

Archbishop Wood Field Hockey
2009-2010 Season

1. Mile Run
 - a. Freshman – June 18th @ 6:30 PM
 - b. Returning Players- May 7th @ 3:30 PM
2. Wood Camp July 13-July 15th
 - a. Everyone is required to come and help out
 - b. Please sign list of the days and times you want to help out
3. Saint Joes camp July 26th-July 29th
4. Practice are held:
 - a. 8-1 during preseason
 - b. Everyday after school from 3:30-5:30 PM
5. Workouts are during the summer- Not required but highly recommended
 - a. Every Tuesday and Thursday evening from 6-8 PM
 - b. There will be no work outs during our camp week (July 13-17)
 - c. There will be no workouts on July 28th because we will be at the Saint Joe's camp.
 - d. No workouts on Thursday August 13th
6. Our first day of Preseason
 - a. For Seniors and Juniors August 20th practice 10- 11:30.
 - b. For Sophomores and Freshman August 21st 10-11:30
 - c. Starts August 24th for everyone 8-1. PLEASE do not plan any vacations after this date!
 - d. We do have a mandatory practice Monday September 7 – Labor Day!
 - e. First cuts will be on August 28th
 - f. Second Cuts will be on September 2nd
7. Please follow your workout packet so that you are in shape when August 24th comes around.
8. Vote for captains