

TUFH

(Teaching “U” Field Hockey)

Who: All interested and curious girls ages 10-15

What: 5 sessions of beginning field hockey instruction and play

Where: Edsel Ford (meet at stadium entrance)

When:

- ***Monday, June 17 10:00AM-1200***
- ***Tuesday, June 18 10:00AM-1200***
- ***Wednesday, June 19 10:00AM-12:00***
- ***Thursday, June 20 10:00AM-12:00***
- ***Friday, June 21 10:00AM-12:00***

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!!

