



# HEART. HUSTLE. HOCKEY.

FIELD HOCKEY CAMP  
SUMMER 2022

**Adrienne Benitez, Former Division I Athlete - (Head Coach)**

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Where: Boonton High School Turf

When: 2 weeks

- Tuesday July 5th - Friday July 8th  
Monday July 11th - Thursday July 14th
- **10:00am-2:00pm (BOONTON HIGH SCHOOL TURF FIELD)**  
\*\*We've also reserved the gym (in case of bad weather)

What we do:

**Participants: Grades K-8. 8th going into freshman year (broken down into appropriate age groups)**

**Stations that focus on skills and drills, mindfulness, stretching and yoga, scrimmaging and LOTS FUN SUMMER SPORTS GAMES!!! (Think hula hoops, jump rope, ladder agility, potato sack races, relay races, tug of war, the list goes on!**

👉 Camper T-shirt/jersey (TBD) with registration

👉 Pizza will be provided on Thursday July 14th

👉 Lunch must be sent to camp daily with your camper (except Thursday July 14th).  
K-1st graders, please bring a snack as well

👉 Labeled water bottles must be sent with your camper

👉 Ice pops will be distributed at the end each day

**\*Must bring a field hockey stick, mouthguard, shin guards, sneakers, and a towel or yoga mat**

**Register via this link: <https://forms.gle/ynKfn2dB1coPfrE67>**

**Venmo @Adrienne-Benitez \$545 for 2 weeks. (8 days) includes reversible camp jersey**

**If you already have the jersey, it's \$500**

**\*\*If you can only do 1 week, please email me to discuss\*\***

**No refunds. We pay in advance for facility usage etc.**

