

BANBRIDGE H.C. PERFORMANCE CAMP

PUSH YOUR GAME TO THE NEXT LEVEL



- **HAVELOCK PARK**
- **6TH-9TH AUGUST**
- **9.30AM-1PM**
- **14-17 YRS**
- **£50**



COACHING EXCLUSIVELY FROM SENIOR IRISH INTERNATIONALS AND PRO PLAYERS

- **DRAG FLICKS**
- **3D SKILLS**
- **AERIALS**
- **1V1 DEFENDING**

LEARN FROM THE BEST



FOR INFORMATION: - SEE BANBRIDGE H.C. WEBSITE
- EMAIL: SJESS447@GMAIL.COM

Banbridge Hockey Club performance camp, players from all clubs and schools welcome.

Havelock Park August 6th - 9th 2018, 9.30am to 1pm.

Cost £50. ****FIRST COME FIRST SERVED, ADVANCED BOOKING ADVISED****

Skill and performance focus to help players get to the next level. Not suitable for beginners or social players.

Completed information form and cash or cheque (payable to Simon Jess) to be sent to: Simon Jess, BHC Performance Camp, 33 Ashley Gardens, Banbridge, BT32 4BN.

Photographs and video footage will be taken during the camp, if you do not give permission for images to be used please inform Simon Jess.

Players name:

Age & 2017/18 school year:

Parent/ guardian:

Emergency contact:

1) _____ 2) _____

Medical information:

Performance
camp

