

2009 – 2010
SAINT URSULA ACADEMY
FIELD HOCKEY PROGRAM

HOME FIELD Saint Ursula Academy – Schottzie Field

PRACTICE FIELD Spinney Field - Downtown

TEAMS – As in past years we will have two teams consisting of Varsity and Reserve teams.

SUMMER CAMPS are strongly encouraged and additional information will be added to our website as it becomes available.

TEAM CAMP – Indiana University Field Hockey Camp will be considered our SUA Team Camp. Camp dates are July 23rd through July 26th on the Indiana University Bloomington campus. Additional information and camp brochure can be downloaded at the following link:

http://iuhoosiers.cstv.com/auto_pdf/p_hotos/s_schools/ind/genrel/auto_pdf/09fieldhockey

OTHER LOCAL CAMPS

- The 2008 Gateway Camp – Cincinnati will be held at Summit Country Day School on Monday and Tuesday June 15th and 16th. Registration begins on Monday, June 15th at 8:30am and camp runs in two sessions from 9:00am to 1:00PM and again from 4:00 to 8:00PM. On Tuesday, June 16th camps runs from 9:00 to 12:30PM and 3:30 to 7:00PM. Gateway camps are SANCTIONED by the NFHCA, the USFHA and high school federation rules. Camp link: www.gatewayfieldhockey.com/goal.htm
- Steve Boniface Individual/Team Camp will be held June 6, 7 and 8th from 9:00am to 5:00pm at Summit Country Day.
- For additional camp information out of state, contact www.usfieldhockey.com or the SUA athletic department at 961-3410, ext. 129.

OPEN FIELD WORK-OUTS will be held on the following days and times: June 9, 10 & 11 from 5:30 to 7:30 PM. July 10 from 5:30 to 7:30 PM and July 11 from 8:30 to 10:00 AM and 5:30 to 7:30PM. July 27, 28, 29, 30 and 31 from 5:30 to 7:30 PM. Open Field Workout sessions will be held at Spinney Field. These ten days listed above will be used to develop skills in preparation for try-outs. Although the above dates are not mandatory they are strongly recommended.

CONDITIONING As with last year, it is expected that all conditioning training will take place during the week, which will be organized by team representatives. Pre-season conditioning will begin June 5, 2009. For additional information and details contact team members Mariella Grote at 289-6692 or you may also contact Olivia Hnat, Emily Gruesser or Rachel VanZile.

STUDENT PARTICIPATION FORMS are required by July 1, 2009. ***NO FORM IN HAND: NO PARTICIPATION.***

TRY-OUTS will begin on Monday, August 10th with a timed One-Mile run at Lunken Playfield. The One-Mile run should be run in under 10 minutes. Meet at the golf course driving range. Try-outs will continue at Spinney Field on Monday through Wednesday, August 10 through 12 from 5:00 to 7:00 PM. Teams will be announced at the end of the day on Wednesday, August 12, 2009.

ATTENDANCE – Once the teams are picked, attendance is mandatory for all practices, scrimmages and games. If you believe this will be a problem, please do not plan to attend try-outs.

ATHLETIC TRAINER – Cincinnati Sports Medicine supplies a trainer during the fall each day after school for three hours.

PRACTICES will be held Monday through Friday and by schedule on the weekends depending upon teams. Practice times will be announced later this summer.

PARENT/STUDENT-ATHLETE MEETING will be held Tuesday, August 18, 2009 at 6:00 PM in the SUA Gymnasium / Convocation Center. It is mandatory that at least one parent and the student athlete attend this meeting. If a parent cannot attend, please contact the athletic director at least 72 hours in advance. **ALL ATHLETIC FEES AND PARTICIPATION FORMS ARE DUE AT THE PARENT/STUDENT-ATHLETE MEETING.**

GAME SCHEDULE for the season will be distributed at the Parent/Student meeting. Changes will be updated on the SUA web site.

FOR ADDITIONAL INFORMATION you may contact Mike Sipes in the athletic department office at 961-3410, ext. 129.