



HEART. HUSTLE. HOCKEY.

FIELD HOCKEY/ACTIVE KIDS CAMP
SUMMER 2024

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

abayvel@gmail.com

Where: Mountain Lakes High School Turf. 51 Glen Road

When: 1 week

- Monday July 8th-Friday July 12th
- 9:00am-3:00pm **(MTN LAKES HIGH SCHOOL TURF FIELD) 51 Glen Road Mtn Lakes.**

******We will play in the rain, NOT in thunder and lightning. No refunds for weather cancellations. Unfortunately, we will have to cancel****No rain dates available.**

What we do:

Participants: Grades K-12 (current K-11th graders) will allow incoming Kindergarteners

Stations that focus on skills and drills, mindfulness and nutrition, 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!) Agility, endurance and fitness training.

***Trust games, team building, scavenger hunt, charades, dance competition/skits (groups)**

 **Pizza will be provided on Friday July 12th/Snow cones on Friday!!!**

 **Lunch and a snack must be sent to camp daily with your camper.**

 **Labeled water bottles must be sent with your camper**

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

REGISTER VIA THE LINK AT THE BOTTOM OF THIS FLYER:

<https://forms.gle/NVbTd6hEqNA4aCUEA>

Venmo @Adrienne-Benitez \$500 (5 days)

10% sibling discount

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