

Hampden Academy

Field Hockey

SUMMER K - 12 PROGRAMMING

Please return Registration Form and inquiries to:

Amanda Grove
 % Hampden Academy Field Hockey
 89 Western Ave, Hampden, ME 04444
 Email: poplaskicoaching@gmail.com

Grades K - 5	Grades 6 - 8 <small>(choose from one of two available sessions)</small>	Grades 9-12
Wednesdays from 8:00 - 9:30 AM [July 6, 13, 20, 27]	Wednesdays from 6:30 - 8:00 AM <small>(with Grades 9-12)</small> Wednesdays from 8:00 - 9:30 AM <small>(with Grades K-5)</small> [July 6, 13, 20, 27]	Wednesdays from 6:30 - 8:00 AM [July 6, 13, 20, 27]

EQUIPMENT	ABOUT the CAMP	FACILITIES
Each athlete should bring a stick, shinguards, sneakers, mouthguard, sunscreen and a water bottle (athletes in grades 6-12 will need goggles). ALL GEAR SHOULD BE MARKED WITH THE CAMPER'S NAME. <i>[Equipment is available to be borrowed if needed]</i>	HA Field Hockey K-12 Summer Programming is designed for the development of the field hockey athlete from beginning to advanced levels. All campers will receive instruction at their ability level from qualified coaches and all play will be strictly managed for the safety of all.	Programming will be conducted at Hampden Academy at the artificial turf facility.

REGISTRATION FORM

Athlete Name: _____ Grade 2022/2023: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Parent/Guardian Name (PRINT): _____
 Parent/Guardian Email: _____ Contact # During Camp: _____
 Medical Issues/Allergies: _____
 Emergency Contact Name (PRINT): _____
 Emergency Contact Relationship: _____ Emergency Contact # During Camp: _____

**Circle
Session
Attending**

Grade K-5 from
8:00-9:30 AM

Grades 6-8 from
6:30-8:00 AM

Grades 6-8 from
8:00-9:30 AM

Grades 9-12 from
6:30-8:00 AM

I understand that participating in HAFH Summer Programming opportunities may involve risks and dangers, both known and unknown, and have elected to allow my child to take part in the programming offered. I hereby assume these risks and, knowing them, hereby give my child permission to participate.

Parent/Guardian Signature: _____ Date: _____

2022 HAFH Summer Programming Overview

Summer programming opportunities are 100% voluntary and open to athletes entering grades K-12. There is no fee to participate. This information will also be available on the Hampden Academy athletics webpage under the field hockey tab. Please contact Margaux Poplaski by email at poplaskicoaching@gmail.com with any additional questions.

Grades 6-8 + 9-12 Skills & Drills

We will be running combined MS/HS Skills & Drills sessions once a week throughout the month of July. Athletes should come to these sessions prepared to participate in a field hockey skills session on the HA turf (appropriate footwear, sticks, goggles, mouthguards, and water). Also remember to take care of your body and fuel up by eating an appropriate breakfast before you arrive. As always, all play will be planned, and managed, for safety.

Please be sure to have the attached registration form completed and returned on or before the first day of programming.

11v11 League at Hampden Academy

There will be no 11v11 league at Hampden Academy this summer. The plan is to resume this opportunity next year.

Grades K-5 Skills & Drills

Instead of a weeklong camp, this summer we will have weekly camp sessions. Summer Camp for Grades K-5 will run from 8-9:30 AM on the turf following our Grades 6-8 + 9-12 Skills & Drills session. For any athletes in Grades 6-8 who would prefer to attend the 8-9:30 AM session instead of the 6:30-8:00 AM session, that is also an option. As always, all play will be planned, and managed, for safety.

Please be sure to have the attached registration form completed and returned on or before the first day of programming.

In the Event of a Cancellation

In the event of a cancellation due to weather or unforeseen circumstances please expect an email announcement by 6AM to the email provided on the registration form.