



Myers Park Field Hockey 2019

Website → www.cmsathleticzone.com → High Schools → Myers Park → Field Hockey

- **Welcome & Introductions**
 - Varsity Coach: Erica Adcock; erica.m.adcock@gmail.com
 - JV Coach: Alayne Henly
 - Assistant Coaches: Kelsey Melando (V), Shelly Page (JV)
- **Board Representatives**
 - Christie Hinshaw, President; Tracy Stouse, Secretary/VP Special Projects; Peg Deschamps, Treasurer; Susan Minges, VP Fields; Sidney Perkinson, VP Fundraising; Christina O'Dell, VP Marketing; Megan Anderson, VP Registrations
 - Volunteer expectations
- **Fees & Logistics**
 - Be sure and put parent(s) and student(s) name and email addresses on sign-up sheet for further communication
 - Varsity \$475, JV \$425 (transportation fee will be extra)
 - Registration requirements
- **Important Dates**
 - **MPHS Camp**
 - June 10-12 at Queens University Bessant Turf - Marion Diehl Sports Complex
 - 8am-12pm – open to rising 9th through 12th planning to try out for 2019 team
 - \$250; Registration is due May 15th, first come first served. Forms will be live on the website April 24th.
 - **IMPORTANT—a CMS High School Physical Form must be completed.** We cannot accept middle school or other school form.
 - No refunds after 5/31
 - **Duke Team Camp**
 - July 20-23; Sarah & Sidney Perkinson are contacts—sarah5perkinson@gmail.com; sidneyperkinson@carolina.rr.com
 - <https://dukefieldhockeycamps.com/index.php>
 - **Off Season Workouts**
 - Do them! Participate to stay in shape and in touch with your teammates & coaches!
 - Spring – (open to current MPHS students) Feb 11-May24 weight room only Mon, Tues & Thurs 3:30-4:15.
Mar 18-May 24 T/Th - Running 2:45-3/3:15ish, then weight room 3:30-4:15.
 - Summer workouts – (open to all trying out) June 17-20; June 24-27; Jul 8-11; Jul 22-25; Jul 30-Aug 1. See website for calendar details. Mixture of weight room, conditioning & turf time for skills and scrimmage play.
 - Sticker incentive program - Google sheet point tracker
 - **Tryouts**
 - August 5-7 8:30am-11:30am; Attendance expectations
 - Must register for tryouts and submit required forms prior to participation.
 - Fitness testing details, Evaluation Criteria and any other details will be available online
 - **Preseason**
 - Attendance expectations
 - Aug 8 8:30am-11:30am, Aug JV Play Day (all day 8am-5pm), Varsity 8:30am-1pm team event
 - Aug 12-16 & Aug 19-23 9:30am -11:30am practice at Bessant, Week of Aug 19 games start
 - Varsity – Davidson Play Day TBD (new coach); P4TC tournament Aug 16 & 17 at Cary Academy (overnight)
 - JV – Queens Play Day Aug 9, Mt Tabor Play Day Aug 24
 - **Regular Season & Post Season**
 - Regular practice schedule starts Aug 26 (M-F, except game days 2:50-4:30pm)
 - Varsity and JV games are usually on the same days. Most often V 4:30pm and JV immediately after
 - JV may play some JV only games as schools in our area develop programs
 - JV Season culminates with Charlotte Area Tournament – usually 3rd Saturday in October
 - Varsity competes in playoffs - State Championship this year is 11/2
- **Team Expectations**
- **Current Player Perspectives**