

ERSKINE GIRLS SUMMER FIELD HOCKEY 2019
LET'S SPEND THE SUMMER GROWING AND DEVELOPING OUR SKILLS AND MOST
IMPORTANTLY...OUR TEAM!

MONDAY	TUESDAY	WED	THURS	FRI	SATURDAY
JUNE 17 Practice 7:30-9:00 am If you have no equipment come anyway and we will fit you with what you need!					
JUNE 24 Winslow League 5:00 at HS Field EA VS MVHS	25 6:00-7:30 pm Evening practice	26	27	28	29
JULY 1 Winslow League 7:00 at JH Field EA VS Messo	2 7:30-9:00 am Morning rise and shine practice!	3	4	5	6 BOTTLE DRIVE 9:00AM-12:00PM
8 Winslow League 5:00 at HS Field EA vs WTVL	9 7:30-9:00 am Morning rise and shine practice!	10	11	12	13 BATTLE FOR BREAST CANCER THOMAS COLLEGE 2:00-9:00
15 Winslow League 7:00 at JH Field Dexter vs EA	16 6:00-7:30 pm Evening practice	17	18	19	20
22 Winslow League 5:00 at HS Field EA vs LHS	23 7:30-9:00 am Morning rise and shine practice	24	25	26	27

29 Winslow League 6:00 at HS Field Winslow vs EA	30 7:30-9:00 am Morning rise and shine practice!	31	AUG 1	2 CAMP PREP 4-5:00PM	3 FH CAMP ALL DAY IF POSSIBLE PLEASE BE HERE. THIS WILL HELP GROW OUR PROGRAM! I NEED ALL ATHLETES PRESENT.
5-18 HANDS OFF *PLEASE READ BELOW					
19 TRYOUTS WILL BE EARLY MORNING! See below for important information	20	21	22	23	24 WINSLOW PLAYDAY! ALL DAY EVENT!

*DURING THE HANDS OFF PERIOD I WOULD SUGGEST THE FOLLOWING:

DISTANCE TRAINING (AT LEAST A MILE)

SPRINTS-JOGS

LADDERS (FOR AGILITY--IF YOU DON'T HAVE A LADDER, SPRAY PAINT WORKS, JUST DON'T USE GREEN (HAHAHA)

PLANKS AND PUSH UPS

THIS WILL ALL BE AN IMPORTANT PIECE TO OUR SUCCESS THIS YEAR! WE NEED TO HAVE STAMINA AND SPEED.

IN REGARDS TO TRY OUTS, YOU SHOULD COME WITH ALL PAPERWORK IN HAND PRIOR TO TRYING OUT. PAPERWORK MAY BE FOUND ON THE ERSKINE WEBSITE UNDER ATHLETICS.

CONCUSSION FORM

PARENT/STUDENT PERMISSION CONTRACT

PRE-PARTICIPATION HEALTH HISTORY FORM

BOOSTERS FORM