

BRUINS

BRANHAM FIELD HOCKEY

Summer Workout Schedule Program 2017

We are looking forward to another awesome fall season. The other teams won't know what "hit" them when they play Branham. One of the main goals for this year will continue to be our fitness level. This needs to begin this summer, **NOT** at tryouts. If you come to tryouts without being prepared, you may have a difficult time catching up with everyone. We have several opportunities that are available for you

Cross-Fit Training-This will consist of weights, agility, strength, power, and speed workouts. Almaden Crossfit's, PJ Rubel will again be our personal team coach and will help with assessing and working on technique throughout each session. The summer program consists of 10 training sessions. Branham fund raising will cover some of the cost, however players will need to pay \$55 (this works out to about \$5 a session) and must fill out a waiver. The cost also includes a tank top. The schedule is listed below.

Tuesdays and Thursdays 10-11:15 a.m. at Almaden Crossfit (1029 Blossom Hill Rd. Suite 8-behind the mattress and paint stores)

	Th June 15	
T June 20	Th June 22	
T June 27	Th June 29	
T July 4*	Th July 6	*No session/holiday
T July 11	Th July 13	
T July 18**	Th July 20**	**May change to July 25 and 27 if we get a team to the group to the Cal Camp in San Jose

Cal Berkeley Camp at San Jose State-This camp is at San Jose State University and sponsored and coached by UC Berkeley Field Hockey. If we get at least 10 players to sign up we can get a team discount, plus Branham Field Hockey will pay some of the cost. The camp is \$295 but \$270 with a team discount and if we get 10 players, BHS will cover some cost so that you can go to this camp for only \$250. This is a four-day camp from 9-1 each day and a great opportunity for our Branham players, both new and experienced, to get to play together before the dead weeks (no team training) begins. Campers will receive a reversible jersey as well. Camp is July 17-20.

Summer League-We will be fielding a team made up of mostly varsity level players, but may get enough for two teams. Games are played two days a week at Saratoga High School against other high school teams. Branham Field Hockey will cover some of the cost of the league but players will need to pay \$55 and fill out a waiver **Tuesdays and Thursdays 6:30-8:30 at Saratoga High School from June 22-July 20**

	Th June 22	
T June 27	Th June 29	
No 4 th	Th July 6	
T July 11	Th July 13	Note: Players will not be able to wear gear with school name (per CCS rules). School name can be covered with tape.
T July 18	Th July 20	

Summer Training Camp-This year we are offering training practices on most Monday and Wednesday evenings from 6-8 p.m. We will be working on stick skills, small games, conditioning and game play. This training camp is also open to players from other schools so it will be a great opportunity to see our

competition but also to learn from each other. The cost of the sessions is \$140 but BHS field hockey players will receive \$25 to go towards their fall donation if they sign up.

W June 14
 M June 19 W June 21
 M June 26 W June 28
None W July 5
 M July 10 W July 12
 M July 17 W July 19

Fun Fridays-We hope to have our seniors and/or juniors lead an activity or two this summer. We will have you all on Team Snap so that we can give you information about scheduled events.

Weekends-You are on your own. Do an easy run or another sport to break it up. You can work on stick skills with a buddy or on your own.

Summer Overview: *NOTE: Dead weeks mean no official team skill workouts. You can work out on your own.

Week of	Monday	Tuesday	Wednesday	Thursday	Friday
June 12-16			-Training Camp 6-8	-Cross-Fit 10-11	
June 19-23	-Training Camp 6-8	-Cross-Fit 10-11 -Summer League 6-8	-Training Camp 6-8	-Cross-Fit 10-11 -Summer League 6-8	
June 26-30	-Training Camp 6-8	-Cross-Fit 10-11 -Summer League 6-8	-Training Camp 6-8	-Cross-Fit 10-11 -Summer League 6-8	
July 3-7		HOLIDAY	-Training Camp 6-8	-Cross-Fit 10-11 -Summer League 6-8	
July 10-14	-Training Camp 6-8	-Cross-Fit 10-11 -Summer League 6-8	-Training Camp 6-8	-Cross-Fit 10-11 -Summer League	
July 17-21	-Training Camp 6-8 -UC Berkeley Camp 9-1	-Cross-Fit 10-11 -Summer League 6-8 -UC Berkeley Camp 9-1	-Training Camp 6-8 -UC Berkeley Camp 9-1	-Cross-Fit 10-11 -Summer League 6-8 -UC Berkeley Camp 9-1	
July 24-28	Dead Week*	Dead Week*	Dead Week*	Dead Week*	Dead Week*
July 31- Aug. 4	Dead Week*	Dead Week*	Dead Week*	Dead Week*	
Aug 8-12	Tryouts	Tryouts	Tryouts	Tryouts	Tryouts/BBQ

