

2011 – 2012
SAINT URSULA ACADEMY
FIELD HOCKEY PROGRAM
State Champions 2010
State Final Four 2009

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.

QUEEN CITY FIELD HOCKEY CAMP – This camp is for all players who wish to learn how to play field hockey and/or to improve their skill level. Camp will be held at Spinney Field. Camp dates are July 22 & 23, 2011. Cost is \$90.00.

TEAM CAMP – Michigan Field Hockey Camp will be considered our SUA Team Sleep Away Camp. Camp dates July 10-13, 2011. www.michiganfieldhockeycamp.com

OTHER CAMP RESOURCES

- For additional camp information contact:
 1. National Field Hockey Coaches Association at www.nfhca.org
 2. USA Field Hockey at www.usfieldhockey.com
 3. or Head Field Hockey Coach Sarah Catlin at 961-3410, ext. 160.

OPEN FIELD WORK-OUTS will be held on the following days and times: July 5, 7, 14, 19, 21, 26 & 28, 2011 from 5:00 to 7:00PM. Open Field Workout sessions will be held at Spinney Field. These seven 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 the program seniors. It is expected that a candidate for the Varsity team will run a sub 8:00 minute mile.

STUDENT PARTICIPATION FORMS are required by July 1, 2011. ***NO FORM IN HAND: NO PARTICIPATION.***

TRY-OUTS will begin on Monday morning August 1, 2011 with a timed One-Mile run at Lunken Playfield. Try-outs will continue at Spinney Field on Monday through Wednesday, August 1 through 3 from 5:00 to 7:00 pm. Teams will be announced at the end of the day on Wednesday, August 3, 2011.

ATTENDANCE – 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 typically run from 5pm to 7pm for Varsity and 5 to 6:30pm for Reserve.

PARENT/STUDENT-ATHLETE MEETING will be held Monday, August 15, 2011 at 6:00pm 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 website.

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