



September 14, 2023

Dear Athletic Directors and Field Hockey Coaches,

We hope the first couple of weeks of your season have gone well and that the school year is off to a great start! As the season gears up, we are sending you the information for the state championship as well as reminders for the season.

Weekly Polls:

Mary Blake will be sending you an email that outlines when and how to report scores the week of September 25th. Please be on time with your emails each week; in order for the polls to come out on time, this information is vital. The first poll will be posted the week of October 2nd.

VISAA State Tournament Information:

Tuesday, November 7 - Quarter-finals @ Higher Seed - Suggested: 3:00 pm

Thursday, November 9 - Semi-finals @ Higher Seed - Suggested: 3:00 pm

Saturday, November 11 - Finals - @ St. Catherine's School

- DI - 11:30
- DII - 2:00

Awards Information:

You will receive information from Mary Blake in October about the nominating process for All-State honors.

Change to Overtime Procedures for State Tournament:

Important change to overtime rules: the **1v1 with the goalie is now 8 seconds** (it is no longer 10 seconds). This aligns us with the field hockey community.

Updated Contact Information:

If you have a new field hockey coach or a new Athletic Director, please let us know as soon as possible. We left all email addresses visible so you can see who has, or has not been, sent information.

Best of luck this season!

Michelle Woodruff and Eyal Fierst

Field Hockey Committee Chairs