



# PINE-RICHLAND FIELD HOCKEY

## 8th Annual Summer Program Girls Grades K-12 (Fall 2014)

### Pine-Richland High School Stadium

Thursdays \* 6/19, 6/26, 7/10, 7/17, 7/24, 7/31 \* (not 7/3)

6-7pm Grades K-6 \$75 T-Shirt Included

7-8pm Grades 7-12 \$85 T-Shirt Included

8-8:45pm Open Play Grades 7-12 (included in fees)

Grades 11-12 \* Open Play Only \* \$5/session

- Players from beginner to varsity level are invited to join our summer field hockey program.
- Prior experience not required. Players will be grouped by grade and ability.
- Sessions are coached by former players with club and collegiate playing experience **PRFH Rising Juniors and Seniors are invited to help coach** to earn volunteer hours and to give back to the sport by teaching skills to developing players.
- **LEAGUE FUN** – Prizes awarded for contests such as silly sock week, crazy hair night, get soaked sessions, and water balloon launches. Girls earn High-5 Awards with a corresponding trip to the prize bin. **FUN** is guaranteed!
- Players are **NOT** required to attend all weeks to participate.
- **Sessions for Grades 1-6** will include drills for skills and game play.
- **Sessions for Grades 7-12** will build upon the fundamentals and also include advanced skills and greater emphasis on game play.
- **Grades 7-12 continue with full-field 11v11 Open Play**, a more competitive game time and a great way to improve by playing up with more experienced field hockey players.
- **PRFH Players in Grades 11-12 can register for Open Play Only at \$5 per session** - register online, select dates, enter 'OPEN PLAY ONLY' in comments, and select 'Pay Later'.
- **Required Equipment:** field hockey stick, shin guards, mouth guard. *\*\*\*Mouth guards available for \$1. Sticks are available for loan.\*\*\**

Register Online at <http://pryc.org/fieldhockey.php>

QUESTIONS? Email Donna Stephenson at [coachsteve@prfieldhockey.com](mailto:coachsteve@prfieldhockey.com)

*This activity is not sponsored by or affiliated with the Pine-Richland School District.*