

“THE FOUNDATION”

Field Hockey Skills and Conditioning

**Don't just keep your skills post-season,
develop them!**

Sign up now for off-season training that will improve your game!

Open to players in grades 4th-6th and 6th-8th.

Build a strong foundation through a developmental progression of stick skills and conditioning.

WINTER SESSIONS

Grades 7-8, 8 week session

Thursdays, 4pm-5pm

\$149, Limited to 10 athletes

January 12 - March 1

Grades 4-6, 8 week session

Tuesdays, 6:00pm-7:00pm

\$149, Limited to 10 athletes

January 10 - February 28

Sessions are
open for
goalies too!

Sessions led by Debbie Limpert, field hockey coach and certified personal trainer at Forest Hill Health and Fitness...**where results matter!**

Contact Debbie at 410-459-2831 for more information or
the4limperts@netzero.com

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