



FIELD HOCKEY FUNDAMENTALS & FIELD HOCKEY SKILL DEVELOPMENT

JULY 28-AUG 1

AGES 6-9 YRS & 9-12 YRS

SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Field Sport: Field Hockey	Field Sport: Field Hockey	Field Sport: Field Hockey	Field Sport: Field Hockey	Field Sport: Field Hockey
SNACK	SNACK	SNACK	SNACK	SNACK
Court Sport: Floorball	Outdoor Court: 3X3 Basketball	Richmond Olympic eXperience	Court Sport: Kinball	Racquet Sport: Badminton
SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT

Schedule is subject to change

ITEMS TO BRING TO CAMP:

- Snacks & water bottle
- Hat & sunscreen
- Athletic attire & running shoes
- Lunch (for all day campers)