

Field Hockey Academy



LOCATION:

PerformFit Sports Experience
10880 Railroad Avenue
Cockeysville, MD 21030

DATES:

July 13 - August 17, 2015

DAYS:

Every Monday

TIMES:

Ages 9-12: 6:00-7:00pm

Ages 13 +: 7:00-8:00pm

PROGRAM:

One hour professional style workout that will focus on the fundamentals of stick skills, passing, driving, shooting, dodging, defensive work along with flexibility, change of speed & footwork. Our small group stations will allow for quality instruction and plenty of repetition. Our coaches include Dawn Litrenta, former Division I player & current youth coach, Donna Wolk, former captain & defensive player of nationally ranked field hockey team & current coach of 6/7 field hockey and indoor club teams.

COST:

\$25.00 payable the day of the Academy. Cash or check only. First 20 players to sign up in each group will be admitted to the Academy.

REGISTER:

Call 410-785-2600

***Individual lessons are also available at other times**