

TERM FOUR HOCKEY SKILLS SESSIONS

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 1st 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.

We see these as both valuable for the players and for growing hockey at Baradene, so we encourage as many of our up-and-coming hockey players to join.

ELIGIBILITY:

Year 7-13

Once registrations are completed, we will advise which group you will be in. These could be:

- Year 7
- Year 8-9
- Senior sessions are for invited senior players only (including some U15s).
- Senior Open are open to all other senior players.

Y7 SESSIONS:

Wednesday morning's 6.45 – 8.00am, 14th October – 2nd December

Y8-9 SESSIONS:

Monday morning's 6.45 – 8.00am, 13th October – 1st December, AND
Friday morning's 6.45 – 8.00am, 16th October – 4th December

SENIOR INVITE SESSIONS: **Tuesday morning's** 6.45 – 8.00am, 12th October – 30th November, AND
Thursday morning's 6.45 – 8.00am, 15th October – 3rd December

SENIOR OPEN SESSIONS: **Tuesday afternoon's** 4.00 – 6.00pm, 13th October – 1st December

COST:

\$150 (U15 & SENIOR INVITE)

\$75 (Y7 & SENIOR OPEN)

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 **Friday 4th September 2026**.

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

Yours sincerely,



Grace Cummins
Sports Manager



Alexandra Russell
Principal