



Session 1: Nov. 7, 2022 - Jan. 12, 2023

Session 2: Jan. 16 - March 16, 2023



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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, and small game concepts and strategies.

**8-11 yr.:** Skills & Games

Thursday: 5:30-6:30 pm

\$124/player

Space is Limited!

**11\*-14 yr.:** Skills & Games

Thursday: 6:30-7:30 pm

\$124/player

Space is Limited!

**\*11 yr-olds** must have at least one years prior experience, and may need coaches approval.

- 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 (\$15) required.

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

518-743-1086



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**18+yr./Adults:** Pick-Up Field Hockey

Thursdays, 6:30-8:00pm

\$12/night with membership

\$14/night w/out membership