



The Legend Lives On...

X-calibur 2016/17 Indoor Winter Academy

The X-calibur Indoor Winter Academy is a great place to hone your skills and understanding of indoor field hockey. Our goal at X-calibur is to develop the skills of each participant to better prepare them for their future years in field hockey. It is open to all players ages 6 - 18 years.

Indoor Academy is held on a plastic tile surface. Therefore, players are required to wear court shoes or sneakers with good supports for lateral movement (no spikes or turfs will be allowed). Also, because it is Indoor, players are recommended (but not required) to use an indoor stick. As always, shin guards and mouthguards are required.

All sessions are held at the 422 Sportsplex in Pottstown, PA. Players will be grouped by age and/or ability in order to provide them with the best opportunity to be successful.

Indoor Training Dates & Session Times :

November 6, 13, 20, 27	Ages 6 - 12	12:00 - 1:30 pm
December 4, 11, 18	Ages 13 - 14	1:30 - 3:00 pm
January 8, 15, 22, 29	Ages 15 - 16	3:00 - 4:30 pm
February 5, 12, 19, 26	Ages 17 and up	4:30 - 6:00 pm
March 5	<i>*the time slot are dependant on numbers, may have to combine age groups</i>	

Cost & Registration :

The cost of Winter Academy is \$390.00

This includes: 16 training sessions, reversible training pinnie, and purple training socks

Payment (see link below). The link provides an option to pay by either a credit card or check. Please contact Brian (bchopeless@msn.com) if you have any questions.

Registration is exclusively online. Please use the link below to visit our website to register!

Space is limited, so please be sure to sign up quick!

[ACADEMY REGISTRATION \(click here\)](#)

Registration must be completed by October 23rd in order to guarantee a spot.

www.xcaliburfieldhockey.com