Hamden Hall Pre-season practice are:

- STRONGLY encouraged for all Varsity team candidates (unless the Head Coach says otherwise)
- Open to ALL HH Upper School students, regardless of ability level
- Held RAIN or SHINE (Field Hockey and Soccer players must bring sneakers in case we need to train inside)

IMPORTANT NOTES!!! *The Student Medical Information Form must be returned to school!!! Students whose forms are not at school will NOT be permitted to participate in Pre-season practices.

*Students are required to have had an up to date physical examination. A student must have an updated physical in order to be permitted to participate in pre-season. NO EXCEPTIONS!!

***********************************************************************

CROSS COUNTRY:
Week of August 28,.......**Mon** 10:30 - 12:00pm, **Tue** No practice,
**Wed** 3:30 - 5:00pm (Main Campus), **Thu** 3:30 - 5:00pm (Main Campus)
**Fri** 3:30 - 5:00pm (Beckerman)
Meet in Beckerman Rotunda
Coaches: Tricia Dowcett, Karen Swain

***********************************************************************

FIELD HOCKEY:
Week of August 28, .......**Mon** 2:30-4:30, **Tue-Thu** 4:00 - 7:00pm
Meet on field hockey field
Coach: Emily Anderson

***********************************************************************

BOYS SOCCER:
Week of August 28, daily **Mon-Fri**......3:45 – 5:45pm
Meet on varsity soccer field
Coach: Doug Cunningham

***********************************************************************

GIRLS SOCCER:
Week of August 28, daily **Mon-Wed**.......9:00 - 11:00am & 1:00 - 3:00pm
**Thu** 2:00 – 4:00pm, **Fri** 9:00 – 11:00am & 1:00 – 3:00pm
Meet on varsity soccer field
Coach: Chuck Salvi

***********************************************************************

VOLLEYBALL:
Week of August 28, daily **Mon-Wed**.......8:30 - 11:30am & 1:00 - 3:00pm,
**Thu** 2:30 - 5:30, **Fri** 8:30 - 11:30am, Varsity only 1:00 - 3:00pm
Meet in Beckerman on Court 1
Coach: Nally Sahin