

Girls Middle School Field Hockey



I am so very excited for the season to begin!! All students who wish to participate in the exciting sport of field hockey, please be sure to follow the directions in this packet. If you have any further questions, please email me at Lynnmarie.Lawson@sayrevillek12.net. I cannot wait to see you all in September! ☺

○ Tryouts will start September 7th (Thursday)

- We will meet in the gym after school.
- Tryouts will run until 4:30.
- Parents can pick up their children in front of the Middle School.
- Wear sneakers and athletic attire. (You will sweat.)
- If you have a mouth guard, shin guards, or a stick, please bring them.
- Bring plenty of water.

○ Physical and Clearance Packet

- These must be handed in by AUGUST 1st!
- Packet must be returned to the main office in the HIGH SCHOOL.
- This is needed in order to participate in the sport.
- Having difficulty getting their physical done by the deadline due to insurance?
 - NJ MedExpress Urgent Care offers walk-in sport physical exams for \$30. This could be a convenient, one-time option to eliminate issues regarding physical dates.
 - This would help reset your annual physical appointment for the summer.

○ Prepare for Tryouts

- **Long Distance:** Try to run a mile three times a week.
- **Short Distance:** Try to sprint as hard as you can at least three times a week.
 - **You can do this on a track.** Sprint as hard as you can on the straight aways, and then you can jog lightly on the curves.
 - **You can also do this in your neighborhood.** Sprint as hard as you can up and down your street. It is easier to do with a friend! ☺



See you all soon!!

Coach Lawson ☺

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