

Try Out Guidelines for Field Hockey

Try outs will be open to any high school female regardless of previous experience. Camp and clinic information will be made available, but are not a requirement or a guarantee for making a team.

A calendar of try out days, practices, and game are given to all potential players and all time commitments must be fulfilled unless an unexpected emergency arises. Try outs may extend through the first scrimmage if the numbers and skill level warrant and no cuts are made before the third day of try outs.

The try out period will include a level of cardiovascular fitness such as timed runs as well as demonstration and exertion of various skills and implementation of such skills in a game setting. Basic athleticism will also be evaluated, such as cutting the ball, receiving and sending the ball on the move, using one's body to shield the ball, and the power and quickness of various skills.

Coachability, a positive attitude, and a strong work ethic will also be considered.

Physical and emergency care card forms must be turned in to Coach Davis no later than the first day of try outs. The players will also have to complete other forms, such as jogging off campus, a participation policy, communicable disease waiver, and a contract which involves performance in academics, practices, games, and care for uniforms and equipment. They will need to have paperwork completed regarding driving/riding to and from games.

Those players not selected will be encouraged to be a manager, statistician, etc. and will still be provided with hockey information throughout the year.

Coach Teri Davis
June, 2008