

## Patrick Henry Field Hockey Tryouts and Practices

**When:** Tryouts will be held on August 16-20 at PHHS. The team will be announced at the end of the Aug 20th practice.

**Try-Out Times:** Monday-Friday 10:30-12:30 and Monday-Thursday 5:30-6:30.

**Team Practice Begins:** Aug 23<sup>rd</sup>

**Times:** Monday, Tuesday, Wednesday 4:30-6:30 Stadium Turf at PHHS (9/22 Wed. grass)  
Thursday 3:30- 5:30 Grass Field (upper field at PHHS)  
Friday-TBD

### **What to Bring:**

- *Report Cards:* Make a copy of your last semester grades. Incoming freshman bring a copy of your last report card. You must have a 2.0 GPA in both academics and citizenship to be eligible to make the team.
- *Proof of a Signed Medical Physical Exam:* You must have an athletic medical form signed by a doctor to be eligible to try out. Go to the PHHS website to download the information at <http://henry.sandi.net/athletics/index.php>
- *Athletic participation Form:* Fill out completely and sign. Forms can be downloaded at the PHHS website:

[http://henry.sandi.net/forms-policies/athletics/participation\\_form.pdf](http://henry.sandi.net/forms-policies/athletics/participation_form.pdf)

- *Proof of Health Insurance:* Bring a copy of your medical insurance card.
- *Equipment:* mouth guard, shin guards, field hockey stick. (we do have some sticks to use) and water.

**Game Schedule:** the 2010 games schedule has been posted to the field hockey website.

**Questions:** Please contact Coach Bill Nelson at [nelsonsgonskiing@aol.com](mailto:nelsonsgonskiing@aol.com)  
(CIF no contact period till 8/9).

**For booster club information please email [pahsfieldhockey@yahoo.com](mailto:pahsfieldhockey@yahoo.com)**