



**Field Hockey
FUNdamentals
Half Day Camp
June 27- July 1
OBGC Fields**

Join us for a week full of fun and field hockey! We believe that the fundamentals of any sport are not only the building blocks to success, but also fun! Each day we will introduce 2 different skills and 1 rule to help players learn and understand the game. Both beginners and advanced players are welcome. Games and drills will be differentiated by skill level to best challenge the athletes appropriately. At the end of each day, we will put to practice what we learned in small games.

Cost: \$175

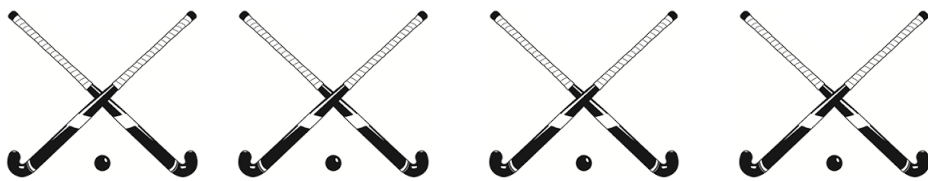
Session: June 27- July 1

Completed 6-8th grade: 9am-noon

Completed K-5th grade: 1-4pm

Register at obgc.com

We really encourage any athlete who is interested in trying out for field hockey in the fall as a 9th grade student to join us for this week of fun. We will give you the tools you can practice all summer long to help you as you begin your high school career. No experience necessary!



Daily Schedule

Dynamic Warm-Up

Skill 1 instruction

Drills

Break

Rule focus

Skill 2 instruction

Drills

Small games/scrimmage

Meet the Coaches

Melissa Frye is a long-time aficionado of the sport. Field hockey has been a part of her life for over 25 years. She has experience coaching all levels; club, JV, Varsity and Collegiate levels. A goalie at Salisbury University, she helped lead the Gulls to a National Championship in 2003 receiving All Conference, All Tournament, and National Academic Team honors. She remains third in school history for shutouts. Now a proud Warrior, Melissa joined the coaching staff at Sherwood High School this past fall as a volunteer coach. Melissa resides in Brookeville with her three kids and husband and is passionate about building an interest and love of field hockey in our part of Montgomery County.

Gabrielle Yore is passionate about the sport of field hockey and loves to help others develop their skills and enthusiasm for the sport. Field hockey has been a part of her life for 15 years. She has experience coaching at the collegiate level and is currently the JV Head Coach at Sherwood High School. As a forward at McDaniel College, she finished her collegiate career as the all time leading scorer in McDaniel school history. She is currently among the top 15 leading scorers in Centennial Conference history. Gabrielle ranks 1st at McDaniel and 2nd in Centennial Conference history for goals scored by a freshman. Gabrielle Yore is an alumni of Sherwood High School, resides in Olney and is an MCPS teacher. She loves the sport and is excited to share her knowledge with others.