



## HEART. HUSTLE. HOCKEY.

FIELD HOCKEY/ACTIVE KIDS CAMP  
SUMMER 2026

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

[abayvel@gmail.com](mailto:abayvel@gmail.com)

Where: Mountain Lakes High School Turf. 51 Glen Road

When: 1 week

- Monday July 6th-Friday July 10th
- 9am-3pm for Grades 4-8 (Sept 2026 Grade) (FULL DAY) only full day option available
- 12pm-3pm for Grades 9-12 (Sept 2026 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 4-8 (Grade as of Sept 2026) (FULL DAY) 9am-3pm and Grades 9-12 (Grade as of Sept 2026) (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 10th (for Grades 4-8)

🚰 Labeled water bottles must be sent with your camper

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

REGISTER VIA THIS LINK:

<https://forms.gle/r7X79rNu66p1Rfi88>

Venmo \$400 for ½ day Grades 9-12

\$550 for full day Grades 4-8

@Adrienne-Benitez (5 days)

10% sibling disco

No refunds for weather cancellations.