

HAFH Summer Programming Overview

All summer programming opportunities are 100% voluntary and open to athletes entering grades 9-12. There is no fee to participate (unless otherwise stated). I can most easily be reached by email at agrove@rsu22.us. This information will also be available on the Hampden Academy athletics webpage under the field hockey tab.

11v11 League at Hampden Academy

We host an 11v11 league at HA on Tuesday evenings throughout the summer. Games are scheduled from 5:00-8:00 PM and a more descriptive schedule will be emailed once completed. All games will be played on the grass field hockey field on the inside of the HA track. Athletes should come legally and properly equipped to play field hockey (shin guards, mouthguard, goggles, no jewelry). Please wear a purple top and purple socks and arrive approximately 30 minutes prior to the first scheduled game to warm up and be prepared to play at the scheduled start time.

7v7 League at UMO

We participate in a 7v7 league at UMaine on Wednesday evenings throughout the summer. Games are scheduled from 6:00-9:00 PM and a more descriptive schedule will be emailed once it is received. All games will be played on the UMaine field hockey astroturf field located by the tennis courts, softball field, and baseball field. Athletes should come legally and properly equipped to play field hockey (shin guards, mouthguard, goggles, no jewelry). Due to the playing surface, athletes should wear turf shoes or sneakers, no cleats. Please wear a purple top and purple socks and arrive approximately 30 minutes prior to the first scheduled game to warm up and be prepared to play at the scheduled start time.

Strength/Conditioning & Skills

I run strength/conditioning and skills sessions twice a week throughout the summer. Athletes should come to these sessions prepared to participate in both a track workout (sneakers!) and a field hockey skills session on the grass field on the inside of the HA track.

High School Clinic with Marissa Shaw and MFHA Festival

Further information regarding these opportunities will be shared with athletes during the first few weeks of summer programming.