



Field Hockey Parent Meeting 2021

[Link to Agenda](#)

[Welcome & Introductions](#)

[Coaching Staff](#)

Varsity	JVA	JVB
Head Coach: Kelly Derrig Email: kderrig@dist113.org Assistant Coach: Grace O'Leary Email: goleary@dist113.org	Coach: Robin Gapinski Email: rgapinski@dist113.org	Coach: Maggie Reese Email: mreese@dist113.org

[Calendar & Schedule](#)

Our schedule can be found on the Highland Park Athletics website. Please check the Athletics webpage for any updates on game changes or additional games added to our schedule: [Link to Schedule](#)

We will also have an HP Field Hockey Google Calendar. The link to the calendar is provided. We will add practice times throughout the season.

[HP Field Hockey Calendar](#).

The schedule is subject to change throughout the season. We will do our best to communicate this in advance when possible.

[Giants Club](#)

We are looking for more members to join the Giants Club! This is our Athletic Booster Club that does a ton to help out our program and other athletic programs in the school. To join, please use this link.

<https://giantsclub.wildapricot.org/>

Highland Park Field Hockey

Program Philosophy

To instill positive life lessons through a competitive, fun, and inviting environment for all athletes. As a program, we will continue to strive to be women of great character through the lessons we learn on and off the field.

Program Expectations for Athletes

Listed below are some of the situational expectations and team policies for the Highland Park FH Team and players. Because it is impossible to anticipate every possible situation, each player, parent, coach, and student assistant should understand that the general goal and expectation for each person associated with the program is that we continuously demonstrate class and respect for others while serving as role models and leaders in the community. When in doubt as to how to handle a certain situation, remember simply that we will treat others as we would wish to be treated, and will hold ourselves out as sources of pride for our families, friends, and the community at large.

Athlete Expectations

You are required to attend every scheduled practice, meeting, game or other team event. Emergencies, illness and other events that justify an absence are excused. It is vital that you let your coach know in advance if you will be missing a practice or a game for planning purposes. Excused absences also include school-related events such as Freshman Orientation, Sophomore Orientation or making-up a test or a quiz. Unexpected absences will be handled on an individual basis. If you are at school you are expected to be at practice, you must attend at least a ½ day of school. Players it is your responsibility to communicate with your coach, not your parents. Please let your coach know as soon as possible of an absence. Other expectations are as follows:

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- 1) Have fun, be a good teammate and work hard
 - 2) Self-Advocacy/Communication **(All Levels)**
 - a) Player-Coach Communication

- i) If an athlete has questions/concerns, she is encouraged to approach her respective coach, preferably in person. You can never over-communicate.
 - ii) If you are missing a practice or game please give your coach as much notice as possible so they can plan accordingly.
- 3) Practices/Games
 - a) We practice six days a week for two hours each day
 - b) If practice ends at 5:30, plan to pick up closer to 5:40
 - c) Practice Pinnies are to be worn every practice
 - d) Game schedules will be updated on the HP Athletics website. Please check often, as sometimes changes occur.
 - e) Google Calendar will be updated regularly for practices and games
 - f) You are required to have all of your equipment for practices and games. This includes your uniform, shin guards, mouthguard, cleats and gym shoes and a mask.
- 4) Playing time:
 - a) This is determined by the coach and varies by level. Athletes, please talk to your coach if you have questions about how to improve in order to earn more playing time
- 5) Facilities:
 - a) It is your responsibility to ensure we keep our facilities clean and organized. Players are responsible for cleaning up after themselves when leaving a practice field, game or bus ride
- 6) Hazing/Hate Speech:
 - a) Hazing and Hate Speech are not tolerated in this program, HP Athletics, the CSL Conference or the IHSA. We take this matter seriously and expect players to represent themselves and Highland Park according to our school's mission. Players, if you see or hear something from another team, please notify a coach immediately.
- 7) Code of Conduct:
 - a) All reports of suspected violations of the Code will be reported to the Athletic and/or Activity Director as appropriate and will be promptly reported to the Principal and investigated by the Directors. After an alleged violation of the Code has been verified by either school personnel, judicial or law enforcement agency, the appropriate disciplinary consequence will be imposed by the Athletic and/or Activity sponsor, subject to review and final decision by the Principal. Previous extracurricular code violations and disciplinary code violations may be taken into consideration when determining consequences. See the school handbook for specifics on the extracurricular code.
- 8) Social Media:
 - a) Social Media has become ingrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Social media technologies such as Twitter, Facebook, Instagram, Internet forums, weblogs, social blogs, micro blogging, Wikis, podcasts, photographs, video rating, social bookmarking, and others have many benefits in our world; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.
 - b) Each student-athlete, parent and coach must remember that being a part of the field hockey program is a privilege, not a right. We are expected to portray ourselves, our team, and our high school in a positive manner at all times. Any online postings must be consistent with federal and

