



Session 1: Nov. 5, 2019 - Jan 10, 2020
Session 2: January 13 - March 13, 2020



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Field Hockey Academy & Organized Play

The focus of the field hockey academy program is on player development through the introduction of the sport, individual skill training, small game concepts and strategies.

NEW!

7-9 yr.: Skills & Games
Mondays: 6:00-7:00 pm
\$118/player
Space is Limited!

9-11 yr.: Skills & Games
Wednesdays: 5:30-6:30 pm
Thursdays: 5:30-6:30 pm
\$118/player
Space is Limited!

12-14 yr.: Skills & Games
Wednesdays: 6:30-7:30 pm
\$118/player
Space is Limited!
(if registrations numbers support it,
a Thursday class may be added)

- Players must supply their own equipment - stick, shin guards, and mouth guard
- Goggles are optional
- Academy is for field players only
- Interested goalies should inquire about instruction at Dome office.

The Academy program offers 8 training sessions.

Register online through your DASH account or at the Dome office.

Membership Photo/ID required

www.adksc.com

518-743-1086



15+yr./Adults: Pick-Up Field Hockey \$10/night with membership
Thursdays, 6:30-8:00pm \$12/night w/out membership

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