



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



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.

8-11 yr.: Skills & Games
 Wednesday: 5:30-5:30pm
 Thursday: 5:30-6:30pm
 \$118/player
 Space is Limited!

11*-14 yr.: Skills & Games
 Wednesday: 6:30-7:30pm
 \$118/player
 Space is Limited!

***11 yr-olds** must have at least one years prior experience, and may need coaches approval.
 (if registrations numbers support it, a Thursday class may be added)

- The Academy programs are 8-week training sessions, 1-hr per week.
- Players must supply their own equipment - stick, shin guards, mouth guard.
- Goggles are optional.
- Academy is for field players only.
- Interested goalies should inquire about instruction at Dome office.

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

Annual ADKSC Waiver and Facility ID/Membership (\$14) 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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