

set the momentum

Field hockey players constantly adapt to the game's change of pace

According to Runner's World, a field hockey player can run up to five miles during a game, which is on average three times more than a wide receiver runs during a professional football game.

For Hannah Sabaa (11), the pace at the start of the game determined how the rest of the game proceeded.

"It is important to start the game strong because the beginning of the game affects how we play for the rest of the game," Sabaa said. "If people get tired, we can stop, but we try to keep the intensity high through the whole game."

Similarly to Sabaa, senior Gabriella Fourkas found during the game an important factor was playing with high intensity.

"The strategy that works best is when we start off fast, because getting a goal in the first few minutes of the game tends to keep the pace up for the rest of it," Fourkas said.

Even though the pacing of the games was an important factor, for Sabrina Wong (10) maintaining confidence was key for her success.

"Confidence on the field is a big factor into how you play because if you're scared to go out there, you're going to play scared and maybe make more mistakes," Wong said.



go the distance Uma Ramesh (12) dribbles the ball to pass to her teammate. Ramesh found the team adjusted their playing style after gaining experience playing other teams. "[The second half of the season] starts to shift quicker from that laid back pace, now that we already can understand what to anticipate from all these teams," Ramesh said.

Photo by Anna Chong

pregame prep To start off the game strong, Gabrielle Moll (9), and Amit Gafter (9) begin their warm up. The team works on various kinds of exercises to perform a better game. "We do shuttles with our sticks, a ball, and a partner," Gafter said. "We also run a lap before we start."

Photo by Jessica Lwin



mark your spot

Field hockey athletes describe their positions on the field



defense

"I like playing defense because I get to protect my cage. That's my territory. There's a feeling of pride when you get it out the circle or [don't let] it in the goal."

– Rebecca Hsu (11)



midfield

"We're just in the middle of the mosh, but I feel like we do most of the work as [we're] in control of the ball of the field."

– Danica Lim (11)



goalie

"I get to watch the whole field, see everyone, and interact with everyone. It's really nice to work with the defense. The trust that's there is really nice."

– Nitya Peumans (12)

Photos by Anna Chong



facing challenges During a game, junior Hannah Sabaa works to keep the ball away from opponents while playing midfield. Keeping up a fast pace in the game required Sabaa to build up stamina by running during practice. "We like to do team runs about once a week. We have a long run or we do sprint workout," Sabaa said. *Photo by Anna Chong*

time's up As the game runs out of time, junior Leela Patel walks briskly to gain control of the ball. Patel found that when games went to overtime, it helped the team obtain a victory. "Toward the end of the games, we always want more [overtime], especially because we've been in so many," Patel said. "So, overtimes [can be] very motivating."

Photo by Anna Chong

hit it off Despite the limited time left in the game sophomore Kenzie Murray continues to fight for the ball. In order to communicate effectively on the field, Murray needed to bond with her teammates on a deeper level. "Since we are at a high level, we really have to connect and get to know everybody," Murray said. *Photo by Anna Chong*