

# **TUFH**

## ***(Teaching “U” Field Hockey)***

***Who: All interested and curious girls ages 10-15***

***What: 4 sessions of beginning field hockey instruction and play***

***Where: Edsel Ford (meet at stadium entrance)***

***When:***

- Monday, June 25 10:00-1200***
- Tuesday, June 26 10:00-1200***
- Wednesday, June 27 10:00-12:00***
- Thursday, June 28 10:00-1200***

***Cost: \$10 per person (includes mouth guard and ball)***

***What to bring: Water, shin guards  
Sticks will be available for use***

***Wear weather appropriate work out clothing and gym shoes. We will play in light rain, rain dates will be added as necessary. If you have soccer cleats you may bring them along as well!!***