



# LANCASTER & MORECAMBE HOCKEY CLUB JUNIOR TRAINING

Open to all abilities from Year 2 to  
Year 11  
£4 a session

For more information visit our club  
website or contact Mike directly:

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

[mike@mssportscoaching.co.uk](mailto:mike@mssportscoaching.co.uk)

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**EVERY MONDAY  
4PM TO 5PM  
UNIVERSITY OF  
CUMBRIA ASTRO**

OUR NEW LMHC  
JUNIOR TRAINING  
SESSIONS WILL  
BE LED BY  
ENGLAND  
HOCKEY COACH  
MIKE SAMBELL

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