



**PRESENTS...**



# Field Hockey Fever



**Don't miss this opportunity to prepare for the fall season!**

**All participants will receive:**

- Skill development training by Kelli (Johnson) Ruchalski and staff.
- Speed and performance training by Thurman Thomas Sports.
- Thurman Thomas will address the girls on leadership, determination and sportsmanship.



**Location: Iroquois High School**

**Time: 9am – Noon**

**Cost: \$99 (Checks payable to Kelli Ruchalski)**

**Directed by: Kelli Ruchalski – Cortland Alumni, All-American Field Hockey Player**

**Contact Info: Kelli Ruchalski – 445-7874 or [kruchalski@yahoo.com](mailto:kruchalski@yahoo.com)**

**Week 1: July 12<sup>th</sup> – 16<sup>th</sup>**

*Starting with age 10, week 1 is geared towards beginners and those who have experience at the modified level.*

**Week 2: August 9<sup>th</sup> – 13<sup>st</sup>**

*Week 2 is geared towards players who have either JV or Varsity experience.*

**\*\*Please register for the appropriate week based on your playing experience**

**\*\*All players MUST be registered by July 1<sup>st</sup> for either week!**

Please fill out the registration form on the back and send to:

Kelli Ruchalski  
4033 Four Rod Rd.  
East Aurora, NY 14052



THURMAN THOMAS | SPORTS TRAINING

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# Field Hockey Fever



**REGISTRATION FORM:**

Name \_\_\_\_\_

Address \_\_\_\_\_

Preferred Position \_\_\_\_\_

Grade Level ('10-'11) \_\_\_\_\_ Birth Date \_\_\_\_\_ Age \_\_\_\_\_

School \_\_\_\_\_ Played at which level (2009 season) \_\_\_\_\_

Phone Number \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Email address \_\_\_\_\_

Registering for (Please circle the appropriate week based on your experience listed above)

Week 1: Beginner and Modified

Week 2: JV and Varsity

**Register early, space is limited to 50 players per session!!!!**

Go to [www.thurmanthomassports.com](http://www.thurmanthomassports.com) for more information.