

## 2009 Tatnall Field Hockey

Welcome players and parents. We are looking forward to a great season this year! As your coaches, we would like to set forth our expectations for a successful field hockey experience. Our goals are to work hard, represent Tatnall and win. Our team goal is to win the State Tournament!

### Pre-Season:

Start date: Monday August 24, 2009, 3-5:15 p.m.

\*We are trying to add another session during the day. We will let you know as soon as possible.

Bring spikes, sneakers, mouthguard, shinguards, stick and water

Be prepared to run a mile. Our team target is to complete the mile in 7 minutes 30 seconds or less.

### Team Expectations:

1. Be on-time!
2. Freshmen carry the equipment-set up a schedule and stick to it.
3. Always have proper equipment and uniform (white and black shin guards are needed).
4. Zero-tolerance for drinking ( on or off of school property). Tatnall Code of Conduct will be followed.
5. 11 p.m. curfew before game day.
6. If you miss a practice before a game, in most instances you will not start in the next game. (Exceptions depending on circumstance).
7. All players are expected to stay and watch the following team. Players are allowed to visit with parents for 10-15 minutes after their game and then return to our sideline. (Exceptions are determined by the coaches.)
8. No one is dismissed until all equipment and trash is picked up.
9. No hazing! (Lighthearted fun is permissible.)
10. Show sportsmanship and respect!

**HAVE FUN! PLAY HARD! BE AGGRESSIVE! WIN!**

Coach Selsor and Coach Ferris

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