



BALANCE field hockey training Winter Clinics 2012

Clinics @ SJE Sports Academy @ the Sports Club, 14 Federal St. Mt. Laurel

5 Clinic Series A	8th -12th grades	Mondays 3:45-4:45
5 Clinic Series B	5th - 8th grades	Mondays 4:30-5:30

Choose your skill class, some or all!

1 Session: \$35 3 Sessions: \$90 All 5: \$125

January 23: dribbling, change of speed, maneuvering, eliminations(dodges)

January 30: goal scoring: shot selection & positioning ;hitting, sweeping

February 6: 1 v 1 defense; positioning, jabbing, tackling

February 13: offensive (attacking) /defensive corners: out letting

February 27: small games; number up situations

GOALIES CAN ATTEND Jan 30, Feb 13 & Feb 27 for ½ price.

2&3, 4&5 grades 4 week Clinic in Mt. Laurel

Fridays, January 20- February 10 4:00-5:00 \$80

Jan. 20 Dribbling, ball maneuvering, eliminations (dodges)

Jan 27: Hits, Sweeps, Lifts, goal scoring

Feb 3: 1 v 1 defense, jabbling, tackling, channeling

Feb 10: obstacle courses, relays, small games

2nd – 5th grade Clinic in Medford

@ BIG LEAGUE DREAMS, 15 Fostertown Rd., Medford, NJ

Wednesdays, February 1-29 5:00-6:00 \$85

Tracking, ball maneuvering, passing and receiving, eliminations (dodges), sweeps & lifts, channeling & tackling. Girls will be learning through skill stations, games, relays & obstacle courses; making neuromuscular connections that will continue to improve field hockey skills moving forward!

Limited to 20 girls



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5 Clinic Series Mondays Circle One: 8-12 grade 5-8 grades

Check Dates attending & fee associated:

Jan. 23 ___ Jan. 30 ___ Feb. 6 ___ Feb 13 ___ Feb. 27 ___

1 @ \$33 ___ 3 @ \$90 ___ 5 @ \$125 ___

2-5 Grade Friday 4 wk Clinic in Mt Laurel _____ \$80

2-5 Grade Wednesday 5 wk Clinic in Medford _____ \$85

Participant Name: _____ D.O.B. _____

Address _____

Home Phone: _____ Cell Phone: _____

email: _____

Parent/Guardian: _____

Make checks payable and mail with forms to:

balanced athletics po box 267 Moorestown, NJ 08057

Please print out waiver and health history form from our website

www.balancedathletics.com and bring to first class.

Everyone needs to fill out one for 2012. We will keep health history forms on file for the year so you will not need to refill unless something changes.

HAPPY NEW YEAR!

BE STRONG IN BODY & MIND

www.balancedathletics.com