YOU MUST HAVE AN OHSAA PHYSICAL & ATHELTIC PAPERWORK COMPLETED ONLINE BEFORE FIRST DAY OF TRYOUTS! This should be completed online through Magnus Health.

FIELD HOCKEY 2019 (Grades 9-12)
Varsity Head Coach: Kelly Carioto (kcarioto@hb.edu)
Assistant Coach: Kris Tarase
Assistant Coach: Lisa McKenna
Assistant Coach: Eric Dimitrov
Assistant Coach: Olivia Bridges

PROGRAM STRUCTURE
There will be a Varsity Team and a Junior Varsity Team.

SUMMER FIELD HOCKEY SESSIONS & CONDITIONING
Saturday, June 8- All Day ---Full team Clinic @ Shaker Hts High School with Kelli Smith Puzo- 2 time Olympian and director of Field Hockey for Life.

Team Camp: Allegheny Camp: July 15-18
Registration cost is $425 for an individual, and $400 for a team of 11 or more players.
Gators' head coach coach *Valerie Lohr* will serve as the camp supervisor, and will be assisted by Allegheny's assistant coach *Margaret Maclean*.

Allegheny Team camp brochure
https://alleghenycollege.wufoo.com/forms/field-hockey-team-camp/

Registration
https://alleghenygators.com/documents/2018/9/27//2019_field_hockey_camp.pdf?id=1760

Summer Training Dates:
Tuesday and Thursday 5:00 p.m. -7:00 p.m.
June 11, 13, 18, 20, 25, 27, July 9, 11, 16

SUMMER INDIVIDUAL SPORTS PERFORMANCE TRAINING SESSION: Coach Capriotti will host strength and conditioning sessions in the weight room this summer for high school athletes. The gym and turf field will also be open for athletes in grades 9-12. This is an important phase of any sport specific conditioning plan. An intentional off season (summer) training game plan will encourage a better level of fitness for competition success while addressing any imbalances in an athlete's profile.

Where: HB's Weight Room
When: Monday and Wednesday- June 5- July 24
Time: 4:30-5:30 PM

TRYOUTS
August 1st , 2nd and 5th @ HB – 3:00-4:15 p.m. and 5:15 pm- 6:45 p.m.

PRACTICES
August 6th – August 9th @ HB – 3:00-4:15 p.m. and 5:15 pm- 6:45 p.m.
August 12th –August 16th @ HB 5:00-7:00 p.m.
August 16th – HB Athletics 104 Seminar 1:30 p.m. – 3:15 p.m.
August 19h & 20th @ HB-- 3:45 p.m. -5:45 p.m.

FIRST GAME- We have not received the league schedule from the aassignor.

SPECIAL NOTES
Plan ahead for the following weekends:

- **Saturday, August 24th @ Upper Arlington**
- **Saturday, September 7th @ North Allegheny (PA)**
- **Friday, September 13- Light the Night 6pm-8pm**
- **Saturday, September 14th – Homecoming games**
- **Saturday, September 21st @ HB**
- **Saturday, September 28th @ HB**
  Below, you will find the OHSAA Tournament Schedule.
  Please plan ahead for the following dates:
- – OHSAA State Qualifying Rounds Begin October 15th
- – OHSAA –State Semi Finals – November 2nd
- – OHSAA State Finals – November 3rd

MANDATORY PARENT/PLAYER MEETING: This is a requirement from OHSAA for both parent/guardian and student/athlete to be present at this meeting. Without your presence, your daughter will be ineligible to participate until you have both attended a meeting and completed the necessary paperwork. The fall preseason meeting will be held on Wednesday, ***August 7, 2019 at 6:00 p.m. in the dining hall.*** This is an annual OHSAA requirement for all parents/guardians and student athletes.

HB Athletics 104: Mandatory for all fall athletes: Wednesday, August 14- 12:30-2:15 pm at HB

Senior Banner Photos: Tuesday, August 6 at 4:00 p.m.

TEAM PHOTO: Tuesday, August 13 at 4:00 p.m.

SENIORS – Please plan your college visits: Use the following dates: Wednesday, October 16, Thursday, October 17 and Friday, October 18, 2019

FALL COLLEGE TESTING DATES: PLEASE PLAN ACCORDINGLY
SAT:
August 24, 2019 – there is a FH game scheduled this date
October 5, 2019

ACT:
September 14, 2019
October 26, 2019 – potential playoff game date

****All dates and times above are subject to change.**