

Goffstown Field Hockey – Summer 2016

We are so excited for the upcoming season! Here are opportunities for this summer for anyone looking to get ready for preseason. We hope to see you!!!

~ Jess, Callie, and Kait

This is our weekly routine (attached is a summer workout program). These opportunities are completely optional.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-off-	Cave Girl	MVMS	West League	Buddy Workout	Buddy Workout	-off-

Monday – Cave Girl Night League

- Brochure (information) attached.
- Seniors will be the point-people with teams/scheduling/etc.
- GHS coaches won't be there.
- Starts **June 20th** -- \$90 fee

Tuesday – MVMS

- Open to all ages (encourage your friends and family to come!).
- Starts **June 28th** -- 5-7pm on field hockey field (MVMS).
- Together we will condition, have skill groups, and scrimmage.
- Run by GHS coaches.

Wednesday – West League

- Full-field game on turf (schedule attached).
- GHS coaches will be there.
- Starts **June 29th** -- \$35 fee (checks made payable to *Goffstown Field Hockey*).
- Schedule and Contact Information attached.
- We will order pinnies for anyone that doesn't currently have a summer league one. Include the size you would like on your contact sheet.

Thursday/Friday – Buddy Workouts

- Starts **June 20th**
- Workout schedule/plan is attached.
- You can do these individually but we recommend working out with a friend (always makes it better!). Find someone who challenges you!
- We do have an expectation that our athletes will spend the summer get ready for the field hockey season.

Website: Please double check you are signed up to receive notifications.

Facebook: Field Hockey Page -- seniors