



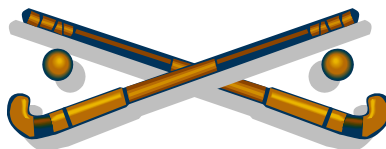
Field Hockey Skills and Conditioning Winter Registration

Please select the session below for which you are registering.

____ Grades 4-6, 8 week session Tuesdays, 6:00pm-7:00pm \$149, Limited to 10 athletes January 10 - February 28	____ Grades 6-8, 8 week session Thursdays, 4pm-5pm \$149, Limited to 10 athletes January 12 - March 1
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Athlete Name _____ Date of Birth _____ Grade _____
Parent Name _____ Phone _____
E-mail _____

- ✓ All athletes must complete a waiver prior to conditioning sessions. Please arrive a few minutes early on the first day to complete paperwork. Parent must be present to complete waiver or may come in prior to training to sign waiver.
- ✓ Athletes must bring a stick, mouth-guard, shin-guards and water.
 - ✓ Please make checks payable to Forest Hill Health and Fitness
 - ✓ Contact Debbie Limpert,
 - ✓ the4limperts@netzero.com for more information
 - ✓ Once filled, sessions will close! Limited to 10 players.



Forest Hill Health & Fitness
Where Results Matter!
410-893-4153
www.foresthillhealthfitness.com

**Please mail registration form and
payment to:**
Forest Hill Health and Fitness
2217 Commerce Road
Forest Hill, MD 21050