

# Field Hockey Clinics

**Where:** The Upland Sports Arena

**When:** Mondays 5:30pm – 6:30pm

**What you need:** I require that all the players have Tennis Shoes, Shin Guards, Mouth Guard and a Field Hockey Stick.

**Field Hockey Sticks:** If the player is new and does not have access to a Hockey Stick, please contact me.

**Cost:** \$65/month

## Background

Kristen, is a player and coach who has had a wide variety of experience both on the West and East Coast, in the High School to Olympic Level. Kristen, started her Field Hockey career at Glendora High School in Glendora, Ca, and started her coaching career with USA Field Hockey, alongside the US Men's National Team Head Coach, Nick Conway, called Stick Starz. She then continued her Field Hockey Career as a Division 1 Athlete, earning an athletic scholarship to Rutgers University in New Brunswick, NJ. In New Jersey, while playing all 4 years at Rutgers, she continued her coaching career with a club team, for indoor and outdoor (ages from 6 to 18 years old), based out of Moorestown, NJ. While playing for Rutgers and coaching for club teams, Kristen played on the US Olympic Women's Field Hockey Development Squad in Princeton, NJ. When returning back to California, Kristen has coached for USA Field Hockey as a Olympic Development Coach, coaching High School girls, to better their skills to not just become a College Athlete, but hopefully an Olympic Athlete.

## Contact Information:

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Dear Parents & Players,

Field Hockey is a sport that is growing here on the West Coast and I would encourage for them to take part in this growing sport that cannot only create many scholarship opportunities for College, but can also create a new love for the game.

**Ultimate Goal:** My Ultimate Goal is for the players to develop the proper and skilled habits that are needed for them to succeed in this game. Field Hockey is a sport like no other, that is always changing and creating new challenges fo players from beginning to Olympic level.

**Clinics:** My Clinics are structured for any age of player. I will teach them so that they have a solid foundation and understanding of how the game is played. They'll be coached so that their skills and agility come naturally when playing.