

# GIRLS' YOUTH FIELD HOCKEY

• **SUMMER/FALL 2018** •

[www.southington.org/FieldHockey](http://www.southington.org/FieldHockey)



The Southington Recreation Department is pleased to offer a youth field hockey program for **Southington resident girls** who will be **entering Grades 3-9\*** in the next school year (Fall 2018).

\* *NOTE: 9<sup>th</sup> grade students who play on a High School field hockey team are NOT eligible for this program.*

## • PROGRAM SCHEDULES •

### GRADES 3-5 (12 Classes)

Mondays & Wednesdays, August 27-October 10

5:00 pm – 6:00 pm

Panthorn Park, Upper Lacrosse Field

\$65.00 registration fee per child

### GRADES 6-9 (12 Classes)

Tuesdays & Thursdays, August 28-October 4

5:00 pm – 6:00 pm

Panthorn Park, Upper Lacrosse Field

\$65.00 registration fee per child

Participants will learn the basic skills of field hockey, and eventually use those skills in small scrimmage settings. Instructional skills will focus on basic dribble (tapping & dragging), passing (push & driving), reverse stick, scooping, stopping (give & hard stops), and defense (blocking & jabbing). Drills and plays will focus on team work and moving the ball down the field.

### All students will need to bring the following supplies to the program:

- ❖ Field Hockey Stick
- ❖ Shin Guards
- ❖ Mouth Guard
- ❖ Water Bottle
- ❖ Eye Goggles (*optional*)
- ❖ Cleats (*optional*)

## • REGISTRATION •

**BY MAIL:** Recreation Dept., PO Box 571, Southington, CT 06489

**IN PERSON:** Southington Town Hall, 75 Main St., 2<sup>nd</sup> Floor  
Office Hours: Monday-Friday, 8:30 am - 4:30 pm

Please make checks payable to “**Town of Southington.**”

**FORMS &  
PAYMENTS  
DUE BY  
AUGUST 24<sup>TH</sup>**