



FIELD HOCKEY ACADEMY TENTATIVE SCHEDULE

Equipment:

- Field Hockey Stick(s)
- Field Hockey Shoes (cross trainers or turf shoes)
- **Mouth guard required**
- **Skin guards required**
- Goalies should bring own equipment (goalie pads)
- Rain gear recommended, depending on weather
- Personal water bottle
- No personal equipment will be shared during camp

Sunday, June 9, 2024

9:00 a.m. – 9:30 a.m.	Check-In, Field Hockey Complex
9:30 a.m. – 12:00 p.m.	Camp Introduction & Morning Session
12:00 p.m. – 1:00 p.m.	Lunch (Included in camp fee)
1:00 p.m. – 3:50 p.m.	Afternoon Session
3:50 p.m.	Wrap up & closing remarks
4:00 p.m.	Camp Ends, Depart Field Hockey Complex

Note: Please bring snacks to energize yourself and a water bottle to refill. Gatorade and water will be provided.