

# Academy of Notre Dame

## Field Hockey

### SUMMER 2019 GOALS

- ❖ Plan on returning to Notre Dame more physically prepared than any year in the past.
- ❖ Determine your personal goals for the upcoming season and plan to accomplish them; **execute** your goals.
- ❖ Exemplify hard work...be in the habit of doing **the little bit extra** that separates you from the competition.
- ❖ Define what you believe it means to be a **CHAMPION**.
- ❖ Commit to being a contributing member of the 2019 Notre Dame Field Hockey Team by:
  - hustling at practice
  - demonstrating excellent work ethic during off field preparation
  - practicing strong team, social, and nutritional values as a member of a quality program.
- ❖ Don't hope for success, plan for it! **PREPARE LIKE A CHAMPION** now, so you can have **FUN** playing the game you love at the start of the season.

## Summer Schedule & Important Information

### Conditioning

The Conditioning Packet is available for download on the NDFH Team Web Page.

### 5K Run's

All players are required to complete two 5k runs during June 1 – Aug 12. Players must email Coach Williams [awilliams@ndapa.org](mailto:awilliams@ndapa.org) your times via the official events results link.

### Timed Mile Runs

All players must run a timed mile each week beginning June 1 – Aug 16 and send their times to Coach Williams in a google doc.

### Important Dates

- ❖ 6/30 – 7/03 Elite Camp at Princeton University  
<http://www.princeton sportscamps.com/camps/fieldhockey.htm>  
(Team Recommended Camp)
- ❖ 7/22 – 7/24 NDFH Camp (Registration is open online)
- ❖ 8/19 – 8/21 Tryouts at ND from 2:00 – 5:00pm. Participation at Tryouts is mandatory for all levels.