

PM Field Hockey Fall Clinic



Come out and have some fun while learning field hockey fundamentals with some elements of fun fitness! There will be instruction and coaching by Penn Manor's coaching staff and field hockey players and a range of fun activities, competitions, relays, small games, and skills that encourage team spirit.

Who: All girls in grades K-6 with little to no experience

When: Sunday, Sept 30th

Where: Comet Field

Time: 1-4pm

What to bring: Participants should bring a mouth guard, shin guards, athletic wear, water bottle and stick. (There will be sticks available to borrow if you do not have one.)

Cost: \$20

**If your daughter has played before and is interested in a tournament at Spooky Nook on Sept. 29th, check out more information at <https://www.spookynooksports.com/edt/673-Nook-Elementary-Field-Hockey-Tournament>

Please register online at: [https:// tinyurl.com/pmfhclinic2018](https://tinyurl.com/pmfhclinic2018)

