



AMHERST EAGLES FIELD HOCKEY 2021

Announcements from Coach Rogers

We have 2 teams-considered an A and a B team. Both are given a full schedule of official games with their own playoffs and championship game! The teams are in different divisions so never play each other. We practice together when both teams do not have games. We consider ourselves one giant team much as they do when they go play for Souhegan High School regardless of Freshman, JV, or Varsity. Sometimes players need development of skills before they are ready for A team contests. Because we have 2 teams, we are able to take many players especially since this is such a new sport for so many people. All will be explained at tryouts. People who don't attend tryouts will not be eligible to participate on either team.

Tryouts and preseason practice dates for 2021:

****Please note! Our field is behind AMS****

★ **Tryouts 8/30-9/3**

Monday 8/30 from 3-5pm

Tuesday-Friday tryouts are right after school until, we believe, 5pm but will let you know as we find out since we are on a new schedule. This will be our regular practice time until the season ends around the end of October.

★ **Games run later. Please have your rides there on time because we wait for you. No players are left alone to wait for rides.**

What Do You Need?

No one will be allowed to try out/practice without the signed permission form and health form or doctor's note of good health to play sports. Please make sure your physical is up to date. Check records now-not a week before preseason! No exceptions. Forms available on AMS school website <https://www.sau39.org/domain/59> There is a fee to play due before the first game. The Athletic fee is \$75.00 per athlete.

Equipment: Goggles are mandatory for all players. All eyewear must be permanently labeled with the ASTM 2713 standard in the 2021 fall season. Not all lacrosse goggles are legal for field hockey. It is my understanding prescription sport goggles are legal. Sticks provided if necessary. You need 2 mouth guards, shin guards, sneakers (in case of rain), cleats, water bottle, etc. Always be prepared for indoor practice in case of rain. Have sneakers at school always.

Check out <https://www.longstreth.com/FIELD-HOCKEY-EQUIPMENT/departments/1008/> for info about the sport of field hockey, rules, and equipment specifications and to buy equipment

Plan all of your doctor and orthodontist appointments around practices and games to avoid conflicts.

Reminders:

★ Practice over the summer and try to run and do other activities to get fit! Our first game is very early in the season which doesn't give us much time to prepare.

★ Opportunities to learn to play field hockey over the summer are close by!

Cave Girl Summer Programs:

Field Hockey League Tuesday nights starting June 22nd from 5-6pm at the Souhegan HS turf. You do not have to know how to play to do this. There is enough instruction to get you into the game! This will help us be a better team in the fall. Another way to play is to attend **Cave Girl Field Hockey Camp** running from 7/26-7/30 at Saint Anselm College in Manchester, NH for beginners through advanced. **Cave Girl Preseason Prep Clinic** 8/16-8/20 right on our own AMS field! The perfect combination to prepare you for your upcoming season-camp for instruction to get that edge, league for weekly game play, and preseason prep to be sure you are ready for tryouts!! The more you play field hockey together, the better your field hockey team will be. Learn more about Cave Girl Field Hockey and register for camp, league, and clinic at <http://www.cavegirlfieldhockey.com>.

****If you are new to AMS Field Hockey, email me to get added to our list to receive updates for the Fall 2021 season. Contact me with any questions at 765-1331 arogers@sau39.org -Coach Rogers**