

Middle School Preseason Tune-Up

Site: The National Training Center (The Turf) Cost: \$45.00 per player

Date: March 20th, Saturday, 9:00 am – 1:00 pm

Eligible Participants: 6th, 7th, & 8th graders (all players must come with mouth guard and shin guards, tennis or turf shoes)

Goal: A 4 hour clinic designed to teach & emphasize basic concepts and skills of field hockey as well as to give players an opportunity to play competitively prior to Middle School tryouts. Coaches will be local high school & middle schools coaches. Players will be randomly placed on teams.

Deadline: Registration forms must be turned in by or on March 13th, 2010

Clinic Coordinator: Margarete Brandon at 721-6385 if you have any questions regarding clinic

**Clinic Information will be available via our website – www.beachfieldhockey.com **

-----**SEPARATE AND KEEP ABOVE INFORMATION FOR YOUR RECORDS**-----

NAME _____ PHONE _____

ADDRESS _____ EMERGENCY #: _____

_____ ZIP CODE _____

****AGE _____ (very important)

****GRADE: _____ (very important)

SCHOOL _____ e-mail: _____

I certify that my son / daughter (I, if over 18) _____, is/ am in good health for participation in the VA. BEACH HOCKEY LEAGUE, LTD., 2010, and will not hold coaches, directors, commissioners. or other associates for VBHL liable for any injury or illness she may incur. She/He/ I will wear shin and mouth guards at ALL practices and games.

Player's _____ Parent/guardian
signature: _____ signature: _____ date: _____

Enclosed is payment for middle school tune up: \$ 45.00

Make checks payable to VBHL. Mail checks and signed forms to:

Cindy Midkiff,VBHL
612 Lake Pt. Circle
Va. Beach, VA 23451