

## Year 9-13 SUMMER HOCKEY SKILLS AND INTRA-SCHOOL 7'S COMPETITION

Stay sharp and keep your stick skills strong over the summer! These off-season sessions are a great way to maintain your fitness, build on your technique, and get a head start for next season. Led by Baradene's 1<sup>st</sup> XI Coach Mark Hoskin, the focus will be on refining stick work, improving game awareness, and having fun while staying active. Whether you're aiming to keep your edge or make big improvements before the new season, these sessions will help you hit the turf next year in top form.

**ELIGIBILITY:** Year 9-13

**VENUE:** Baradene College School Turf

**SESSIONS:** Skills Sessions: Wednesday morning 8<sup>th</sup> October – 3<sup>rd</sup> December 6.45-8.00am  
7's Games: Sunday afternoons 12<sup>th</sup> October – 9<sup>th</sup> November 4.00-6.00pm  
**Note: Skills sessions must be attended to play 7's Games**

**COST:** \$100

**Please note:**

***Withdrawing from a team once named is not acceptable at Baradene. If this occurs your daughter will not be permitted to represent Baradene in any other code for the season, so please ensure all commitments are considered prior to committing.***

Please ensure your daughter's online registration to play is completed by **Thursday 27<sup>th</sup> August 2025**.

If you have any questions, please do not hesitate to contact me.

Yours sincerely,



Grace Cummins  
Sports Manager



Alexandra Russell  
Principal

