

YMS Field Hockey 2023

Date: August 14th – 17th

Where: YMS Track/Hockey Field (behind YMS)

Times: August 14th, 15th, 16th – 8:00 – 10:30

August 17th – 3:30 – 5:30

All rising 7th and 8th girls are invited to attend. You **must** have required equipment (listed on back).

Email Coach St. Mary if you have questions: cstmary@ycsd.york.va.us

Coaching philosophy: To prepare players to participate competitively at the JV and Varsity levels at York High School. Our goal is to develop players and create a competitive field hockey program. Playing time is earned in practice. While all team members will play, playing time may not be equal.

What we look for in players:

- **Athleticism** – ability to play and understand the game.
- **Effort** – giving 100% of your all, 100% of the time.
- **Teamwork** – working with the team and for the good of the team.
- **Respectful** – to coaches, players, and other adults.
- **Coachability** – listening to coaches and trying to execute what we ask you to do, able to take positive criticism.
- **Attitude** – keep it positive!
- **Endurance** – physical and mental.

Tryout Information

Required equipment:

- **VHSL physical form** -filled out completely (**DATED after May 1, 2023**)
- mouth guard
- shin guards
- stick (if you have one – if not, I have sticks to loan)
- running shoes - cleats are optional, bring them if you have them
- 'C' average on your last report card
- tryouts are closed – players only

Contact information:

Coach St. Mary – cstmary@ycsd.york.va.us

Yorktown Middle School – (757) 898-0360

Tryouts are based on points earned during evaluated events and coaches' observations during tryouts.

Tryout Events:

- Timed 1 mile run (8 min)
- 1.5 Mile Intervals (< 2 min)
- Timed full field sprints (10, < 20 sec)
- Dribbling: Illinois drill (32 sec), open and closed dribble scoring based on control and time
- 10 yard pushing accuracy to a target area
- 15 yard slap hit accuracy to a target area
- 20 yard driving accuracy to a target area
- Receiving: 10 passes and drives score based on positioning and control
- Drills: scoring based on coaches' observation
- Scrimmaging: scoring based on coaches' observation

**Tryout events are subject to change – no other events will be added, but some listed may be modified.

Tryouts: August 14th – 17th

Email cstmary@ycsd.york.va.us to be added to the information distribution list. You will be emailed changes/updates (with field hockey tryouts or events).