

Waterboro Junior Field Hockey Playday Info: Sunday, September 22, 2024

Where: Massabesic High School – 88 West Rd, Waterboro ME

Games: Games are 25 minutes with a five-minute break in between. We will play 7v7 and have plenty of substitutes so players will get adequate rest throughout the games as well. We ask that parents please assist your child between games for bathroom breaks as needed while coaches organize players and transition between fields.

Time	Saco 1 st /2 nd Grade Team
10:30am	Warm Ups: check-in with Coach Angela
11:00am	Game 1: Field 1 vs. Massabesic 1
11:30am	Game 2: Field 4 vs. Wells 1
12:00pm	Game 3: Field 1 vs. Massabesic 2
12:30pm	Game 4: Field 1 vs. Biddeford 1

Fields: As noted in the schedule above, there are many fields for this event. The turf will be divided into 5 smaller fields.

Clothing and Equipment:

- **Equipment:** All players must have shinguards, mouth guard, goggles, and their stick. They will not be able to participate without these so please do not forget them.
- **Shirts:** Please have all players wear their maroon SPR Field Hockey t-shirt.
- **Hair pulled back and NO JEWELRY!** Please have players arrive with no jewelry and their earrings already taken out at home. If your child cannot remove their earrings due to recent ear piercings, please make sure their earrings are covered with medical tape or bandaids before they arrive at the fields. This is for the safety of the player to prevent earrings from being hit or on clothing/hair.
- **Hydration:** please pack lots of water for your player for breaks. We will be playing a lot of field hockey in a short period of time!

Turf Rules:

- ABSOLUTELY NO FOOD OR DRINKS ALLOWED ON THE TURF. Only WATER is allowed on the turf.
- **Spectator seating:** Stadium seating is available for turf games.

Weekend contact info: if you need to reach a coach during the weekend, please call or text Coach Angela at 617-784-8284

Thank you!
SPR Field Hockey Staff