

USA Women's Masters Field Hockey

2020 USA Women's Masters Squad Tryouts - Alternate Selection Process

Masters Players -

If you are unable to attend the tryout, you can still make the team!

Clearly the best way to be selected is to attend the trial. However, for those who are unable to attend, it will be your responsibility to best represent your field hockey skills and fitness to Selectors through an evaluation process. You are not required to submit all three pieces, but obviously the more information you can provide, the more the Selectors have to make a decision.

1. Hockey Resume - Covering your past and current level of play, as well as your current level of fitness and exercise routine.
2. Recommendation(s) - Should include the last time that person saw you play and where. He/she should provide comments on your fitness level, skills, and tactical knowledge.
3. Video - Should be no longer than 10 minutes and should be a link (rather than emailing a video file). You can best showcase yourself by including the Futures Test found [here](#), 1-minute yard stick pull test, skills (dribbling, receiving, passing, and hitting), any specialty skills (penalty corner insert, stick stop, or hit/drag, strokes, shootouts, etc.), and clips of game play if available. The Futures Test for Goalkeepers can be found [here](#), and you should also demonstrate various saving techniques (foot, leg, stick, glove).

The fee for this process is \$50 - the same cost as attending the tryout.

Alternate selection submissions must be sent to

WomensMastersFieldHockey@gmail.com by **Friday, January 24, 2020 (11:59pm EST)** to be considered for selection. Please note: this is the day *before* the trial.

NOTE: The Selectors evaluating your submission will be the same as those attending the tryout, to ensure consistency in the process.

REGISTRATION

If you wish to try out for the 2020 USA Women's Masters Squads via these alternate selection procedures, you still need to register using the link below. You will subsequently receive any related communications, including details regarding how to pay your tryout fee. Keep in mind that you must be an active member of USFHA to participate in the tryout process and this will be verified.

The deadline to register for the tryout is **Wednesday, January 22, 2020**.

Registration link: <https://forms.gle/ee6oi8tyqD4Sf87eA>

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