



Summer Max F.H. Camp



SUMMER Chicks with Sticks Field Hockey Training Includes:

1. Speed & Agility Training

2. Field Hockey Specific Strength Program

3. Field Hockey Specific Speed & Strength Development Field-work- helmets/ sticks

JULY 7TH- AUGUST 11

MONDAYS & WEDNESDAYS

Varsity 9th- 12th GRADE 3:30pm- 5pm

JV 6th- 8th GRADE 5pm- 6:30pm

- **SOME ATHLETES MAY BE MOVED AROUND BASED ON SKILL LEVELS**



Summer Max F.H. COACH:

Cara Silverman, University of Connecticut

Cara graduated from West Essex High School with three varsity letters and helped lead the Knights to three consecutive New Jersey State Championships. During her time with the Knights she totaled 30 goals and 33 assists and helped West Essex HS post a 65-4-1 mark over her three years there. She earned All-State Second Team honors as a senior and third team All-State status as a junior. During her time at the University of Connecticut Cara has recorded five goals and one assist for a total of 11 points as a freshman. She led USA entry to a silver medal finish at the 2009 Maccabi Games and tallied five goals and six assists over the USA's six games.

6 WEEK PROGRAM

\$299.00

**VERY AFFORDABLE TRAINING MEMBERSHIP OPTIONS ALSO AVAILABLE
INQUIRE WITHIN FOR DETAILS AND FLEXIBILITY**

FOR INFO/ QUESTIONS CALL 973-808-1717

Ask for Vaishali or Don