

MUST DO Before Preseason

What do students need to do in order to participate and be eligible for sports at NHS on DAY ONE?

- 1.) Register online (there is no paper registration available)
- 2.) Submit valid physical to the AD's office
- 3.) Submit user fee to the AD's office
- 4.) Take the Impact Concussion Baseline Test (drop-in dates/times to follow)

• **PHYSICALS:** The MIAA, our state athletic association, requires that all student athletes have a current physical on file with the school nurse. Physicals become invalid 13 months after the date of their last physical. It is the obligation for parents/guardians to plan and schedule physical appointments to avoid any lapse in practice or playing time.

• **IMPACT® CONCUSSION TEST:** The Northampton Athletic Department requires **ALL JUNIOR athletes and ANY NEW athlete** have to take and receive a viable ImPACT® concussion baseline test prior to participating in any practice or tryout. If baseline test is needed, complete the online permission slip, check the athletic web site or make an appointment with athletic office for test date. Impact Concussion baseline testing will be offered in the NHS 1st floor computer lab from 9-11am on the following dates:
July 11, 13, 18, 20, August 8, 10, 14, 21, 28.

• **REGISTRATION:** at <https://www.familyid.com/organizations/northampton-high-school-athletics>

*** 8th Grade/New Student Athlete Information Night!

When? June 19, 2017 5:30pm

Where? NHS Auditorium

Why? Learn about the Athletic Program!

Hear about the Expectations of HS sports!

Meet your coaches!

Receive your summer training plans!

Register for Fall Sports on FamilyID!

Take Impact Baseline Concussion Test!

2017 Fall Field Hockey Preseason Schedule

***Optional Breakfast Club dates leading up to start of preseason

Monday, August 21st 7:30am-8:30am with Biggs

Tuesday, August 22nd 7:30am-8:30am with Biggs

Wednesday, August 23rd 7:30am-8:30am with Biggs

Preseason Officially starts

Thursday, August 24th 7:30am-8:30am Breakfast Club with Biggs
3pm-5pm Field Hockey Session

Friday, August 25th 7:30am-8:30am Breakfast Club with Biggs
3-5pm Field Hockey Session

Monday, August 28th 7:30-8:30am Breakfast Club with Biggs
3-5pm Field Hockey Session

Tuesday, August 29th 7:30-8:30am Breakfast Club with Biggs
3-5pm Field Hockey Session

Wednesday, August 30th 8am-10am Field Hockey Session (No Breakfast Club)
3-5pm Field Hockey Session

Thursday, August 31st 7am Breakfast Club with Biggs
3-5pm Field Hockey Session

Friday, September 1st 7am-8:00am Breakfast Club with Biggs
3-5pm Field Hockey Session

Monday, September 4th 3-5pm Field Hockey Session (no more breakfast club)

Tuesday, September 5th 3-5pm Field Hockey Sessions

Wednesday, September 6th First Game against Southwick (away)

