



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 30, 2022**. See **specific dates and times below**. Coaches will provide “other dates” for tryouts on the first day of the sport tryout. **Please use the Google form on the Athletics site to sign up.**

Bring all equipment/forms necessary on:

Tuesday, August 30:

Field Hockey: **3:00pm – 4:30pm** running shoes, water bottle, shin guards
stick, goggles, mouth guard

Girls Soccer: **3:00pm – 4:30pm** running shoes, soccer cleats, water
bottle, soccer ball,
shin guards, mouth guard

Boys Soccer: **3:00pm – 4:30pm** running shoes, water bottle, soccer ball
shin guards, mouth guard

Tuesday, September 6:

Cross Country: **3:00pm - 4:00pm**

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

