



HEART. HUSTLE. HOCKEY.

FIELD HOCKEY/ACTIVE KIDS SUMMER CAMP 2021

July 5th-July 9th.

Adrienne Benitez, Former Division I Athlete - Head Coach -

Hours of camp: 10:00am-2:00pm Monday-Friday (BOONTON HIGH SCHOOL TURF FIELD)

Participants: Grades K-8. (broken down into appropriate age groups)

****What we'll be doing every day****

Stations that focus on skills and drills, mindfulness, stretching and yoga, scrimmaging and LOTS FUN SUMMER SPORTS GAMES!!! (Think hula hoops, jump rope, ladder agility, potato sack races, relay races, tug of war, the list goes on!

- 👉 **FREE camper T-shirts with registration**
- 👉 **Pizza will be provided on Friday**
- 👉 **Lunch must be sent to camp daily with your camper (except Friday)**
- 👉 **Labeled water bottles must be sent with your camper**
- 👉 **Ice pops will be distributed at the end of every day**

***Must bring a field hockey stick, mouthguard, shin guards, & sneakers**

PS- If you're going away for the 4th of July weekend and plan to return by Tuesday July 6th, I can prorate to 4 days.

Please email: Adrienne Benitez @ abayvel@gmail.com to pre-register

