

## Hockey Pre-Season Skills Programme Year 7 - 8 (Term 1, 2021)

Dear Parents and Caregivers,

Registrations for are now being taken for our Year 7-8 Hockey Pre-Season Skills Programme at Pinehurst School.

We warmly welcome children new to the sport, as well as those experienced in Hockey.

We encourage students considering playing Winter Hockey to take part in this programme – if you haven't played Hockey before it is a perfect opportunity to 'Have a Go' before committing to the Winter Hockey season (Winter registrations open later this week), and if you have played Hockey in the past this is a great chance to reinforce your Hockey skills ready for 2021!

**Location**: Pinehurst School Turf

Day: Monday

Time: 7:20am – 8:20am

Dates: Monday 1<sup>st</sup> March 2021 – Monday 22<sup>nd</sup> March 2021 (4 weeks)

**Required**: Pinehurst PE uniform.

Suitable Footwear (sneakers or turf shoes)

Hockey Stick (a limited number will be available for beginners)

Shinpads Mouthguard

Cost: \$40 per student

**Details**: Age Appropriate Skills Programme

Improves growth, development and agility

Improves balance, co-ordination and confidence Fun and energetic. Improves fine motor skills Upgrades hockey skills before season starts

All sessions will include skills training  $\vartheta$  end with a 10-15 min game

Registration: Registrations close Thursday 25<sup>th</sup> February 2021 (9am)

Click here to register

Kind Regards,

## William Elliot

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