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FIELD HOCKEY *Summer 2025*

Learn to LOVE field hockey!

Each session will be an introduction to field hockey and include opportunities to build up skill and game intuition. Led by Northampton High School Varsity Field Hockey Coach, Meshia Begin, participants will develop foundational skills and learn field hockey play through fun mini games. Every session will provide fresh content - sign up for one or multiple sessions to enhance your skills this summer!

WEDNESDAY SESSIONS

3:00 - 5:00 PM

Session 1: July 16

Session 2: July 23

Session 3: July 30

Session 4: August 6

Session 5: August 13

For: Youth Ages 10-14 Years Old

All genders and experience
levels are welcome!

Open to field players and goalies

Fee: \$20.00 per session OR \$85.00 all sessions
(\$30.00 per session / \$ 135.00 all sessions non-residents)

Makeup
Date:
August 20

Athletic shoes/attire, water bottle, mouth guards and hard or soft shin guards are required. Please also bring a field hockey stick if you have one, a limited number of sticks of varying sizes will be available for participants who are new and want to try the sport before investing in a stick.

**ABOUT
THE
DIRECTOR!**

Meshia Begin is the Head Field Hockey Coach at Northampton High School and USA Field Hockey Level 2 Certified. Coach Meshia grew up playing field hockey in Western Mass and is excited to be offering learning opportunities for the next generation of field hockey athletes. *"I love field hockey! It's a fun and unique sport with lots of opportunities to bring your style of play to the game. See you on the field!"*

Northampton Parks & Recreation

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