***Once school starts ALL practices will be after school from 3pm-5:00pm unless otherwise stated in weekly team emails.

2017 Northampton Varsity Field Hockey Schedule

Wed 9/6/17 4:00 PM	Northampton High School @ Southwick Regional School (NL)	<u>Southwick Field Hockey Field</u>	N/A
Tue 9/12/17 4:00 PM	Greenfield High School @ Northampton High School (NL)	<u>Northampton Field Hockey Field</u>	N/A
Thu 9/14/17 7:30 PM	Northampton High School @ East Longmeadow High School (NL)	<u>ELHS Stadium</u>	N/A
Tue 9/19/17 4:00 PM	Northampton High School @ Longmeadow High School (L)	<u>Russell Field</u>	Tue 9/19/17 2:15 PM
Thu 9/21/17 4:00 PM	Agawam High School @ Northampton High School (L)	<u>Northampton Field Hockey Field</u>	N/A
Wed 9/27/17 4:00 PM	Northampton High School @ Minnechaug Reg. High School (L)	<u>Minnechaug Regional HS Spear FHKY/LAX</u>	Wed 9/27/17 2:15 PM
Tue 10/3/17 4:00 PM	Westfield High School @ Northampton High School (NL)	<u>Northampton Field Hockey Field</u>	N/A
Thu 10/5/17 3:30 PM	Northampton High School @ Frontier Regional School (NL)	<u>Frontier Regional School</u>	Thu 10/5/17 2:15 PM
Fri 10/6/17 4:00 PM	Holyoke High School @ Northampton High School (NL)	<u>Northampton Field Hockey Field</u>	N/A
Tue 10/10/17 3:30 PM	Northampton High School @ South Hadley High School (NL)	<u>South Hadley High School</u>	Tue 10/10/17 2:15 PM
Thu 10/12/17 4:00 PM	Smith Academy @ Northampton High School (NL)	<u>Northampton Field Hockey Field</u>	N/A
Sat 10/14/17 TBD	Northampton High School @ Auburn High School (NL)	<u>Auburn High School</u>	N/A
Mon 10/16/17 7:00 PM	Northampton High School @ West Springfield High School (L)	<u>Clark Field</u>	Mon 10/16/17 4:00 PM
Wed 10/18/17 4:00 PM	Longmeadow High School @ Northampton High School (L)	<u>Northampton Field Hockey Field</u>	N/A
Fri 10/20/17 4:00 PM	Northampton High School @ Agawam High School (L)	<u>Agawam High School</u>	Fri 10/20/17 2:30 PM
Sun 10/22/17 3:00 PM	Quaboag Regional Middle/High School @ Northampton High School (NL)	<u>Northampton Field Hockey Field</u>	N/A
Tue 10/24/17 4:00 PM	Minnechaug Reg. High School @ Northampton High School (L)	<u>Northampton Field Hockey Field</u>	N/A
Thu 10/26/17 4:00 PM	West Springfield High School @ Northampton High School (L)	<u>Northampton Field Hockey Field</u>	N/A

2017 Northampton Field Hockey Recommended Summer Training Program

Phase 1: June 11 – July 8

Choose 2 of these workouts per week

- ❖ Steady State Cardio Workout
 - 1 Mile Run x 2 reps (Rest: Work 1:1)
- ❖ Track Workout
 - Track workout 1 or 2 (see track workout page for detail)
- ❖ Shuttle Run Workouts
 - 60 yard shuttle x 6 reps (rest 1 minute between each rep, go to the 5 yd line then back, 10 yard line then back, to the 15 yard line then back)
 - 300 yard shuttle x 2 reps @ 25 yard lengths (rest 5 minutes between each)
 - 300 yard shuttle x 6 reps @ 100 yard lengths (rest 2 minutes between each)

Field Workouts (choose 2 per week)

- ❖ Diagonal field run workout
- ❖ 1-2-3-2-1 interval
- ❖ FH shuttle run
- ❖ 100 yard interval

Road/Trail Workouts (choose 1 per week)

- ❖ 30-35 minute Fartlek (0:15 sprint, 0:45 jog)
- ❖ 3-2-1 Hill repeats x 4 cycles
- ❖ 31 minute reverse split run

Cross-training (1 per week)

- ❖ 45 minute cross-training workout bike or elliptical

Agility/ladder workouts (3 per week in addition to workouts above)

- ❖ spend 10 minutes 3 times per week on agility work or ladder work – this is in addition to the other workouts

Strength Work (3 times a week)

- ❖ 20 x 3 sets squats
- ❖ 15 x 3 set pushups
- ❖ 3 x 1 minute planks

BE SURE TO REST ONE DAY PER WEEK!!!

