

WELCOME TO LUYAA FIELD HOCKEY 2009 SEASON!

Commissioner:

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Adult Managers and Head Coaches:

Joan O'Connell 301-788-3751 Joan2talk@comcast.net

Practices: Check Schedule since location may differ
Oakdale Middle School - Sundays 2:00-4:00pm
Monocacy Valley Church - Wednesdays 6:00-7:30

On practice days, players need to wear comfortable clothes, running shoes or cleats, mouth guards and shin guards. **Shin guards and mouth guards are mandatory at all times. Players without them will not be allowed to participate.** We do keep extra shin guards with the equipment and encourage players to borrow a pair if they have forgotten theirs. We also stock mouth guards which can be purchased for \$2. If a player comes to practice without a mouth guard, one will be issued and the \$2 fee will be charged. Other items which are useful are a water bottle, hair ties, hat, sun block, sweats or a jacket in cooler weather.

On the first day of practice, we will issue sticks to players who wish to borrow one. A \$25.00 deposit is required and will be returned when the stick is returned at the end of the season. Occasionally a player will forget their stick and we will loan a stick for that practice. At the end of the season, sticks can be returned at the end of Play Day but no later than our "End of Season" party. **If the stick is not returned, the \$25.00 deposit check will be cashed and deposited into the LUYAA field hockey account.**

Practice will not be held if thunder and/or lightning is present, in heavy rain or if the field is too wet. In the event of rain earlier in the day, the field condition will be assessed by an adult coach who will decide if practice will occur. If practices or games need to be cancelled, we will try to notify you by e-mail and/or a phone call about an hour before the start time. **When in doubt, call one of the adults above.**

If the weather changes in the middle of a practice or game, players will be moved to a safe place until parents can arrive to pick them up. It is important to complete the Emergency Information sheet and return it to us ASAP so that we have contact information.

Please note we do not leave the playing field until all the players are picked up and request that rides are punctual.

UNIFORMS:

Player t-shirt (provided by LUYAA)

Player socks (provided by LUYAA)

Dark shorts (no writing on backside and length should cover bottom when player is bending over)

Running shoes or cleats

Mouth Guard

GAMES

This year we will have hockey games with Middletown, Tuscarora and Frederick Youth Leagues. Please note that some of our games are scheduled on evenings other than our practice times. We work with the coaches of other teams to schedule games which accommodate the needs of both teams. We will play each team twice, one game at home, and one away. That being said please do not worry if your child cannot attend a game. If you know that your daughter will not be at a game, please let the coach or one of the adults know.

On game days, we ask you to arrive 15 minutes early so that we can assign teams and fields. Typically we play 20 minute games with 7 players on each side, other team members will substitute in so that all players have a chance to play. We use a smaller field so that all players have opportunities to actively participate. Since this is an instructional program, at times referees will take the opportunity to explain a call during the game if they feel it is appropriate. Also, we do not keep score of the games. If the players want to keep track that is fine, however the object of the game is not who wins or loses, it is watching our players improve and enjoy the game.

At the end of the season, all the teams we have played against come together for PLAY DAY. Play day is a round robin style play where several games are going on at the same time. Please check the schedule for time and location. We will be asking players to confirm if they are able to attend PLAY DAY or not. If we know in advance, we can easily assign teams.

GENERAL INFORMATION

Our goals for the program are for the players learn the skills needed to be a good field hockey player, continue to improve those skills at every practice, every game and every year. All players will have a chance to play at games and to try every position. This program is designed for the new player as well as the veteran players. The 3rd, 4th and 5th graders will continue to have most of their emphasis on learning skills, scrimmaging and playing in ½ field games (if you prefer your 3rd or 4th grade daughter not play with the older girls, please let us know but after a few weeks, most 3rd and 4th graders want to play). The 6th, 7th and 8th graders will do the same as the younger girls but will get a chance to learn full field field hockey and learn about those positions to hopefully get them ready for their High School teams.

Parents are always welcome to come watch the practices and the games. We love hearing you cheer on the girls. Your comments are welcomed and your help is always greatly appreciated. This year we will need assistance and I will provide details later in the season.

The most important thing of all.... **HAVE FUN, MAKE NEW FRIENDS AND ENJOY FIELD HOCKEY!**

RSVP for GAMES

Name: _____ Team: _____

I will not be able to attend the following games:

_____ Sun, April 26 th	Frederick @ Oakdale Middle	2:00
_____ Wed, April 29 th	LUYAA at Middletown	5:30
_____ Mon, May 4 th	LUYAA @ Tuscarora	2:00
_____ Mon, May 11 th	LUYAA at Frederick	5:30
_____ Sun, May 17 th	Tuscarora @ Oakdale Middle	2:00
_____ Wed, May 20 th	Middletown @ LHS	5:30
_____ Saturday, May 27 th	Play Day at Glade Valley	9-1

(If a game is rained out, I will let my coach know if I can not play rescheduled game.)