

From: Coach Steve coachsteve@prfieldhockey.com
Subject: 2016 PRFH 9 Weeks to Tryouts
Date: June 12, 2016 at 1:21 PM
To: coachsteve@prfieldhockey.com

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Pine-Richland Field Hockey Update Email

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PINE-RICHLAND FIELD HOCKEY

Hi Team,

Tomorrow kicks off the 9 week countdown to tryouts!

The best way to come ready for the season is to participate in the team training that begins tomorrow at 8am. NextLevel has customized a field hockey sport specific, progressive training program designed to physically prepare you for tryouts and the season. You can register for the full 9 week program, by week or by session.

If you haven't already registered and wish to participate, arrive early and bring your form and payment tomorrow. Email questions to Coach Brad Spencer at BradSpencer72@gmail.com. You can find the form below or under [Forms](#) at www.prfieldhockey.com.

This Thursday we kick-off our 10th annual summer league. It is a 7 week program for you fresh up your basic skills and develop more advanced ones. All the high school and middle school coaches as well as youth coaches and college players will be back. We have weekly sessions planned to work on stick skills, attack and defensive skills, small sided games, and then full-field open play. Don't forget about our weekly contests and the forever popular water balloon launches.

If you haven't already registered, there's still time. If you can only make a few sessions and wish to participate, email me to work it out.

<http://leagues.bluesombrero.com/prfieldhockey>

Scholarships are available for the summer training program and the summer league. Email me for more info.

Remember that the 1000s club is required this year, and the 1000s club tracking sheets for skills and conditioning are due the first day of tryouts. You can find these forms below as well as under [Forms](#) at www.prfieldhockey.com.

I updated the team web-site. You should be able to find information under posts and on specific pages. I started to update the team calendar but it is incomplete. See the [Calendar](#) page at www.prfielddhockey.com. NOTE- we are off Labor Day weekend this year! We have games on four Saturdays (9/10, 9/17, 9/24, and 10/1). The other weekends are off. The game schedule is finalized and will be posted soon. I am still finalizing the practice schedule with the athletic office.

You can find these emails posted under [PRHS](#) at www.prfielddhockey.com.

Team news is posted below. Most are a repeat of last week's. New are a reminder of the Skoolsports USA Field Hockey Camp and a free performance evaluation offered by Revolution Physical Therapy.

-Coach Steve

cell 412-585-4129

coachsteve@prfielddhockey.com

Skoolsports USA Field Hockey Camp

The PRHS location has been cancelled. The camp is accepting registrations at the Shady Side Academy location, June 27-29.

REGISTER: www.skoolsportsusa.com/camps

Free Performance Evaluation by Revolution Physical Therapy

The Performance Evaluation is a head to toe screening to identify musculo-skeletal imbalances that may predispose an athlete to injury. Revolution will provide a custom playlist of corrective exercises through our video portal to each athlete based on their PE findings.

Female athletes are up to 10 times more likely to tear their ACL than their male counterparts. And even more concerning is the fact that these injuries occur 80% of the time without contact. This means that an athlete is just running, jumping or cutting and their ACL tears. The good news is, we can identify risk factors and provide corrective exercises to help prevent this from happening.

FYI, only 20% of male ACL tears on non-contact.

The PE only takes about 15 minutes. Call to schedule: 724-790-8830

THE P.E. ONLY TAKES ABOUT 15 MINUTES. CALL TO SCHEDULE: 724-799-8830.

We know Revolution can improve the safety and performance of athletes. Let us help keep you safe and help you reach your full athletic potential!

Janann Turner, PT
Revolution Physical Therapy
1013 Wexford Plaza Dr.
Wexford, PA 15090
724-799-8830

UPMC BASELINE CONCUSSION TESTING

ImPACT Baseline Testing is required every 2 years, and all 7th, 9th and 11th grade athletes should be tested in addition to any new students.

Friday, June 10, 2016

11:00am – Field Hockey

12:00 noon – Field Hockey

PRHS Rooms 417, 418 and 424

Make-up testing will be held in August.

