

Arlington Field Hockey 2020

Coaches:

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Open Gyms: To be determined. (Open to anyone interested in trying out for the Arlington Field Hockey team. Grades 8-12)

Tryouts Dates & Times:

- Tryout dates: **Monday August 24th -- Saturday August 29th.**
- There will be two sessions a day during tryouts. **The times for tryouts are to be determined.**
- Cuts meetings will immediately follow the last session of tryouts.
- **Please check the Arlington Athletics web page frequently for updates regarding tryouts, practice/game schedules, and other important information:** http://ahs.arlingtonschools.org/pages/Arlington_High_School/Arlington_Athletics/Team_Sites/Girls/Field_Hockey
- Our social media accounts also offer frequent updates:
Instagram: [@admirals_fieldhockey](https://www.instagram.com/admirals_fieldhockey) Facebook: Arlington Field Hockey Twitter: [@coach_maher](https://twitter.com/coach_maher)

Mandatory Team Practices:

- **Mandatory practices will begin on Monday, August 24th and will run through the end of the season (Monday-Saturday).** Please do not make any plans for these dates as we have very little time to get our required practices in before games/scrimmages begin.
- ***Note:** There will be some practices on Saturdays as well as some games!

Player Expectations:

- **Running:** A timed mile will be a part of the tryouts. A 7:15 mile time is the goal for aspiring Varsity players. Players run an estimated total of 5.6 miles per game, so it is important to start running/training prior to tryouts!
- **Skills:** Players should be able to carry the ball with skill, control, and speed. Players should be able to quickly and accurately pass the ball. (Goalie skills: Kicking/Clearing, hand/stick saves, & saves lying down)
- **Game Sense:** Players should have a strong understanding of how the game works (positioning, rules ect.)
- **Attitude:** Good sportsmanship, coachability ect.
- **Accountability:** Be on time. Be prepared. Be aware of your practice/game schedules.

Equipment:

Stick (no sticks with scoops in the toe. Section 1 has warned that these sticks will be illegal at the high school level)

Shin guards (must reach up to just below the knee caps)

Goggles (must meet the ASTM F2713-09 Requirements for Field Hockey. No Lacrosse goggles!)

Mouthguard

Turf shoes/cleats

Getting Cleared to Play Prior to Tryouts: (Family ID Registration):

*** Medical forms can be found in the “Athletics” section on the Arlington High School website**

- As required by the New York State Education Department, all students planning on playing a sport must have an Athletic Physical. Before participation in each sports season, parents must complete the Athletic Registration on Family ID. Parents will find a link to this website on the Arlington Athletics webpage. After parents submit health information for their child, the information will be reviewed for sports clearance.
- The Arlington School District offers high school students Athletic Physicals during January and June Regents week only. June physicals are for fall and winter sports. January physicals are for spring sports. Physicals are done by appointment only. Students must sign up in the health office for their physical. Dates for physicals will be posted in school and on the Athletic web page.) (**SEE COVID-19 UPDATES/ GUIDELINES FOR TO THE INFORMATION ABOVE**)
- Private physicals will also be accepted but must be reviewed by the district’s Medical Director. The Medical Director will review and give final clearance. In order to have a private physical reviewed; parents must fill out an Athletic Health History and submit this with the physical. The physical MUST clearly state that your child is cleared for sports participation.
- Clearance notes, including diagnosis, are required from the student’s doctor, for any recent injuries, surgery, or chronic illness. The note must say that the student is “Cleared for participation in interscholastic sports with no restrictions.”
- An “Emergency Medication Doctor’s Order Form” is required for any student needing an inhaler, Epi- pen, or Benadryl. This form is mandatory for all students requiring these medications. *These forms must be updated yearly.

Please call the Health Office with any questions at 845-486-4860, Ext. 31313. Documents may be faxed to 845-350-4182.