



FIELD HOCKEY

GIRLS FIELD HOCKEY GRADES 5TH-7TH

**Instructor: Hastings High School Varsity Captains,
Naomi Van Hoogstraten and Benna McDermott**

We will teach basic field hockey skills, such as different kinds of dribbling, defense, shooting, and stick techniques. We will play different kinds of field hockey games and occasionally do scrimmages. Field Hockey is a fun sport where girls learn teamwork and leadership skills!

LOCATION: LOWER REYNOLDS

TIME 10:00-12:00

SESSION 1 JULY 6TH 7TH 8TH 9TH

SESSION 2 JULY 12TH 13TH, 14th 15th

FEE \$175 A SESSION



What to bring: Field hockey stick, shin guards, eye goggles, mouth guards, sneakers or cleats and water

NAME: _____ **PHONE** _____

ADDRESS: _____ **GRADE:** _____

E-MAIL ADDRESS: _____

IN CONSIDERATION OF ACCEPTING THIS REGISTRATION FORM, I, THE UNDERSIGNED, FOR MYSELF, MY EXECUTORS, ADMINISTRATORS AND ASSIGNEES, DO HEREBY DISCHARGE HASTINGS RECREATION DEPARTMENT, AND ANY AND ALL SPONSORS, ORGANIZERS AND THEIR REPRESENTATIVES AND SUCCESSORS FROM ALL CLAIMS OF DAMAGES, DEMANDS, ACTIONS AND CAUSES OF ACTION WHATSOEVER, IN ANY MANNER ARISING OR GROWING OUT OF MY PARTICIPATION IN SAID PROGRAM. I FURTHER ATTEST THAT MY CHILD IS PHYSICALLY QUALIFIED TO PARTICIPATE IN THE PROGRAM.

PARENTS SIGNATURE: _____