

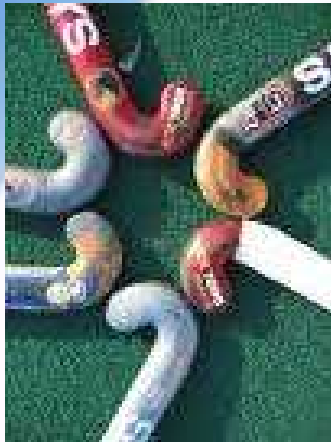


MID SUSSEX HOCKEY CLUB

SUMMER HOCKEY CAMP 2016

JUNIOR COACHING FOR BOYS AND GIRLS

The camp is taught by fully qualified coaching staff and the course covers all aspects of hockey to a variety of ages and abilities



Age group 6 – 15 years
Monday 15th to Wednesday 17th August 2016
9.00am until 3.00pm - Cost £85.00

Enjoy hockey in the summer!

ARDINGLY COLLEGE, ASTROTURF PITCH,
RH17 6SQ

Contact: sam@mshc.co.uk



ACTIVE
ACCESSIBLE
ACCREDITED

CLUB
MARK



MID SUSSEX HOCKEY CLUB

CAMP FORMAT

The camps aim is to provide players with the opportunity to develop their skills and understanding

DEVELOPMENT AIMS

- Stick & Ball Skills
- Moving the ball – passing & receiving
- Defending principles
- Shooting and goal scoring
- Set Pieces – penalty corner and penalty flick
- Pitch related play – roles & responsibilities

FACILITIES

- The courses will take place on sand based artificial turf pitch
- Lunch is NOT provided, please bring a packed lunch
- Toilet facilities available

COURSE HIGHLIGHTS

- Technical coaching from highly trained and experienced coaches
- Relaxed, fun but challenging environment
- Individual development and feedback
- Looking at the next steps for players
- Daily competitions and prizes

COACHES

- Fully qualified coaches assisted by senior players
- Female members of staff
- All staff CRB checked for Child Protection.
- First Aid Qualified



MID SUSSEX HOCKEY CLUB

BOOKING FORM

Surname:

First Name:

I Enclose a cheque (Made payable to "Mid Sussex Hockey Club")

Address:

Postcode:

DOB:

3 days £85.00

Tel (Home):

Tel (Emergency):

Siblings £65

School Year:

Emergency Contact:

Parent / Guardian consent:

E-mail:

Print Name:

School:

Club:

Signed:

Beginner:

Intermediate:

Experienced:

Please return to Samantha Harris

Medical Conditions:

35 Gander Hill, Haywards Heath

West Sussex RH16 1RE