleytech.k12.ma.us)

Varsity practices run from 2:30 -5:15 daily, while JV runs until about 4:00. Depending on the schedule, there could be night games and there will be two Saturday games. Team dinners and other miscellaneous happenings will take up your time from late fall to early November, and we say FH should be your priority after academics. Make all appointments over the summer, and do not miss practice.

If you need any information, feel free to contact a Coach, Captain or another player.

See you for try outs on Thursday August 24th!