

# Suffield Middle School Interscholastic Field Hockey 2015



## **Basic Info:**

1. You **MUST** have an updated physical and medical form signed by your physician on file with our school nurse, by 7:35 AM (the start of the school day) on **September 8<sup>th</sup>**.
2. Open to girls, grades 6-8.
3. **FH Meeting: Tuesday, September 8<sup>th</sup>**. This Tuesday 2:30-4 pm. We will meet in the hallway of the school just outside of the girls' locker room and we will talk about our exciting season!!!!
4. **First day of practice: Wednesday, September 9<sup>th</sup>**. We will meet in the girls' locker room.
5. Practice runs from 2:30-4:00 Monday, Wednesday, Thursday, and Friday, unless there is a game.
6. Games begin at about 3:45 PM.
  - a. **Home Games:** played behind the basketball courts between the Suffield Middle School and McAlister Intermediate School.
  - b. **Away Games:** Bus transportation is provided. If you are being brought home by a parent after an away game and **not** taking the bus, a written note must be provided **before the game starts** to Coach Lopez.
7. ***Please be sure to arrange for a ride home promptly when practice or games end, and that a parent or carpool is on time to pick you up each day.***

*\*Late buses run Monday, Wednesday and Thursday as well, for those that cannot get transportation home on practice days.\**
8. You **MUST** have the following items:
  - a. Mouth Guard
  - b. Shin Guards
  - c. Eye Protection- goggles or eye cages (plastic goggles are cheaper, but may fog up). **The school has some to borrow.**
  - d. Cleats **and** sneakers (cleats are preferable because a wet field is very slippery). If it's raining we might practice in the gym.

*You will be assigned a locker and provided with a lock in the girls' gym locker room to safely store your belongings during the school day and practice.*

9. Optional items:

- a. Field Hockey stick **(the school have some to borrow)**
- b. Field Hockey ball to practice at home

10. Other info:

- a. Each player will be provided with a uniform. Shorts must be worn under skirts for games.
- b. Equipment (sticks, eye cages, mouth guards, cleats, etc.) can be found at various sporting goods stores, or at websites such as [www.fieldhockeystuff.com](http://www.fieldhockeystuff.com), [www.longstreth.com](http://www.longstreth.com); especially if you need help with deciding which size stick is best for you.

We are looking forward to an exciting season for returning and new players!

Please come see me with further questions.

I hope to see you at our **first meeting Tuesday, September 8<sup>th</sup> or at our first practice on Wednesday, September 9<sup>th</sup>!**

**Coach Lopez**

**Email:** [mlopez@suffield.org](mailto:mlopez@suffield.org)