



HEART. HUSTLE. HOCKEY.

FIELD HOCKEY/ACTIVE KIDS CAMP
SUMMER 2025

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 7th-Friday July 11th
- 9am-3pm for Grades 4-7 current grade (FULL DAY) only full day option available
- 12pm-3pm for Grades 8-11 current grade (HALF DAY) only half day option available
- **(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 4-7 (current) (FULL DAY) 9am-3pm and Grades 8-11 (current) (HALF DAY) 12pm-3pm

Prepare your athlete for their summer training and pre-season. Stations that focus on skills and drills, mindfulness and nutrition, scrimmaging, agility, endurance and fitness training. Tournament (team) games. Championship games on Friday.

***Focus on team building and camaraderie**

🍕 Pizza will be provided on Friday July 11th (for Grades 4-7)

💧 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/E4djCG3yzYd4FsPL9>

Venmo \$375 for ½ day Grades 8-11

\$500 for full day Grades 4-7

@Adrienne-Benitez (5 days)

10% sibling discount

No refunds for weather cancellations. .

