



Field Hockey Reminders and Tidbits- Co-vid

These are some guidelines to remember while participating in the Newport Rec Field Hockey Program. First remember to have fun. Laugh, run, encourage each other. You are a team, and teams are strong when they are united in smiles and fun.

- Remember your water bottle.. You can't share them now, so hydration is very important, This will teach you responsibility.
- Report any ill feeling symptoms to coach.. If you feel ill, do not come to practice and notify the coach and parents. This will teach you selflessness.. team and friends come first
- If a 6' distanced can't be maintained when you are standing around or driving in a car to and from practices/games, wear a mask. This will teach you respect. You will be respecting others personal space and beliefs.
- Keep your gear apart for practice.. No pigpiles of equipment.. This will teach you organization.
- Be on time and work hard- Show up to practice (no earlier than 15 minutes before practice) with enthusiasm and willingness to work hard and learn.. This will make you coachable. Coachable kids are great adults and solid athletes.
- Horseplay.. Let's limit the horseplay and major goofing around before practice. Someone is always watching even if the coach is not there. This will teach you maturity.

Sanitize your hands before and after practice. Show up with a smile, and thank your coach and parents for letting you participate in one awesome sport. As you now know, it could end at any time.

A game schedule will be forthcoming as soon as it is ready!

Have fun!!!!

PJ Lovely, Rec Director