state laws, as well as team, school, and district rules and regulations. See the school handbook for Computer Network and Internet Acceptable Use.

Parent Expectations & Communication Plan

Just as we expect our players to support each other, we ask the parents in our program to support their child and her teammates. Our common goal is to ensure that your child has a good experience in our program and continues to grow and develop as an individual. Part of this growth starts with you, as parents, having clear and open communication from the coaches.

Communication you should expect from your child's coaches:

1. The program philosophy
2. The coach's expectations for members of the team
3. Practice and game times and locations
4. Follow-up if your child gets injured
5. Team requirements
6. Consequences if your child does not meet expectations, team requirements or has a code of conduct violation

Communication the coaches should expect from parents:

1. Concerns related to your child's social-emotional well being or safety (ie. previous injury)
2. Advance notice of team events or any schedule changes
3. Specific concerns with regard to meeting team expectations

Conversations that are welcomed to discuss with coaches:

1. Concerns about your child's social-emotional or academic well-being
2. Ways to help your child improve
3. The treatment of your child physically or metnally, including any concern about discrimination or questionable activities in the program you feel we should be aware of.

Setting-up a meeting with a coach

1. Please wait at least 24 hrs if it is in regards to a specific incident or game
2. Email or call the coach to set-up an appointment
3. Please do not attempt to confront or discuss the topic at a game and practice. These can be emotional times for all parties involved and we want to ensure that everyone comes to the table with clear minds ready to problem-solve.

4. We believe in open and honest communication, unless it is a highly unusual circumstance, please do not ask us to maintain secrecy from your child about a phone call or meeting.
5. Your child should attend the meeting with you in order to be part of the conversation and problem-solving process to figure out how we can best support her

Conversations that are not appropriate to discuss with coaches:

1. Playing time
 2. Team strategy
 3. Other student-athletes
- For Coach Derrig: If you have a concern or question that needs to be addressed the same day, please email me by 12 pm on weekdays and weekends. I am out of building and cannot always answer my emails when I am commuting to HPHS.

COVID-19 Protocols

- Please ensure if your child is not vaccinated that they are staying up to date in their weekly SHIELD testing in order to remain eligible for participation
- Please remember this is still a fluid process and we will continue to follow guidance from the IDPH, CDC and District 113

Team Store: Orders are due by tomorrow 8/23

<https://www.bsnteamssports.com/shop/EMTYtp2vup>

Closing

Participating in the Highland Park Field Hockey program is a privilege. When you arrive to practice or put on the HP uniform you should understand that you are representing yourself, your school and this program. As a member of this program we are asking you to meet the expectations outlined above. We are here to help support you and teach you. Again, our philosophy as a program is, "To instill positive life lessons through a competitive, fun, and inviting environment for all athletes. As a program, we will continue to strive to be women of great character through the lessons we learn on and off the field". This is a philosophy we believe and is embedded in this program and we hope you will embody it through your actions on the field, in the classroom and in the community.

Questions

Field Hockey Rules Cheat Sheet



Official NFHS Field Hockey Signals

1 FREE HIT	2 16-YARD HIT	3 LONG HIT	4 PENALTY CORNER		
5 PENALTY STROKE	6 SIDE-IN	7 ADD TEN			
8 STICK INTERFERENCE	9 ADVANCING	10 DANGEROUS USE OF STICK	11 OBSTRUCTION		
12 THIRD PARTY OBSTRUCTION	13 DANGEROUS PLAY	14 TIME-OUT	15 GOAL SCORED	16 BULLY	
17 ADVANTAGE	18 RAISED BALL	19 NO GOAL	20 PLAY WITH WRONG SIDE OF STICK	21 PUSHING	22 5-YARD DISTANCE