

# HIGHLANDS FIELD HOCKEY CLUB PROGRAM

## SPRING 2020



### Grades 9-11

Highlands Field Hockey will be running a spring program that will consist of 90 minutes of skill development for 9<sup>th</sup> – 11<sup>th</sup> graders. The program will build on the players fundamental skills by further developing proper passing and receiving techniques, footwork, shooting styles, offensive and defensive strategies along with game strategy. This program is ideal for players that have plans to play for their respective school teams and are looking to improve before tryouts.

#### DETAILS

*Practice dates and times may change based on facility availability and weather*

**Location:** Superdome, Waldwick, NJ

**Dates & Time:** Wednesdays, 7pm – 8:30pm  
8 weeks, April 1<sup>st</sup> through May 20<sup>st</sup>

8 week session: \$320  
Single Session: \$45

### Grades 6-8

Highlands Field Hockey will be running a spring program that will consist of 45 minutes of skill development and 45 minutes of scrimmages for 6<sup>th</sup> – 8<sup>th</sup> graders. The goal is to prepare kids to play at the high school level. Separate instruction will be provided for those who are new to the game and those who have playing experience. All skill levels are encouraged to play!

#### DETAILS

*Practice dates and times may change based on facility availability and weather*

**Location:** Superdome, Waldwick, NJ

**Dates & Time:** Tuesdays, 7pm – 8:30pm  
8 weeks, April 7<sup>th</sup> through May 26<sup>th</sup>

8 week session: \$320  
Single Session: \$45

*All athletes should bring their own equipment including field hockey stick, shin guards, goggles, towel, water bottle, turf shoes/sneakers. Goalkeepers must bring their own equipment unless an arrangement is worked out with the coaching staff. Mouth guards are required.*



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# HIGHLANDS FIELD HOCKEY CLUB PROGRAM

## SPRING 2020

REGISTRATION FORM - \$320/8 weeks, \$45/session

### GRADES 9-11

- 8 weeks (April 1 through May 20<sup>st</sup>)
- Single session (*write date*) \_\_\_\_\_

### GRADES 6-8

- 8 weeks (April 7<sup>th</sup> through May 26<sup>th</sup>)
- Single session (*write date*) \_\_\_\_\_

Player Name \_\_\_\_\_

Position \_\_\_\_\_

Yrs. Experience (if any) \_\_\_\_\_ School Grade (as of 9/1/19) \_\_\_\_\_

Birthdate \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Credit Card  Check  Cash

Mastercard  Visa  American Express  Discover

Card Number: \_\_\_\_\_

Expiration Date \_\_\_\_/\_\_\_\_ Security Code \_\_\_\_\_

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

