

Welcome to the UCHS Field Hockey Community!

From my experience as both a coach and a player, I believe that the keys to a successful season are dedication, communication and teamwork from each player. We understand that field hockey is not the only thing going on in your busy schedules, but being able to balance it with school and personal health is essential to your success on this team.

Communication (whether its email, phone call, text, face-to-face conversation) is imperative to keep us in the loop when things come up- please bring any questions, concerns, comments to our attention. Keep in mind that we also work other jobs during the days and nights so if we don't respond to you right away we will do our best to send a response within 48 hours. Please visit our website ([www.uchsfieidhockey.com](http://www.uchsfieidhockey.com)) regularly as we will constantly be updating it throughout the season.

Proper nutrition and good sleep is also vital to be a successful student athlete. We expect girls to eat a good breakfast and lunch, and drink at least one bottle of water during the school day before coming to practice. Parents- we need your full support here to ensure the girls have access to meals, snacks and water during the season. This combined with a good night of sleep will make a huge difference in how they feel and perform both on and off the field.

Each player is important to this program and as such we make a strong effort to treat everyone fairly and hold girls accountable for their actions. We expect our players to be committed to attending all practices/ games/ tournaments, and to put forth their best effort each and every day. If players are late, miss events, or are not giving 100% effort then they are not helping themselves or their teammates. We keep daily attendance and hold girls responsible for notifying us if they are absent for any reason.

JV and Varsity will play in one tournament each, along with league and non-league games. We have a very competitive schedule and have high expectations for our players. CIF and League Champions are well within our reach and we are going to push the girls to their fullest potential. Please mark your calendars and keep your schedules cleared for all athletes to attend all CIF games noted on the schedule. Success is not defined in just winning, but also in growing and improving as student athletes, teammates and field hockey players.

Thank you in advance for your support! We look forward to seeing and/or meeting all of you this fall- Go Centurions!!

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