

# 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.**
- One weekday practice (either Tuesday or Thursday) plus one weekend practice or game on Sunday.
- Tuesdays -OR- Thursdays  
Aug. 27 \* Sept. 1,3,8,10,15,17,22,24,29 \* Oct. 1,6,8,13,15  
5:30-7pm (day of week to be determined)  
Location: Pine-Richland High School Baseball Outfield
- Sundays  
Aug. 30 \* Sept. 13,20,27 \* Oct. 4,11,18  
4-6pm  
Location: Pine-Richland High School Stadium  
\*\*\*off Sept. 6 for Labor Day Weekend  
\*\*\*Oct. 25 weather make-up date

### 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](http://www.prfieldhockey.com)**

**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.*