

**Robinson Field Hockey
Tryout Information**



Forms:

- **On Monday, August 10, 2009** all forms will be collected at Robinson from 8:00-9:30 am in Room M1 (modular, around the back of the school).

Forms Needed:

- **VHSL Physical Form**
Physicals must be completed *after* May 1, 2009. Please fill the form out completely.
- **Emergency Care Card**
- **FCPS Participation Policy 2009-2010**

** ALL forms are available in Activities Office or downloaded from the Robinson Website under "Athletics" (<http://www.fcps.edu/RobinsonSS/athletics/index.htm>).

***** Incomplete and/or missing forms mean that you may NOT participate in tryouts until the form is properly completed.***

Tryouts:

- Begin Tuesday, August 11, 2009
- Tryouts will last for at least 3 days
- Meet on the Field Hockey Field (upper field above the baseball field)
- 7:30-10:30am (be on time!)

***** 11:30-1:00pm—2nd session for *returning players only!* *****

- Returning athletes must be present at all tryout sessions to be eligible make the Varsity team.
- Athletes will be assessed on their field hockey skills, fitness, work ethic, attitude, and ability to work with others in a team environment.
- Athletes are expected to attend **ALL** tryout sessions. If an athlete is injured or sick, one of the coaches must be notified.
- If you think you are injured during tryouts please notify one of the coaches. The coaches will have an athletic trainer evaluate the injury and let you know if you need to see a doctor.

Necessary Equipment:

- Running shoes, cleats, mouth guard, shin guards, **FILLED** water bottle, and a field hockey stick (only a limited number are available during tryouts).

Questions:

- Check Robinson's athletics webpage for updated tryout information.
- Email or call Head Coach Katy Garvey if you have questions.
 - KMGarvey@fcps.edu
 - 703-426-2378 (work)