



## Rapid Fire's Elite Under 16 and Under 19 Travel Teams



Is awaiting acceptance into  
the 2009 National Hockey Festival in Indio, California.

This prestigious tournament is held over Thanksgiving break, November 26 – 29, 2009.  
The Rapid Fire Elite Travel Team will look to depart on  
Tuesday, Nov. 24<sup>th</sup> and return on Sunday, Nov. 29, 2009.

The National Hockey Festival is the largest field hockey event in the world  
and the largest collegiate recruiting event for field hockey in the United States; a PERFECT OPPORTUNITY FOR YOU PRE-  
COLLEGIATE STUDENTS TO PLAY WITH RAPID FIRE AND BE SEEN.

**Rapid Fire will be holding tryouts for our Elite Under 16 and 19 Teams on  
Sunday, May 10 and Sunday, June 28  
9:00 AM – 11:00 AM  
At Morristown Beard Schools  
(Outdoor Turf Facility)**

All athletes must be members of US Field Hockey.  
For membership information, please register online at [www.usfieldhockey.com](http://www.usfieldhockey.com).

If accepted to this elite squad, players must realize that they cannot attend tournaments or training with any other club teams.  
Exceptions are summer camps, open instructional clinics and any participation with High School teams.

In the fall, Rapid Fire Elite Under-16 and U19 teams will undergo intense, specialized and quality preparation for the Festival as  
well as other prestigious tournaments. Fall training will take place on Sunday mornings.



### **Leslie LaFronz**

Owner- Rapid Fire Field Hockey  
Former Collegiate Head Coach  
Former DI Full Scholarship Athlete Northwestern Univ.  
Four NCAA DI Championships  
First Team All Big Ten



### **Victor Ochieng**

U19 2009 Festival Team Lead Coach of Undefeated Team  
Level II Certified Olympic (IOC) Hockey Coach  
**Olympian** -Kenya National Team  
National Team Coach (Ex) -Kenya

# RAPID FIRE TRAVEL TEAM



## Festival Team Tryouts

At Morristown Beard Schools  
70 Whippany Park  
Morristown, New Jersey

### SUNDAY

May 10 (9:00 AM – 11:00 AM)

June 28 (9:00 AM – 11:00 AM)

\$40.00 for Tryout Session  
Includes Instruction and Small Games

ALL PLAYERS MUST HAVE CURRENT  
US FIELD HOCKEY MEMBERSHIPS

Memberships can be obtained online at US Field Hockey.

[www.usfieldhockey.com](http://www.usfieldhockey.com)

## REGISTRATION FORM:

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

DOB \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

US Field Hockey Membership Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Email Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Cell \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Make Checks Payable and Mail To: Rapid Fire Field Hockey  
C/o Leslie LaFronz  
200 Shadyside Road  
Ramsey, N.J. 07446

For further information: Contact Leslie at [llafronz@verizon.net](mailto:llafronz@verizon.net)  
Or visit our website at: [www.RapidFireFH.com](http://www.RapidFireFH.com)