

Marojoka Field Hockey Club's

H.Y.P.E Hockey

Help Your Play Excel

7 Wednesdays- November 2 to December 21, 2022

(NO session 11/23 for Thanksgiving - make-up date 12/28 if needed)

at St. Luke's Fitness & Sports Performance Center

702 Union Boulevard

Allentown, PA 18109

Drills to sharpen your outdoor field hockey skills

Small-sided games to refine skills under game conditions

U10/12: 6:00PM to 7:00PM

U14: 7:00PM to 8:00PM

U16/19: 8:00PM to 9:00PM

Please arrive 15 minutes prior to your session time for group warm-up.

Bring your outdoor stick, sneakers or turf shoes, shin and mouth guards.

If you have equipment needs, please email the club prior to the 1st session.

Must be a current member of USA Field Hockey. Join here:

<https://usafielddhockey.webpoint.us>. Please affiliate with Marojoka Field Hockey

when registering with USA FH. If you have never been a USA member and choose not to play in sanctioned events outside the Lehigh Valley, you can get a one-time local affiliate membership for \$10.

\$145 for 7 sessions- Payment due before or at the first session

Zelle, Venmo, or Paypal- marojokafh@gmail.com

Checks made to Marojoka Field Hockey Club LLC- hand in at the first session

REGISTER HERE: <https://www.signupgenius.com/go/4090D45AFAA29A2FA7-hype1>