



Field Hockey Group Training



All participants will receive:

- Skill development training by Kelli (Johnson) Ruchalski and staff.
- Speed and performance training by Thurman Thomas Sports.
- Individualized attention in a small group setting

Location: Sahlen's Sports Park 7070 Seneca St. Elma, NY 14059
Cost: \$199 (Checks payable to Thurman Thomas Sports)

Grades 5-8

WHEN: Tuesdays and Thursdays

TIME: 4:45 – 6:15pm

DATES: July 6th – August 5th

Grades 9-12

WHEN: Tuesdays and Thursdays

TIME: 4:00 – 5:30pm

DATES: July 6th – August 5th

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

Contact Info: Kelli Ruchalski – 445-7874 or kruchalski@yahoo.com

Please fill out an mail to

Thurman Thomas Sports
Sahlen's Sports Park
7070 Seneca St.
Elma, NY 14059

REGISTRATION FORM:

Name _____ Preferred Position _____

Grade Level ('10-'11) _____ Age _____ School _____

Phone Number _____ Emergency Contact _____

Email address _____

Register early, space is limited to 10 players per session!!!!

Go to www.thurmanthomassports.com for more information.