

# CHS Modified Field Hockey Tryouts

Start Date - Monday, August 27, 2018

Tryouts/Practice: Monday, August 27 - August 31<sup>st</sup>

**\*NO SATURDAY PRACTICE AND NO LABORY DAY PRACTICE**

Time: 8:00am - 10:00am

Location: Genet Elementary Field

What to bring:

- ✓ Water
- ✓ Stick
- ✓ Shin guards
- ✓ Mouth guard
- ✓ Goggles (if purchasing, try to get ASTM 2713 stamp)
- ✓ Sunscreen

Tryouts/practice will consist of the following fitness components:

- ✓ 1 mile run (cardiovascular endurance),
- ✓ 1 minute sit-ups
- ✓ 1 minute push-ups (muscular strength and muscular endurance).

**ALL ATHLETES MUST TO BE APPROVED BY THE HEALTH OFFICE BEFORE  
THEY CAN TRYOUT**