

# *Xcelerate*

Rising 7<sup>th</sup> - Rising 12<sup>th</sup>  
Pre-season **Field Hockey** Mini Camp  
July 26-28, 8-11am  
Robinson Secondary School turf fields

## STEP UP YOUR SKILLS

Get ready for the fall season of High School  
and Club Field Hockey

### DAY 1

**HOUR 1: HIGH TEMPO CONDITIONING & SKILLS**

**HOUR 2: FUNDAMENTAL SKILLS**

**HOUR 3: SKILLS CIRCUIT**

### DAY 2

**HOUR 1: FUNDAMENTAL SKILLS**

**HOUR 2: SKILLS CIRCUIT**

**HOUR 3: SMALL GAMES**

### DAY 3

**HOUR 1: SKILLS CIRCUIT**

**HOUR 2: TEAM COMPETITIONS**

**HOUR 3: SCRIMMAGES**

Register at: [www.burkeac.org](http://www.burkeac.org)

Choose Registration, then use the selector at the bottom of the page.

**\$150-** Late fees begin July 1

For more information contact  
BAC Field Hockey Commissioner, Carol Coulter at  
[burkeathletic1@gmail.com](mailto:burkeathletic1@gmail.com)

## OUR COACHING STAFF:

### Lindsay Arnsmeyer

Robinson Head Coach  
BAC Coach

### Victoria El'Azar

Justice High School JV Coach & RBSS  
Graduate

### Lisa Saffin

RBSS Graduate

### Lauren Sarno

Graduate of Wofford College; DI Athlete

