

## Southern Maryland Field Hockey League

Activity 541817A

Are you looking for a new sport to play this summer? Join the So MD Field Hockey League! Girls ages 7 - 13 will be split onto teams based on age. One practice and one game each week, Wednesday evenings and Saturday mornings at Hallowing Point Park. No experience necessary. Trained coaches from local high school teams will instruct players on the rules of the sport, basic technique, and game strategy. Games will be 5 v 5 on a short field and emphasis will be placed on getting to know and love the sport. Players will need shin guards, mouth guards, and water bottles. Sticks will be provided for those who need them. The program starts July 7 and goes through August 7, 2010. Registration fee is \$75.00 per child. "So MD field hockey is So Fun"...

For more information call the Sports Office at 410-535-1600/301-855-1243 ext. 2227 or 2229.