



Field Hockey Pro ACADEMY



WELCOME TO THE FIELD HOCKEY WORLD !

Field Hockey is a great sport for your kid

In Field Hockey Afterschool Program, the kids will learn the basic sport techniques through games and competitions. They will have fun practices strengthening the relationships with friends into an environment full of laughter and excitement. Staying involved in field hockey provides a sense of community. Participating in the activities creates a bridge between players and promotes social integration. Also, the participants figure out how to rely on teammates and understand that cooperation is key to success.

Objectives

- ✓ Develop motor skills, renew energy, improve strength, flexibility and posture
- ✓ Teach and apply the value of teamwork, build character
- ✓ Improve mental agility and decision-making process by means dynamic activities
- ✓ Promote respect and friendship between players
- ✓ Propose healthy habits. Field hockey is one of the best cardiovascular games you can play

Fall 2018 Season – Christ Community School

- ❑ Classes: Fridays (3.30 – 4.30 pm)
- ❑ Starting : August, 31st 2018
- ❑ Friendly Matches on Weekends: TBD
- ❑ Ages: 5 to 12
- ❑ Period: 15 classes total (Aug 31st – Dec 14rd)
- ❑ Cost: \$ 225
- ❑ Enroll: with Ms. Jess Pierrel, jpierrel@christcommunityschool.org
- ❑ The material for practices will be provided by the Academy
- ❑ Questions: info@fieldhockey.pro | 832-948 – 8846 | www.fieldhockey.pro