

FALL YOUTH PROGRAM

GIRLS GRADES K-6 (FALL 2015)

COACHED BY FORMER FIELD HOCKEY PLAYERS
WITH CLUB/COLLEGIATE PLAYING EXPERIENCE

GRADES K-3 DEVELOPMENTAL TRAINING PROGRAM \$75

- T-shirt included.
- Focus on drills-for-skills and small-sided games.
- Prior experience not required.
- Sundays * Sept. 13,20,27 * Oct. 4,11,18 * 3-4pm
***Oct. 25 weather make-up date
- Pine-Richland High School Stadium

GRADES 4-6 RECREATIONAL LEAGUE \$150

- T-shirt included.
- Players learn fundamental skills and field sense with league games versus other area programs.
- Prior experience not required.
- Game Jersey \$20
- **Girls are allowed to miss sessions in order to balance other activities and sports.**
- Sunday Practices/Games (4-6pm (unless otherwise noted)):
 - ♦ Aug. 30 ** Practice
 - ♦ Sept. 13 ** Home Game v. Aquinas
 - ♦ Sept. 20 ** Home Game v. Peters Twp.
 - ♦ Sept. 27 ** Home Game v. Mt. Lebanon
 - ♦ Oct. 4 ** Practice or Game TBA
 - ♦ Oct. 11 ** Away Game @ Mt. Lebanon
 - ♦ Oct. 18 ** Away Game @ Peters Twp. (time 2-5pm)
 - ♦ Location: Pine-Richland High School Stadium
 - ♦ NO SESSION Sept. 6 ** Oct. 25 weather makeup
- Weekday Practices (5:30-7pm, ends earlier as daylight changes):
 - ♦ Thur Aug 27 ** Tue Sept 1 ** Tue Sept 8
 - ♦ Thur Sept 17 ** Thur Sept 24 ** Tue Sept 29
 - ♦ Thur Oct 8 ** Tue Oct 13 ** Tue Oct 20
 - ♦ Location: Pine-Richland High School Baseball Outfield

REQUIRED EQUIPMENT

- Field Hockey Stick, Shin Guards, Mouth Guard
- Goggles (Grades 4-6)
- ***Mouth guards available for \$1. Sticks are available for loan.***

For more info. and to register, visit www.prfieldhockey.com

QUESTIONS? Email Donna Stephenson at coachsteve@prfieldhockey.com

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