



# HEART. HUSTLE. HOCKEY.

FIELD HOCKEY/ACTIVE KIDS CAMP  
SUMMER 2025

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

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**Where:** Mountain Lakes High School Turf. 51 Glen Road

**When:** 1 week

- Monday July 7th-Friday July 11th
- 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-3 (current grade) will allow incoming Kindergarteners

Stations that focus on skills and drills, 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. 9am-12pm outside on the turf. 12pm-3pm indoor location at one of the 3 ML schools. (pick up at that location)

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

🍕 Pizza will be provided on Friday July 11th/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/y7ij2xJgGAmTWeEC9>

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

**10% sibling discount**

**No refunds for weather cancellations. .**

**We pay in advance for facility usage etc.**