

HS FIELD HOCKEY PRESEASON TRAINING

WHO: *GIRLS entering grades 9-12*

LOCATION: FIT Sports Performance Center,
Inside Facility/Outside Field.
122 Spring St Unit D5. Southington.

WHEN: Session 1: 7/23-7/26 5:30-7pm

Session 2: 7/30-8/2 5:30-7pm

COST: 1 session \$140.00, both sessions
\$250.00

WHAT TO BRING: sneakers and cleats, field
hockey stick, mouthguard, sunscreen,
and goggles, water.



Training Director: Ashley Mara-

Field hockey Experience: Played HS field hockey for NW Catholic 2004-2008, Ast HS Field Hockey Coach at NW Catholic 2012 -current, also served as Strength and Conditioning Coach at CCSU and currently serves as Head Sports Trainer at FIT Sports Performance Center, Southington CT.

What to Expect from FIT FIELD HOCKEY HS TRAINING:

Field hockey stick skills, field positioning, shooting, passing, receiving, field vision, team communication, 3v3, speed & agility and metabolic conditioning to prepare for season.

Register at www.stayfitconnecticut.com

FORESI'S INDIVIDUALIZED TRAINING
122 Spring St Unit D4/D5 Southington CT 06489
foresifitness@gmail.com 860-690-9796
www.stayfitconnecticut.com