

Field Hockey Players and Parents,

We hope you had a successful school year. The Field Hockey Board would like to update you on the upcoming 2012 season that begins on August 13, two weeks before school starts. This e-mail contains a lot of information because we feel it important to provide a comprehensive view so you and your daughter can prepare for the season.

We are excited that our new coach, Amir Durrani, will begin our season in August. We had an excellent spring clinic and several of our returning players and new players had a chance to meet him and begin our quest for a fantastic 2012 season.

Season Dues & Forms

All returning players and new players must complete the following attached forms: player information form, the player code of conduct and the waiver and release form. Annual dues this year will remain unchanged at \$450. **We are requesting either a \$250 deposit or the full \$450 due by June 30 to reserve your daughter's position on the team.** The balance of \$200 would be due by August 1st. It is important that we receive the forms and dues by June 30th so we can determine the total number of players allowing us to finalize our plans for the season. Your dues pay for the practice field rental, coaching fees and the general operations of the HP Field Hockey Club. **Please make it a priority to return the completed forms and check by the end of June.** The forms and check should be sent to:

Kathie Bambach
3020 Hanover Street
Dallas, TX 75225

Summer Running Reward

We are bringing back the running reward program to motivate our players to stay in shape over the summer. Starting June 3, we encourage our players to run at least 5 miles per week. When you reach 50 miles, you'll receive a Starbucks gift card. The player with the most miles at the end of the summer, will end up with a SPECIAL prize. Once a week, please email your miles to Nici Bremer nicanbre@swbell.net.

Here are a few suggestions to make the most out of it:

- Try to run all the time (no walking), if you need to rest, just jog really slowly
- Do some skipping, high knees, side way, kicking back etc in between
- Do 4-5 sprints during your run. During the first weeks run the sprint at 70% for a longer distance. The fitter you get, the faster the sprint, the shorter the distance

Most of all: have fun with it, and enjoy getting fit!

Summer Camp

As with last year, we **STRONGLY** suggest that each player plan on attending at least one of the summer field hockey camps. We feel this is important for the player's skill training, ball handling and knowledge of the game. We have provided a list of summer camps that will be held in Houston, Dallas and Ft. Worth. You are not limited to these camps, but many of our girls attended these camps last year with good feedback. Please visit their web sites and sign up for one or more camps.

June 1- 3
July 27 – 28

Greenhill, Dallas
Kinkaid, Houston

www.4goals.net
<http://www.gatewayfieldhockey.com>

July 29 – 31	ESD, Dallas	http://www.gatewayfieldhockey.com
July 31 – Aug 2	Country Day, Ft Worth	http://www.gatewayfieldhockey.com
Aug 4 – 6	Greenhill, Dallas	possible camp

August Practice

We will begin our practice on August 13. Our first week of practice will be focused more on conditioning with some skills and stick work with our second week at the HP softball field.

August 13 – 17, Germany Park from 8:00 – 10:00am
August 20 – 24, HP Softball Field from 6:00 – 8:00pm.

Team and Individual Photos

The team photo and individual photos for the poster will be taken the morning of August 14th. There will be make-up individual photos taken on the following day on August 15th. Please plan to attend the photo session – this will be our only opportunity for team photo based on the printing schedule for the Scots Illustrated and the poster.

Regular Season Practice

Our regular season practice will begin on August 27th and run throughout October. Practice will be Monday through Thursday from 6:30 – 8:00pm at the HP Softball Field.

Web Site

Our web site, <http://www.hpfieldhockey.com/> will be your source for information over the summer and during the season. We will do our best to keep this site up to date with practice information, game schedules, summer camps, team forms and team information.

Scots Illustrated

Each year a parent, or their company, has sponsored the Field Hockey page in the Scots Illustrated football program. This is a full page ad with team photos and roster. This does provide an area for a corporate logo with a price of \$625. This sponsorship is still available. Please reach out to Kathie Bambach (parsonskf@aol.com) if you are interested.

We are planning for 2012 to be a great season, with a new coach that will lead our girls to bold heights. We look forward to you being a part of that success. Have a great summer and we will see you in August!

Suzanne Guthrie
Nici Bremer
Kathie Bambach
Leslie Boone
Joe Peterman
Trey Fielder