

*Arundel High School  
Field Hockey  
Summer Workout 2009*

To: All Perspective Field Hockey Players for the 2009 season

From: Coach Grava           [agrava@aacps.org](mailto:agrava@aacps.org)  
Coach Kohler           [rkohler@aacps.org](mailto:rkohler@aacps.org)

Date: Summer 2009

Re: Preseason Information

When you come to preseason tryouts and camp on August 15<sup>th</sup> you must BE IN SHAPE and READY TO COMPETE. As the competition improves, we must improve. We need more than talent... we need dedication, hard work, and commitment.

Come to preseason PREPARED TO PLAY. The high school game is fast and skilled; you must be ready. You need to work hard now to get in shape so that we do not waste time on conditioning during tryouts and preseason, but rather we work on the game of field hockey. If we spend too much time working on conditioning during preseason due to a lack of commitment, dedication, and hard work by players during this summer, we will not be ready to play... and we will not win. Please note that EVERY DAY of practice (even the day before a game) will start with conditioning of some type. How well you condition prior to the season likely dictates how much running we will do on a daily basis.

Now also is the time to improve your diet. Cut out fatty foods like french fries, chips, and junk food. A healthy diet is important to performing at a high athletic level. Drink lots of fluids during the day and as you work out; decrease or stop your intake of soda (including diet soda). Drink water, juice, and milk. Cut out excessive sweets and candy. Do not stop eating, just eat healthy and well. You will need a strong, healthy body for the season.

The following work-out plan is geared to assist you in conditioning your body. Ultimately, you are responsible for your physical condition. Our success as a team depends on you individual success. You must get your mind and body accustomed to hard work. During the season we only have one day off each week. That pace lasts from August 15<sup>th</sup> to the beginning of November. You must be prepared.

Using a field hockey field or track as a basis for your work, always jog two laps to warm up, footwork/agility followed by stretching for fifteen minutes. Also, STRETCH during and after your work-out as needed. Try to use the same workout site for consistency so you can gauge your improvement. Try to improve with each work-out.

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When you report for tryouts on August 15<sup>th</sup> at 7 am, you must have:

- Current physical (done after June 1<sup>st</sup>)
- Parent Permission Form (signed by both you and a parent)
- Shin Guards
- Mouth Guard (molded)
- Hockey Stick
- Hockey ball
- Cleats
- Sneakers
- Water (at least 32oz.)
- Any medicines that you may require (inhalant, epipen, etc)

The running test that you will be asked to perform on the 15<sup>th</sup> is as follows:

- 1 mile run (expectations are below 7:30)
- 10 x 200's (up in 18 sec, back in 42 sec)

Obviously these will have adequate rest in between them.

This running test makes it VERY OBVIOUS who has spent their summer working hard, and who has spent their summer on the couch. This running test holds a lot of weight when we make cuts.