



**HAMPSTEAD MIDDLE SCHOOL  
ATHLETICS  
26 SCHOOL STREET  
HAMPSTEAD, NH 03841  
BENSONN@HAMPSTEADSCHOOLS.NET**



Dear Parents/Guardians:

The Fall Sports tryouts at the Hampstead Middle School will **begin** the week of **August 27, 2019**. See specific dates and times below. Other dates for tryouts TBD by individual coaches at the first tryout.

Bring all equipment/forms necessary on **Tuesday, August 27:**

<b>Field Hockey:</b>	<b>3:00pm – 4:30</b>	running shoes, water bottle, shin guards stick, goggles, mouth guard
<b>Girls Soccer:</b>	<b>3:00pm – 4:30</b>	running shoes, water bottle, soccer ball shin guards, mouth guard
<b>Boys Soccer:</b>	<b>3:00pm – 5:00</b>	running shoes, water bottle, soccer ball shin guards, mouth guard

**Tuesday, September 3:**

**Cross Country: 3:00-4:15** running shoes and water bottle

**There will be a cut off date for  
added runners September 5**

**Each student is required to have a physical completed on the enclosed form every two calendar years.** It would be very helpful if this could be taken care of during the summer months. All forms and health communication are available on the school website under the *athletics* link.

Coaches strongly suggest preseason conditioning to eliminate injuries.

Thank you,

Nancy Benson  
HMS Athletic Director  
[www.hampsteadschools.net](http://www.hampsteadschools.net)

