

INTRO to FIELD HOCKEY CLINIC

WHO: *GIRLS entering grades 5-8, (or 9th GR if brand new to field hockey.)*

WHEN: Aug 20-Aug 23, 2018

TIME: 5:30-7pm

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

COST: \$120.00

WHAT TO BRING: sneakers and cleats, field hockey stick, shin guards, 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 INTRO to FIELD HOCKEY CLINIC:

Will be introduction of field hockey concepts, skills, drills, stickhandling, passing and receiving. Southington needs more Field Hockey Players ready when they get to the HS, Start learning NOW!!!

To register go to www.stayfitconnecticut.com

FORESI'S INDIVIDUALIZED TRAINING
122 Spring St Unit D4/D5 Southington CT 06489
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