

2022 PCEP Field Hockey Season

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Meet the Coaches

Coach Meagan

- Teaching for 14 years
- Played FH in high school
- 4 years coaching experience
- Certified Level 2 Coach

Coach Emily

- Teaching for 14 years
- Played FH in high school and 1 year in college
- 4 years coaching experience
- Certified Level 2 Coach



Our Coaching Philosophy

Family.

Mental Health.

Academics.

Field Hockey.

Summer Conditioning Expectations

- Optional team conditioning T, W, Th, starts 7/12
- Optional coach's practice on Wednesdays
 - Starts 7/13
- Summer conditioning packet
 - Turn in first day of practice 8/8
- Link: <https://bit.ly/3yKVISD>

Group Me communication

PLEASE JOIN to gain better communication with the coaches and teammates.

<https://bit.ly/3xcRhjy>



*parents welcome, mostly intended for athletes

Equipment

Mandatory by **Monday 8/8:**

- Mouth Guard (not clear)
- Goggles (Permanently stamped ASTM 2713)
- FIELD HOCKEY Shin Guards
- Cleats

FIELD HOCKEY GOGGLE



LACROSSE GOGGLE



Schedule

First game: 8/23

Last game: 10/12

Varsity plays first for all
4:30 games

JV plays first for all 5/5:30
games



Expectations

- Attendance
- Academic Eligibility
- Work Ethic & Attitude
- Communication
- Playing Time
- Details Matter
- Cell Phones

Questions?

Hustle,
Hit,
AND NEVER QUIT

