



High School Pre-Season Training Sessions

WHO: Incoming and returning high school players

WHAT: Training sessions will focus on preparing players for their high schools' pre-seasons. We will focus on:

- Fitness**
- Skills**
- Game Play**
- FUN!!!**

WHEN: August 1st, 2nd, and 3rd 9 AM - 12 PM (incoming Freshmen)
August 8th, 9th, and 10th 9 AM - 12 PM (returning players)

WHERE: Escondido Sports Center
3315 Bear Valley Parkway South
Escondido, CA 92025

REGISTRATION: Mail attached registration form and check by
Wednesday, July 27th to:

RUSH
681 Sparta Dr.
Encinitas, CA 92024

MEMBERSHIP: All participants must have up-to-date RUSH
memberships for insurance coverage.

MORE INFO: visit www.rushfieldhockey.org
or
call (760) 652 - 9783

**Players interested in playing with the RUSH San Diego 2011 Festival team can be selected for the team through this training session.*