

Columbia Field Hockey
2022 JV & Varsity Field Hockey
Week 1 Tryouts and Practices

(See below "What to Bring" for modified information)

***All of tryouts are mandatory to be to participate ***

When: Monday August 22nd-Wednesday August 24th

Pre-Requisite: YOU MUST BE APPROVED THROUGH FAMILY ID PRIOR TO TRYOUTS

- 8/22 @ HVCC 8:00am -11:00 am, players should arrive by 7:45 each day to complete any necessary preparations and/or stretching to be able to start promptly at 8am.
 - *There will be a timed 2-mile run*
- 8/23 @ Genet 8:00AM – 11:00AM
- 8/24 @ HVCC 8:00AM – 11:00AM

TEAMS WILL BE MADE AFTER WEDNESDAY'S SESSION

Team practices beginning Thursday 8/25:

- 8/25 @ HVCC 8:00AM – 11:00AM
- 8/26 @ HVCC 8:00AM – 10:00 AM
- 8/27, 8:30 – 10:00AM @ Genet

What to bring: Sneakers and cleats all days (cleats are optional for varsity as most games will be played on turf), sticks, mouth guards, shin guards, ample amount of water and healthy snacks. Players will not be able to participate if they do not have the proper attire and equipment.

MODIFIED TRYOUTS (7TH & 8TH GRADE) WILL BEGIN MONDAY 8/29 AND RUN THROUGH THURSDAY 9/1 FROM 3:30-5 @ GENET AND WILL RESUME AFTERSCHOOL TUESDAY 9/6.

Coaches:

Head Varsity Coach

Bonnie Kenna
Cell: (518) 669-5374
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Junior Varsity Coach

Nora Walkley
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Assistant Varsity Coach

Nicole Conte
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Modified Coach

Michelle Slater
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