Phase 2: July 9 – July 29

Choose 2 of these workouts per week

- ❖ Steady State Cardio Workout
 - 1 Mile Run x 2 reps (Rest: Work 1:1)
 - 5k Run (3.1 miles) as fast as possible
- ❖ Track Workout
 - Track workout 1, 2 or 3 (see track workout page for detail)
- ❖ Shuttle Run Workouts
 - 60 yard shuttle x 6 reps (rest 1 minute between each rep, go to the 5 yd line then back, 10 yard line then back, to the 15 yard line then back)
 - 300 yard shuttle x 2 reps @ 25 yard lengths (rest 5 minutes between each)
 - 300 yard shuttle x 6 reps @ 100 yard lengths (rest 2 minutes between each)

Field Workouts (choose 2 per week)

- ❖ 1-2-3-2-1 Interval
- ❖ 10-7-5-3
- ❖ 100 yard Sprint Interval
- ❖ 16 x 200 yards (rest 1 minute between each)

Road/Trail Workouts (choose 1 per week)

- ❖ 30-35 minute Fartlek (0:15 sprint, 0:45 jog)
- ❖ 3-2-1 Hill repeats x 4 cycles
- ❖ 31 minute reverse split run

Cross-training (1 per week)

- ❖ 45 minute cross-training workout bike or elliptical

Agility/ladder workouts (3 per week in addition to workouts above)

- ❖ spend 10 minutes 3 times per week on agility work or ladder work – this is in addition to the other workouts

Strength Work (3 times a week)

- ❖ 20 x 3 sets squats
- ❖ 15 x 3 set pushups
- ❖ 3 x 1 minute planks

BE SURE TO REST ONE DAY PER WEEK!!!

Phase 3: July 30 – August 19

Choose 2 of these workouts per week

- ❖ Steady State Cardio Workout
 - 1 Mile Run x 2 reps (Rest: Work 1:1)
 - 5k Run (3.1 miles) as fast as possible
- ❖ Track Workout
 - Track workout 1, 2 or 3 (see track workout page for detail)
- ❖ Shuttle Run Workouts
 - 60 yard shuttle x 6 reps (rest 1 minute between each rep, go to the 5 yd line then back, 10 yard line then back, to the 15 yard line then back)
 - 300 yard shuttle x 2 reps @ 25 yard lengths (rest 5 minutes between each)
 - 300 yard shuttle x 6 reps @ 100 yard lengths (rest 2 minutes between each)

Field Workouts (choose 2 per week)

- ❖ 1-2-3-2-1 Interval
- ❖ 10-7-5-3
- ❖ 100 yard Sprint Interval
- ❖ 16 x 200 yards (rest 1 minute between each)
- ❖ Diagonal Field Run
- ❖ 20 x 100 yards (40 second rest between each)

Road/Trail Workouts (choose 1 per week)

- ❖ 30-35 minute Fartlek (0:15 sprint, 0:45 jog)
- ❖ 3-2-1 Hill repeats x 4 cycles
- ❖ 31 minute reverse split run

Cross-training (1 per week)

- ❖ 45 minute cross-training workout bike or elliptical

Agility/ladder workouts (3 per week in addition to workouts above)

- ❖ Spend 10 minutes 3 times per week on agility work or ladder work – this is in addition to the other workouts

Strength Work (3 times a week)

- ❖ 20 x 3 sets squats
- ❖ 15 x 3 set pushups
- ❖ 3 x 1 minute planks

Workout Descriptions

Track Workouts

Workout 1

- ❖ 2 x 800 yards (2 laps) @ 3:20-3:45 with 5:00 minute rest between 1st and 2nd
- ❖ 4 x 400 yards (1 lap) @ 1:30-1:45 with 3:00 minute rest between 1st, 2nd, and 3rd
- ❖ Rest 4:00 minutes after the 4th 400m
- ❖ 4 x 200 yards (1/2 lap) @ :40-:48 with 1:30 minute rest between

