

# Boonton Parks and Recreation

*is bringing back the popular*

## MIDDLE SCHOOL SUMMER FIELD HOCKEY PROGRAM

### Levels of Play:

**Grades 5, 6, 7, 8**(Beginners Welcome!) In order to ensure safety, participants will be matched up according to size and ability.

**Level 1** - has no prior training or has attended fewer than 8 sessions

**Level 2** - has participated in at least one Boonton Parks & Rec. (or other rec. program) Field Hockey Clinic for at least eight sessions or has been a member of a middle school team.

**GOALKEEPERS**- All levels (Must provide your own equipment.)

### Format of Play:

(30 player cap per level/8 GOALKEEPERS - registration is "First Come First Serve")

Participants will be taught the necessary skills to play the sport of field hockey. Individuals do NOT need to have prior experience in order to enroll. The FUNDAMENTALS are taught, re-taught, and practiced at all levels of play, and the mastery of these elements is the key component to becoming a skilled player. The athletes will be taught basic stick handling and ball control, as well as offensive and defensive strategies. Drills and game play will be incorporated into each session with a focus on having fun, building upon skills, and making weekly improvements. The curriculum for Level 2 participants will feature more advanced skills and additional scrimmage than demonstrated in Level 1 sessions. Goalkeepers will receive goalie-specific training by a specialized goalkeeper coach. Keepers must provide their own equipment. This can usually be obtained from your middle school field hockey coach. Please make arrangements prior to the first session as Boonton Parks & Rec. will not be providing keeper gear.

All players must come to each session with the proper attire and equipment: sneakers, shin guards, molded mouth guards, \*a field hockey stick\*, and filled water bottles. \*Beginners will be outfitted with sticks as needed, but the athletes must provide the other items listed above. (Again, goalkeepers must bring their own gear). **Please make certain to give parental guidance when molding mouth guards.**

### When:

**Level 1** - Mondays & Wednesdays

3:00 PM to 5:00 PM

**Level 2** - Mondays & Wednesdays  
MONDAYS

5:00 PM to 7:00 PM

**Goalkeepers** -

Tuesdays - 4:00 PM to 6:00 PM

### Where:

John Hill School  
435 Lathrop Ave., Boonton

### Dates:

**Level 1 & 2**

June - 22, 24, 29

July - 1, 13, 15, 20, 22, 27, 29

August - 3, 5

**Goalkeepers** -

June - 23, 30

July - 7, 14, 21, 28

August - 4

### Cost:

**Level 1 & 2** - \$100/person

\$200 family maximum

**Goalkeepers** -

\$60/person

(This is a separate charge for goalkeeper training.

Goalkeepers may also choose to sign up for the Level 1 and 2

### Registration:

All athletes must register NO LATER THAN Monday, June 22, 2009. Initially, you need only to return the registration/waiver form attached. Once registered, you will receive a Code of Conduct, a Medical Form, and a Release and Medical Treatment Authorization form. These must be completed and brought to the first session (Should it be necessary, you may also complete them at the first session). Players will not be cleared to play until this paperwork is received. Should you have any questions or concerns, please contact Rosemarie at (973) 263-2110. Please mail the "registration and waiver" form to

Boonton Parks and Recreation  
100 Washington St.  
Boonton, NJ 07005

All registered participants will receive a T-shirt. Please indicate size on the registration/waiver form.

