

SPORTS CLINICS

FIELD HOCKEY

Instructor: Ms. Helen Doyle, HHS Teacher and Norwell Freshman Field Hockey Coach

This program offers an introduction to the game of field hockey and is a great way for young athletes to try a new sport and prepare for high school tryouts. Athletes will learn the fundamental skills and rules of the game through drills and scrimmaging. Our experienced staff will teach your athlete(s) ball control, passing/receiving, dodging, shooting, and offensive and defensive strategies. Past clinic participants can expect to build on their foundational skills and knowledge through challenging and skill-level appropriate drills. Each day will begin and end with conditioning and stretching.



Each player must come prepared with the following:
Proper footwear (sneakers, cleats, turf shoes)
Shin guards

INCOMING GRADES: 5-9
SESSION 2: JULY 15 - JULY 19
8:30am - 11:30am
Cost: \$150
MAXIMUM: 30 Students
Price includes a t-shirt

SUMMER DANCE CLINIC

Instructor: Mrs. Elaine Thompson, HHS Teacher and Varsity Dance Team Coach



Come dance with the Hanover High School Varsity Dance Team! In this program students will learn various styles of dance, work on technique and enjoy movement together with their favorite music! HHS Varsity Dance Team Coach Elaine Thompson and members of the HHS Varsity Dance Team will encourage students to choreograph, create dance routines and provide them the opportunity to perform!

INCOMING GRADES: 1-8
SESSION 4: JULY 29 - AUGUST 2
8:30am - 11:30am
Cost: \$150
MAXIMUM: 30 Students
Price includes a t-shirt

A portion of revenue from this clinic will be awarded to HHS athletics to support the dance team.