Communication-You can always check on the Latest News page of our personal team website (see address below) for any updates. We will finalize and post our tryout schedule (times) by the end of June. We can legally start on Friday, Aug. 4th but we will let you have the final weekend. We will have tryouts the week of August 7-11 with a fun BBQ and bonding activity on Friday, Aug. 11th. Keep checking the website throughout the summer.

- Check the website (branhamfieldhockey.com) weekly for updates (“Latest News” page)
- Sign up for Remind 101 (text 81010 with the message @d8d28 and it will tell you how to sign up)
- Get connected to the Branham Field Hockey FB page (if you have a FB account)
- Keep a workout journal-this could be a calendar, binder paper, or a notebook. Keep a record of the days you worked out, what you did and how you felt. (ie July 10th 4:00-ran 4 miles, legs were a bit sore) This will be reviewed at tryouts.

This will be a great season, but you will have to put in the work. We will only be as good as our weakest player. Make sure you come in ready to go. Let’s do this Bruins!

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SUMMER PROGRAM SIGN-UPS

Please fill out the form below and be sure to include any payment and waivers needed. Make checks out to **Branham Field Hockey**. If paying for multiple events, you may need to write more than one check as we may need to return a check if we don't have enough players signed up for a particular activity. Also, signing up for an activity doesn't commit you to every single date, as there will be things that come up this summer. Remember that you will be as prepared as much as you put in the effort.

Name _____ Phone _____
 Email Address _____ Grade in Fall _____

Activity	Cost	Extra Information	Waiver Information
Crossfit (circle available dates below): Th 6/15 T 6/20 Th 6/23 tank size: XS S M L XXL T 6/27 Th 6/29 Th 7/6 T 7/11 Th 7/13 T 7/18 Th 7/20	\$55	Note: Please write separate checks for each activity as money goes to pay for different activities. Make checks out to <i>Branham Field Hockey</i> with the name of the activity in the memo line.	Waiver Attached ("Health and Fitness LLC" aka "Crossfit")
Summer League (Circle available dates below): Th 6/22 T 6/27 Th 6/29 Th 7/6 T 7/11 Th 7/13 T 7/18 Th 7/20	\$55	This will be for a limited number of players. If we have enough, we could enter two teams. If there are more sign ups than spaces, then not all players that signed up will be able to attend. Your check would then be returned. If you want to be considered for this team, you must turn in the waiver and payment.	Waiver Attached ("NorCal Impact")
Cal Berkeley Camp at SJSU (July 17-20)	\$250	Write a separate check with Cal Camp in the memo. If we don't get the team rate, you can still sign up as an individual and the check will be returned.	Separate waiver and sign up information to be provided later
Summer Training Camp (Circle available dates below): W 6/15 M 6/20 W 6/22 I will be signing up for this: M 6/27 W 6/29 Yes No W 7/5 M 7/10 W 7/12 M 7/17 W 7/19	\$140	Note: Please sign up online. Go to branhamfieldhockey.com and click on the Summer Camp tab. Look for "Summer Training Camp" tab and click on that. Also, you will receive \$25 towards your fall fundraising goal.	Waiver and information on line

NOTE: Please staple check(s) to form. Please mail to 4566 Napa River Ct., San Jose, CA 95136 **NO LATER** than June 10st.

Notes and/or questions: