



Session 1: Oct. 19 - Dec. 18, 2020

Session 2: Dec. 28 - Feb. 26, 2021



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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. 8 training days per session.

7-9 yr.: Skills & Games
Mondays: 5:30-6:25 pm
\$118/player
Space is Limited!

9-11 yr.: Skills & Games
Wednesdays: 5:30-6:25 pm
(Thursday: overflow day, if needed)
\$118/player
Space is Limited!

12-14 yr.: Skills & Games
Wednesdays: 6:35-7:30 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.

(** **Days and Times** for any and all age groups may change based upon final registration numbers, especially as a result of possible changes related to COVID-19)

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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