

Arrowhead Field Hockey Organizational Meeting

May 28th, 2025

1. Summer Opportunities Sheet

- Must do at least one thing listed on this sheet
- AHSFH open field- **HIGHLY RECOMMENDED DUE TO PROXIMITY**
- Warhawk Sports Performance (formerly known as ACC) is a great opportunity for summer conditioning and preparation for the season
- Some have shown interest in doing a college camp- please let Melbs/Jordy know if you'd be interested in attending!

2. Important Dates Sheet

- Contact days and Captains' Practice- HIGHLY RECOMMENDED FOR ALL PLAYERS
- **There should be NO EXCUSE for missing Captains' Practice and/or tryouts**
- **There also should be NO EXCUSE for missing other important dates on this sheet; we are giving you plenty of heads up!**
- Missing tryouts will delay your placement on a team
- **Let Melbs or Jordy know ASAP if you have a potential conflict**

3. Team Structure

- Varsity will practice at 3 PM
 - o Status of having a VR team is TBD depending on incoming freshman numbers
- JV will practice at 5 PM like last year; will have a new coach for the upcoming season
- Will likely have a bigger Varsity team this coming season due to likely only having two teams

4. Summer Training Program

- Jordy sent out on 5/23
- **NO EXCUSE** for coming into Captains' Practice and tryouts out of shape
- Consists of both conditioning as well as stickwork drills
- Contact Jordy if you have any questions about any of the workouts/drills or if you didn't receive the email

5. KM Sports Equipment Order

- Opportunity to order shinguards, practice socks, practice pinnies, mouthguard, etc.
- Anticipated equipment delivery is the week of Captains' Practice
- Check email for order form (will be sent out this summer)

6. Spiritwear

- Two spiritwear orders will be done
 - o One during the summer (late June), one during week of tryouts
 - o Check email/Stack Team app/social media pages for link to order