



Shoot N' Save Clinic

Featuring Our Elite
Rapid Fire

Staff + Guest Coach
Christopher Pothier

US Men's National Team
Player

Monday, December 28, 2009

Session 1: 9:00 AM – 12:00 PM
Grades 9th and up

This clinic is open to players of all ages and abilities. The primary focus of this clinic will include goalkeeper elimination skills, beginning and advanced shooting techniques and goalkeeping skills.

INDOOR SPORTS PAVILION

16 Hanover Avenue

Randolph, NJ 07869

Complex (973) 895-4007

www.indoorsportspavilion.com

FOR INFORMATION CONTACT:

Leslie LaFronz llafronz@verizon.net

REGISTRATION DEADLINE: 12/20/08 Rapid Fire Elite Coaching Staff



LESLIE LAFRONZ

Owner- Rapid Fire-Lead Field Hockey Coach

With over twenty years of coaching experience, Coach LaFronz began Rapid Fire in 2006. She is also credited with starting an inaugural field hockey program at Ramapo College in 2003, where she received Coach of the Year honors in 2004. Coach LaFronz attended

Northwestern University on a full field hockey scholarship where she was selected First Team All Big Ten and made Four NCAA appearances. She started her career coaching in 1987 where LaFronz accumulated multiple County Championships and earned repeated Coach of the Year honors. Coach LaFronz also has international coaching experience.

VICTOR OCHIENG-Olympian/FIH Certified Level II Coach

Coach Ochieng competed for the Kenyan National Hockey Team in the 1988 Seoul Olympics and has played in several international tournaments in Europe, Asia and Africa (1986-92). He started coaching in 1992, leading the Sliders Ladies Hockey Club to win the Tour de Paris Tournament. In 1994. As coach, his team earned two gold medals and one bronze medal in the African Continental Club Championships between 1993 and 1996. He then became the Tournament Coach for the Men's Kenya Armed Forces from 1996-1998 winning continental titles for two years. In 1997, Victor was the Kenya Men's National Under 21 Coach before becoming Full National Team Coach from 1998-2003.



CHRISTOPHER POTHIER

US National Men's Team Member-Guest Coach

Chris is a native of Sandwich, Massachusetts. A rarity to the game, Chris began his playing career as a prep on the girls' field hockey team in his hometown in Massachusetts. With few opportunities for boys to compete in the United States, Coach Pothier trained overseas with Sport Euro Tour at the School of Excellence in Paris, France and also another elite camp in Barcelona, Spain. Making the U21 United States National Men's Team took much hard work and perseverance. Eventually in 2006-2007, Chris made the



United States Senior Men's National Squad for the first time. Currently Chris is enrolled at Southern Maine University and is a lead coach for the Cape Ann Coalition.

VICTOR MACOKA-Rapid Fire Goalie Specialist Coach

Victor's hockey career spans over 30 years. As a player he has captained all the teams that he played for; junior school, High School, University + Wazalendo Hockey Club.. He is also a National Team trialist and ex-2nd Vice Chairman of the Nairobi Hockey Association. He captained the Varsity team to the National Premier League (Div I) qualification after winning the Provincial League (Div II) in 1990 and won the intersarsity national hockey championships for 2 consecutive years.

Victor's coaching resume stretches back to 1989 when he began a 14 year stint as a Head Coach at Kenya High School while pursuing his bachelor's degree at the University of Nairobi. He coached this team to several Kenya Secondary Schools Association Provincial (8) + National Championship Finals (4). His high school team, nicknamed "Boma", also won several trophies in major national tournaments organized by the Kenya Ladies Hockey Association. Victor is a graduate of the University of Nairobi (BA Economics), Kenya and Webster University (MBA), and is currently an employee of the United Nations in New York.

- **Goalies Must Provide Own Equipment**
- **Field Players Must Bring a Stick, Mouth Guard and Shin Guards.**

REGISTRATION

NAME _____

STREET _____

CITY _____ ST _____ ZIP _____

PHONE _____

PLAYER EMAIL _____

AGE _____ GRADE: _____

POSITION: Field _____ GK _____

SESSION: HS Clinic 9 am – 12 noon _____

FEE: \$75.00 per player

Make checks payable and mail to:

Indoor Sports Pavilion

All players must complete an ISP waiver.