

# IMPACT FIELD HOCKEY

## 2013 SPRING TRAINING



[www.newjerseyfieldhockeyacademy.com](http://www.newjerseyfieldhockeyacademy.com)



e-mail us at [impactfh@live.com](mailto:impactfh@live.com)

### 16 TOTAL TRAINING DATES

3/12, 3/14, 3/24, 4/2, 4/7, 4/9, 4/14, 4/28

Weeknights are 6:30-8:00 PM

Sundays are 11:00-1:00 PM

5/7, 5/9, 5/14, 5/16, 5/21, 5/23, 5/28, 5/30

6:00-8:15 PM

The May sessions will include a speed, footwork, movement, conditioning segment that will be run by a certified trainer at the beginning of each session.

All Practices are at Drew University  
36 Madison Avenue, Madison, NJ 07940  
Ranger Stadium Turf Field

Cost: \$625

Name: \_\_\_\_\_ USFHA Membership #: \_\_\_\_\_

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

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

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail (Print Clearly): \_\_\_\_\_

Grade (as of 9/2012): \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Position: \_\_\_\_\_

High School: \_\_\_\_\_ HS Graduation Year: \_\_\_\_\_

Each practice will be committed to individual player development. We will continue to teach and emphasize basic fundamentals as well as teach elite skills needed to compete at the highest level. Each athlete will get hands on coaching. We will also teach tactical and technical concepts of the game. We will finish most practices with small game play and scrimmages. Each athlete will be grouped according to age and ability.

Checks payable to: New Jersey Field Hockey Academy, Mail to: 65 Brookside Terrace, North Caldwell, NJ 07006

*Due to NCAA rules we cannot prorate the cost of this program. We also do not offer any refunds for any reason.*

**Please return this application with payment by March 12<sup>th</sup>, 2013 (first training session).**