Workout 2

- ❖ 1 x 400 yards (1 lap) @ 1:30-1:45 with 2:30 minute rest
- ❖ 2 x 300 yards (3/4 lap) @ :55-1:10 with 2:00 minute rest
- ❖ 3 x 200 yards (1/2 lap) @ :40-:48 with 1:30 minute rest
- ❖ 4 x 100 yards (1/4 lap) @ :18-:20 with 1:00 minute rest

Workout 3

- ❖ Sprint the straight-aways
- ❖ Jog the corners
- ❖ 30 minutes

Field Workouts

Diagonal Field Run

- ❖ First 6 minutes → sprint endline, jog across field to diagonal corner, sprint endline, jog across field to diagonal corner
- ❖ JOG LAP around outside of field
- ❖ Next 7 minutes → sprint endline, jog across field to diagonal corner, sprint endline, jog across field to diagonal corner
- ❖ JOG LAP around outside of field
- ❖ Final 5 minutes → sprint endline, jog across field to diagonal corner, sprint endline, jog across field to diagonal corner
- ❖ JOG LALP around outside of field

100-yard Sprint Interval

- ❖ 7 x 100 yards @ :20 with a :40 jog back to start
- ❖ Rest 2 minutes
- ❖ 7 x 100 yards @ :20 with a :40 jog back to start
- ❖ Rest 1 minute
- ❖ 4 x 100 yards @ :18-:20 with a :42-:40 rest (no jogging back to start)

Field Hockey Shuttle

- ❖ 1 x 400 yards (50 yard lengths) @ 1:35-1:40, rest 2 minutes
- ❖ 1 x 800 yards (100 yard lengths) @ 3:10-3:15, rest 3 minutes
- ❖ 1 x FH shuttle – 25 yard line & back, 50 yard line & back, 75 yard line & back, 100 yard line & back, rest 3 minutes
- ❖ REPEAT TWO MORE TIMES

1-2-3-2-1 Interval

- ❖ 1 x 800 yards (100 yard lengths) @ 3:10-3:15, rest 3 minutes
- ❖ 2 x 400 yards (50 yard lengths) @ 1:35-1:40, rest 2 minutes
- ❖ 3 x 200 yards (25 yard lengths) @ :35-:40, rest 1 minute
- ❖ 2 x 400 yards (50 yard lengths) @ 1:35-1:40, rest 2 minutes
- ❖ 1 x 800 yards (100 yard lengths) @ 3:10-3:15, rest 3 minutes

10-7-5-3 Sprint/Jog

- ❖ 10 x 100 yards (100 yard lengths) @ :18-:22, jog back to start each time
 - ❖ 7 x 75 yards (75 yard lengths) @ :13-:15, jog back to start each time
 - ❖ 5 x 50 yards (50 yard lengths) @ :08-:10, jog back to start each time
 - ❖ 3 x 25 yards (25 yard lengths) @ :04-:06, jog back to start each time
- the jog back for each rep is your rest

Cardio Workouts*Reverse split run (50 minutes)*

- ❖ Run 23 minutes as fast as possible. 5:00 minute rest. Then return on same route 22 minutes (or less!)

Fartlek Run (30 minutes)

- ❖ Start with 5 minute warm up jog and finish with 5 minute cool down jog
- ❖ Workout is a repeating one-minute cycle of sprint-jog

Examples:

:15 sprint, :45 jog

:18 sprint, :42 jog

:20 sprint, :40 jog

3-2-1 Hill Repeats (28-34 minutes)

- ❖ 5 minute warm up jog
- ❖ Run 3 minutes up a gradual grade (4-6% grade); jog 2/3 way back down the hill for recovery
- ❖ Run 2 minutes up the hill; jog halfway back down to your last starting point for recovery
- ❖ Run 1 minute up the hill; jog all the way back down to the start of the hill for recovery
- ❖ Repeat the entire set 3-4 times
- ❖ 5 minute cool down jog

*****Preseason Starts Thursday 8/24 at 7:30am with Breakfast Club*****