1. Start Date: August 19th (mandatory for all 9-12 grders)
2. Pre-season practices are 8:30-11:00 Monday – Friday (9th-12th grade)
3. Modified start date TBD
4. Game schedule attached-more will be added
5. SUMMER PICK UP HOCKEY IS BACK!!! Mondays (starting July 15th) @ the Salem fields from 6:30-8 pm. This is open to all players entering 7th grade and up. Yes..."and up" includes our alumni. All hockey players are welcome.
6. Summer Camp @ Skidmore:
   a. Individual camp: August 5-9; 9am-3pm M-Th; Fri 9-noon $255/player
   b. Registration: www.skidmore.edu
   c. Skidmore Team Camp-Salem will be sending a varsity team: August 5-8; M-Th 5-8pm; $170/player (We need a group of 10...contact Coach Riche ASAP to fine out more and secure your spot)
7. Burr and Burton FH camp:
   July 15-19 (8-12 grade 8:30-12:30); (3-7th grade 1-3 pm)
   Registration: camps.burrburon.org
8. Get equipment in your hands: contact Coach Riche for a stick and a ball to borrow for use in your back yard.
9. Varsity Coach Stacy Riche contact information:
   a. Cell: (518) 796-1521
   b. Home: (518) 854-9122
   c. Email: sriche@salemcsd.org
10. Like the Salem Field Hockey Facebook page and see some of our history, as well as updates throughout the year.

We are very excited to start another field hockey season as Salem-Cambridge Field Hockey. We look forward to continuing “The Start of Something Great” and we are all very excited to work with you.

Coaches,
Stacy Riche
Sandy Adams
Carol McPhee
Laurie Fronhoffer
July 11, 2019

Dear Field Hockey Players,

    Well, another season is sneaking up on us. Preseason for all 9th through 12th graders is a mere 5 weeks away. That’s right, you seniors will start your last first day of preseason on Monday, August 19, 2018 at 8:30 a.m. Please be sure to mark your calendars tonight. More importantly, don’t waste any time getting ready.

    The modified practices will start toward the end of August, with an exact date to be determined. We will reach out to the roster of modified girls individually with more information. The following information is relevant to all players, 7th-12th grade.

What do you plan to do to get ready?

* I encourage you all to look up the “Couch to 5k” challenge! It is a very easy gradual approach to getting yourself back in shape. Many of you never got yourself out of shape...way to go! Some of you may be sitting here worried about the running. Well, worry no more. If you follow this program you will be ready to run a 5k in 9 short weeks. You do not have 9 weeks before preseason, but this is a great way to get you started in the right direction. Remember that the average link (mid fielder) runs 3 to 5 miles per game. As you know, field hockey is a game of walking, jogging, and sprinting. It is therefore important to incorporate all running speeds into your training program.
* If you can work on **core, back and hip strengthening** you will better prepare your body for the rigors of field hockey as well. Good luck in your training girls!

* **Team up and work together.** It will help you stay committed to a program and improve the team overall.

**Other ways to prepare include the following:**

* **Summer camps...**tons of info online...check it out!!! I have attached information for Skidmore individual/Team and Burr and Burton individual camp. I’d like to get the varsity team to commit to Skidmore’s team camp. Again, there is a ton of info online!

* **Summer team run night...**you seniors can organize a team run night. It’s up to you. Let’s work together and get in shape as a team!!

* Our fields are always open. Meet a friend at school and dribble the ball. The cage should be out all summer for girls to access at your convenience. No cage? No worries...just work on dribbling and passing with a friend.

**PICK UP HOCKEY NIGHT IS BACK!!!!** Starting Monday, July 15th we will meet at the Salem field from 6:30-8:00 pm. Reach out to alumni and come have fun with fellow hockey players. This is open to all players entering 7th grade and up from CCS and Salem.

As you know we are Salem/Cambridge field hockey. As of today we have 10 Cambridge girls interested with the hopes of more to come. Our goal is to reinstate a JV squad. Therefore it is important to get as many girls to preseason as possible. If you know of a girl who wants to play hockey talk to her, persuade her, or drag her to pick up hockey nights to feel it out. We need more girls to play and keep building strength in our program. With that being said, DO NOT solicit/recruit soccer players. If girls are committed to another team then leave them be. We want to get those girls that are doing nothing. Let’s try to get girls that aren’t playing to try our sport and find out why we love it so much!!!
I ❤️
Field Hockey

It is an expectation that you commit to preseason. Every minute of every practice is vital. We start our game schedule the first week of school. We need every girl as ready as possible. Therefore, **preseason is mandatory**! If you have circumstances that you cannot avoid you need to **contact me as soon as possible** and discuss your options.

I look forward to starting my 14th season coaching here at Salem. I am looking forward to continuing to develop and grow the program through the merge with Cambridge. We have an opportunity to continue to share our love of the game with CCS student athletes. You can help support the “start of something great” with your continued support of Salem-Cambridge field hockey.

I tell each group of girls at the start of each season the same thing...be prepared!!! Don’t walk on the field in August without putting the work into it. Get physically and mentally ready. Every team has the potential to go far and win championships. This year’s team is definitely one of those teams. I have every ounce of confidence in you ladies. **“Believe!”** You will get out what you put into it. We look forward to seeing you over the summer.

Do not hesitate to contact myself, Stacy Riche, with any questions.

Stacy Riche, varsity(c) 796-1521 or (h) 854-9122  **sriche@salemcsd.org**

Sandy Adams, varsity assistant

Carol McPhee, JV

Laurie Fronhofer, modified

Jackie Nolan and Cassandra Connetty, youth coaches