

## SOUTHERN REGIONAL MIDDLE SCHOOL FIELD HOCKEY

2009 SEASON – Coach – Mrs. Sarah Evert      [severt@srsd.net](mailto:severt@srsd.net); (609)618-1890

### IMPORTANT DATES

Physicals – June 3<sup>rd</sup>. You can not participate in practice if you do not have a physical. If you prefer to have one completed by your family doctor it must be filled out on the school's form. Please take care of this as soon as possible. If there is doubt as to the availability of obtaining a physical, please use the school's physician.

Mini Camp – Highly recommended/mandatory. August 17<sup>th</sup> – 21<sup>st</sup> 8 am – 11 am

Please make sure you bring:

Water, bug spray, snack, appropriate clothing, mouth guard, shin-guards, stick

If you have difficulty getting a ride please contact me.

First Practice - Thursday September 3<sup>rd</sup> – time yet to be determined. I will contact you a reminder this summer.

Be sure to stay active this summer. You will be running a lot in field hockey, if you are prepared and in shape this will tremendously benefit you as you learn to play!