

St. Joseph Downingtown Field Hockey

Coaches:

Nancy Roselli, Lorraine Velez, Nancy McFalls and Courtney Hill

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General Field Hockey Information and Requirements:

- Registered members of St. Joseph Parish and/or School
- Girls entering grades 5 - 8
- Registration is held in June during Fall Sports Registration
- Minimum of 15 registered athletes, no maximum
- 2 divisions: Junior Varsity (JV) – 5th/6th; Varsity (V) – 7th/8th
- Uniform deposit required: \$50
- Equipment purchased by family: mouth guard, stick, cleats, and shin guards
- Games are generally held on weekdays after school and Saturday
- Season runs Aug 19th – late Oct
- Individuals may go to summer camps. There is no team camp.
- Practice begins Aug 19th – practices are 4 to 5 times a week until school starts.
- Practices are held weeknights.
- Practices and/or games are generally 3 times/week

Dear Hockey Players and Parents,

Hello to all - and welcome back to many of you!! **Lorraine Velez, Nancy McFalls** and I will be returning this year to coach the teams.

We are also adding **Courtney Hill** to the coaching team. I am also going to be coaching the Bishop Shanahan team this year.

I'm looking forward to an exciting season - we have 27 players this year. We only have 8 7th/8th grade players so some 6th graders will be playing varsity. Many returning from last year but new faces have joined us as well. Hope you are all enjoying your summer and keeping in shape. **I strongly suggest players run a few times a week** (about a mile or so) during the first few weeks of August to get ready for the season.

I have **enclosed a practice and game schedule for this fall.**

Each player should come to all practices and games with **a stick, cleats, mouth guard (not clear), shin guards and water.** There was a new rule last year that all mouth guards must be colored or non-clear. This rule helps the referees to easily see if the players are wearing them properly. I recommend purchasing from Longstreth - www.longstreth.com or 800 545 1329. They have some great starter packages.

All future communication for the season will come via email. Please check for an email copy of this letter and the schedule. If you do not receive it - email me at nancy_roselli@comcast.net. Please let me know if you want me to add or change your email addresses. **Please check email regularly during the season.**

Thanks -

Nancy Roselli

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St. Joseph CYO 2008 Field Hockey Schedule

(revised 9-23-08)

Practice Dates in Green

Scrimmages in Orange

Home Games in Blue

Away Games in Red

Day	Date	Time	Location	Opponent
Tues	Aug 19	6-8 pm	DMS	
Wed	Aug 20	6-8 pm	DMS	
Thurs	Aug 21	6-8 pm	DMS	
Fri	Aug 22	6-8 pm	DMS	
Mon	Aug 25	6-8 pm	DMS	
Tues	Aug 26	6-8 pm	DMS	
Wed	Aug 27	6-8 pm	DMS	
Thurs	Aug 28	6-8 pm	DMS	
Wed	Sept 3	6-8 pm	DMS	
Thurs	Sept 4	6-8 pm	DMS	
Fri	Sept 5	6 pm	Stetson MS	St. Agnes
Sun	Sept 7	7 pm	St. Joseph Gym	PEP RALLY
Mon	Sept 8	4 pm	Phoenixville	Holy Family
Wed	Sept 10	6-8 pm	DMS	
Sat	Sept 13	1 pm	DMS	Sacred Heart
Mon	Sept 15	4 pm	Kimberton	St. Basil
Wed	Sept 17	6-dark	DMS	
Sat	Sept 20	1 pm	DMS	SS. Philip and James
Mon	Sept 22	6-dark	DMS	
Wed	Sept 24	6-dark	DMS	
Fri	Sept 26	4 pm	Phoenixville	Holy Family

Day	Date	Time	Location	Opponent
Mon	Sept 29	6-dark	DMS	
Thurs	Oct 2	6-dark	DMS	
Fri	Oct 3	4 pm	DMS	PJPII
Sat	Oct 4	1pm	DMS	Sacred Heart
Tues	Oct 7	4 pm	DMS	St. Pat's Malvern
Thurs	Oct 9	6-dark	DMS	
Tues	Oct 14	4 pm	Berwyn	St. Monica - Varsity Only
Wed	Oct 15	5:45 pm	Bishop Shanahan	Senior Night game at USTC
Thurs	Oct 16	6-dark	DMS	
Mon	Oct 20	4 pm	Kimberton	St. Basil
Tues	Oct 21	4 pm	PJPII	PJPII
Thurs	Oct 23	4 pm	DMS	St. Agnes
Sat	Oct 25	varsity tournament at Bishop Shanahan		9am-5pm
Sun	Oct 26	JV tournament at Bishop Shanahan		1pm-5pm
Tues	Oct 28	4 pm	DMS	SS. Philip and James

2008 Field Hockey Orange Schedule

Player Name	
Emma Velez	8-Sep
Leigh Roselli	5-Sep
Lauren Moylett	25-Sep
MaryKate McCracken	13-Sep
Rebecca Reagin	3-Oct
Rylee Hill	8-Sep
Sarah Cattin	15-Sep
Shannon Mountain	7-Oct
sha	
Abbey Rule	26-Sep
Alexa Campbell	13-Sep
Brianna Gavin	7-Oct
Caitleen Gormley	3-Oct
Christine De Cesaris	15-Sep
Jennifer Nisch	11-Oct
Jordan Conner	11-Oct
Kennedy Canzoneri	5-Sep
Laura Rufo	14-Oct
Maureen McClelland	14-Oct
8th	20-Sep
Ryan McKinney	15-Oct
Alexa Fiorilla	15-Oct
Deanna Herb	20-Sep
Julia Green	21-Oct
Kate Regan	21-Oct
Alissa Barchet	23-Oct
Hannah Overholtzer	23-Oct
Peggy Ann Findeison	
Rachel Ramos	