

Blake Field Hockey June 2011

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 •	2 • Team Meeting during Lunch	3	4
5	6 6:45 training	7	8 6:45 training	9	10	11
12	13 6:45 training	14 • 10:00am Graduation	15 6:45 training	16 • Last Day of School for Students	17 6:45 training	18 Bday
19	20 6:45 training	21	22 6:45 training	23 • Report cards mailed home	24	25
26	27 6:45 training	28	29 6:45 training	30		

Below is a schedule for conditioning at Blake high school. Days are Mondays and Wednesdays from 6:45pm to 7:45pm.

The dates are as follows:

6/6, 6/8, 6/13, 6/15, 6/20, 6/22, 6/27, 6/29, 7/6, 7/11, 7/13, 7/18, 7/20, 8/1, 8/3, 8/8, 8/10

Training will include speed, power running, agility, sprint conditioning, core/midsection, upper and lower body strengthening and flexibility. The trainer will bring mats, medicine balls, bands, weights, etc

Blake Field Hockey July 2011

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2
3	4 4 th of July! USA, USA, USA! No training	5	6 6:45 training	7	8	9
10	11 6:45 training	12	13 6:45 training	14	15	16
17	18 6:45 training	19	20 6:45 training	21	22	23
24	25 Field hockey Camp! No training	26 Field hockey Camp!	27 Field hockey Camp! No training Coaches clinic	28 Field hockey Camp!	29	30
31						

Blake Field Hockey August 2011

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 6:45 training	2	3 6:45 training	4	5	6
7	8 6:45 training	9	10 6:45 training	11	12	13 1 st day of Tryouts! 8:00-10:00 3:00-5:00
14	15 V/JV 8:00-10:00 Tryout Varsity 3:00-5:00 JV 4:15-6:15	16 V/JV 8:00-10:00 Tryout Varsity 3:00-5:00 JV 4:15-6:15	17 Scrimmage at Blair 9:30 Varsity 10:30 JV Final day of tryouts JV/V 3:00-5:00	18 Varsity 8:00-10:00 3:00-5:00 practice JV 4:15-6:15	19 Varsity 8:00-10:00 JV- Team Social!	20 Playdate at Home vs. Good Counsel 10:00 start time
21	22 2:30-4:30 JV 4:15-6:15	23 2:30-4:30 JV 4:15-6:15	24 2:30-4:30 JV 4:15-6:15	25 2:30-4:30 JV 4:15-6:15	26 2:00-4:00 JV 4:15-6:15	27 Pocomoke Playday!!! At the Eastern Shore
28	29 1 st day of school! 2:30-4:30 JV 4:15-6:15	30 2:30-4:30 JV 4:15-6:15	31 Northwest scrimmage at Home			

Very Important:

PLEASE have a new physical completed before August 13th. Must have an updated physical completed within the past year in order to try out for HS sports.

Also goggles are mandatory for all field hockey player's this year. I will send out a goggle recommendation asap. STX Goggles that allow the most vision are what we want.

Check the Blake field hockey face book page for updates and info!

Varsity Coach: Patrick Howley

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JV Coach: Angela Seufert (Sebring)

Email: Angela_Seufert@mcpsmd.org

442.465.2671

Blake Field hockey Season Opponents

Teams:	<u>Division</u>	<u>Our division also makes up the 4A South Region!</u>
Blair	Blair	
Magruder	Magruder	
Paint Branch	Paint Branch	
Richard Montgomery	Richard Montgomery	
Sherwood	Sherwood	
Springbrook	Springbrook	
Walt Whitman	Walt Whitman	
BCC	Blake!!!	
Clarksburg		
Damascus		
Einstein		
Rockville		