



# 6 WEEK FIELD HOCKEY CLINIC - \$99.00

**Tuesdays**

**Jan 31st-Mar 6th  
2012**

**LIMITED SPACE  
AVAILABLE  
Call To Register!**

**Grade K-5 3:45-4:45pm  
Grade 6-9 5:00-6:00pm**

Learn How To Play,  
Or Improve Your Skills.

Stick Packages:  
Longstreth.com

Yearly Membership \$10



132 Central Street  
Milford, Ma 01757  
www.milfordsportscenter.com

Phone: 508-473-8300  
www.milfordsportscenter@verizon.net

This program has been established to help develop field hockey players at a young age. Our goal is to give our youth a better opportunity to excel in the sport of field hockey. This clinic will cover all the basic skills of field hockey. Holding Stick - Dribbling - Hitting - Passing - Shooting - Offensive & Defensive tactics - Game Rules and Play.

**Instructors:**

Carrie Wernig—Varsity Coach Bellingham High School

Melisa Dlugolecki— Varsity Coach, Holliston High School

Required Equipment:

Stick, cleats/ turf shoe, tennis shoes, and water bottle.

Protective Equipment:

Mouth guards and shin guards are required for all field hockey players. Goal-keepers must supply helmets, leg guards, kickers, and chest protector.

## Registration Form

Name: \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_

Telephone: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Grade: \_\_\_\_\_ Waiver: \_\_\_\_\_

E-mail: \_\_\_\_\_@\_\_\_\_\_

Credit Type: \_\_\_\_\_ Cash: \_\_\_\_\_ Check: \_\_\_\_\_

# \_\_\_\_\_ Exp: \_\_\_/\_\_\_