SPORTS PHYSICALS

NO PHYSICALS DONE BEFORE 6/1/16 CAN BE ACCEPTED

Forms: [2016-2017 Sports Physicals Forms](#)

YOU CANNOT TRY OUT UNLESS THE PACKET IS IN BY AUGUST 8TH.

SUMMER TEAM TRAINING

Get ready for the season with our 9-week progressive training

program which begins on **Monday June 13th**.

Form: [2016 PRFH Summer Training Registration Form](#)

Questions? Email Brad Spencer at BradSpencer72@gmail.com.

Scholarships are available. Email coachsteve@prfieldhockey.com.

SUMMER LEAGUE

Don't forget to register for our 10th annual Thursday evening Summer League which begins on **June 16th**.

Register: <http://leagues.bluesombrero.com/prfieldhockey>

Flyer: [2016 PRYC Summer Field Hockey Flyer](#)

Scholarships are available. Email coachsteve@prfieldhockey.com.

1000s CLUB

High school players are required to complete the 1000s club program over the summer and bring their completed forms to the first day of tryouts.

Completing the skills and conditioning over the course of the summer months readies players for tryouts and the season.

See below for our PRFH YouTube Channel for the skills playlists.

Players can either follow a self paced conditioning program or register for the summer team training program.

[PRFH 1000s Club Guidelines](#)

Tracking Sheets:

[2016 PRFH 1000s Club Field Player Tracking Sheet](#)

[2016 PRFH 1000s Club Goalie Tracking Sheet](#)

[2016 PRFH Summer Conditioning Tracking Sheet](#)

YouTube Playlists:

[1000s Club Field Player YouTube Playlist](#)

[1000s Club Goalie YouTube Playlist](#)

Programs:

[PRFH Self Paced Conditioning Program](#)

[2016 PRFH Summer Training Registration Form](#)

SUMMER SOCIALS

At the spring team meeting, we announced summer socials for the team:

June - Seniors

July - Juniors

August - Sophomores

In addition, our seniors will be connecting with underclassmen players this summer to build relationships and organize social events as well as get together to work on skills.

More info. to come.

SUMMER TEAM CAMP

University of Maryland, Session 1: Sun. July 24th - Wed. July 27th
Final Payment due **June 15th.**

OTHER SUMMER OPPORTUNITIES

TGT Club

Wednesdays & Saturdays, Begins June 1st

2016 TGT Flyer

[2016 TGT Flyer](#)

[2016 TGT Registration Form](#)

[2016 TGT Waiver Form](#)

Venom / RutgerSports

July 16-19

Mt. Lebanon High School

<http://rutgersports.com/field-hockey-camps/>

Midwest College Exposure Camp

Date: Monday, July 18th and Tuesday, July 19th

Location: Dexter High School outside of Ann Arbor, MI

Who: All 9th and 12th graders - this is geared toward the serious hockey player

Cost: \$215 per athlete

Housing: Athletes will be responsible for their own housing, we are working on securing a block of rooms at a reduced rate at a local hotel. Athletes will only be supervised during practice times.

[Camp Brochure](#)

[Online Registration Link](#)

Slippery Rock Field Hockey Camp (Individuals)

August 5-7

[Camp Brochure](#)

[Online Registration Link](#)

TRYOUTS, PRE-SEASON & FALL SCHEDULES

We are still finalizing our dates and times with the Athletic Office.

NOTE: THE SCHEDULE POSTED ON THE ATHLETIC PAGE IS NOT ACCURATE!!

TRYOUTS:

August 15-17

4:45pm - 8:15pm

PRHS Stadium

Meet inside the visitors gate

Remaining schedule to be announced.

Our mailing address is:

Pine-Richland Field Hockey
700 Warrendale Drive
Gibsonia, PA 15044

[Add us to your address book](#)

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The MailChimp logo is displayed in a white, cursive font within a dark gray rounded rectangular box.