



## **AMHERST EAGLES FIELD HOCKEY**

***Announcements from Coach Rogers and Coach V***

**If enough people try out for the team, as has happened in past years, I will be able accept all players-no cuts! We have 2 teams who are treated equally but one that needs some more development of skills before they are ready for interscholastic contests. This will be explained at preseason. People who don't attend preseason will not be eligible to participate on either team.**

### **Tryouts and preseason practice dates:**

**\*\*Our field is behind AMS\*\***

- ☺ **Monday, 8/30 Time 9-12 noon**
- ☺ **Tuesday, 8/31 Time 4-6pm (Coach V and I have school that day!)**
- ☺ **Wednesday, 9/1 Time 2:20-3:45 Happy 1<sup>st</sup> day of school!**
- ☺ **Thursday, 9/2 Time 2:20-3:45 Teams announced today!  
Regular season practice time is 2:20 until 3:45pm. Games run later. Please have your rides there on time because I wait!**
- ☺ **Friday, 9/3 Time 2:20-3:45 regular practice to prepare for 1<sup>st</sup> game Tuesday! Will pass out uniforms. No school Monday!**

### **What Do You Need?**

- ☑ **No one will be allowed to tryout/practice without the signed permission form and health form or doctor's note of good health to play sports. Please make sure your yearly physical is up to date. Check records now-not a week before preseason! No exceptions. Forms available on school website under sports at [www.sprise.com/ams](http://www.sprise.com/ams).**
- ☑ **There is a fee of \$50 to play.**
- ☑ **Goggles are mandatory for all players. If you don't have any for tryouts, that's okay. The school has some to lend out. If you'd like your own pair, please be sure they are ASTM approved for field hockey. Not all lacrosse goggles are legal for field hockey.**
- ☑ **2 Mouthguards, shin guards, sneakers (in case of rain), cleats, water bottle, etc.**
- ☑ **Sticks provided if necessary.**
- ☑ **A positive attitude!**

### **Reminders:**

- ★ **Practice over the summer. I'd really like to see Amherst have a team in the summer field hockey league at Hampshire Hills. This will help us be a better team in the fall. See form attached.**
- ★ **I hope to see all of you at *cave girl camp*. New players can learn many skills there. Returning players, although I'd still like to see you at *cave girl camp* and league this summer, try an overnight camp for extra practice. Get this information from Ms. R. Some camps fill quickly!**
- ★ **Plan all of your doctor and orthodontist appointments around practices and games to avoid conflicts.**

**Questions or concerns? Call 765-1331 or e-mail [asrsports7@comcast.net](mailto:asrsports7@comcast.net) or [asrogers@sprise.com](mailto:asrogers@sprise.com)**