**LHS Field Hockey- Summer 2016**

*Let’s take next season by storm! Let’s train together!*

***Overnight Team Camp:***

**White Mountain Sports Field Hockey Camp**- July 30- August 2

**$510 Overnight (all meals included)**

*Link can be found here:* [*www.mrspavao.weebly.com*](http://www.mrspavao.weebly.com) *on the Field Hockey page*

Coaches:

Ainslee Lamb – Director of Field Hockey at College Connection and White Mountain Sports, former head coach- Boston College

Kelly Doton –    Head Coach, Boston College and **2008 Olympian**

Carolyn Cahill – GK Coach, Boston College

**SAMPLE DAILY SCHEDULE**

7:00AM – 8:00AM: Breakfast

8:45AM – 11:15AM: Session #1 (Skills, Team Tactics and Goalkeeper Session)

11:30AM – 12:30PM: Pool Open (optional)

12:00PM – 1:00PM: Lunch

1:45PM – 4:00PM – Session #2 (Small Competitions and Goalkeeper Session)

4:30PM – 5:45PM: Dinner

6:00PM – 8:00PM: Session #3 (Tournament Games)

8:00PM – 9:00PM: Evening Events (pick-up games, camp and snack bar open)

10:00PM: Curfew and Bed Check