

# UTICA COLLEGE FIELD HOCKEY CAMP



## ACTIVITIES

### Fundamental Skills

- Hitting
- Receiving
- Ball Control/Stick work
- 1 v 1 Defense/Offense
- Teamwork

### Goalkeeping

- Footwork/Agility
- Basic/Intermediate Skills
- Drills

### Special Situations

- Corners
- Long Hits
- Free Hits
- Strokes

### Small Games

*Participants are responsible to provide their own mouthguards, shin guards, and field hockey sticks.*



## PHILOSOPHY

The goal of the camp is for each camper to learn or improve basic skills, use these skills in a game situation, and have fun while becoming a better field hockey player!



## CONTACT

Field Hockey Office: (315) 792-3776



## STAFF

### • Tarah Christenson-Camp Director

Utica College Head Field Hockey Coach  
Central Michigan University '04

### • Laura Glaza

Utica College Assistant Field Hockey Coach  
Central Michigan University '06

### • Danielle Frank

Central Michigan University Graduate Assistant  
Goalkeeper Coach  
Central Michigan University '08

• Members of the 2008 Utica College Field Hockey Team



## COST

\$145 per camper

### Sibling/Teammate Discount

\$135 per camper

A \$75 **non-refundable** deposit must accompany the application. Please make checks payable to:

**Pioneer Field Hockey Camp**  
Utica College  
1600 Burrstone Road  
Utica, NY 13502

## APPLICATION

Applicant \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_

Email \_\_\_\_\_

School \_\_\_\_\_

Positions played \_\_\_\_\_

Grade entering in fall '08 \_\_\_\_\_

*Application Deadline: June 13, 2008*

## PARENT PERMISSION

I grant permission for my child to attend the Utica College Field Hockey Camp. I certify that my child is physically able to participate and that I will assume responsibility for all medical costs.

Parent Name (print) \_\_\_\_\_

Signature \_\_\_\_\_

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

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

Insurance Carrier \_\_\_\_\_

Policy Number \_\_\_\_\_



## SCHEDULE

**Monday - Thursday:**

**9:30 AM - 3:00 PM**

**Thursday:**

**2:30 - 3:00 PM** - Camp Awards  
& Farewell



## TUITION

Tuition includes:

- Instruction by quality staff
- Penn Monto Camp Kit  
*(Ball, Mouth Guard, Camp Jersey, Bag,  
Water Bottle)*
- Field Turf artificial surface

**Campers must provide their own lunch.**

Water will be provided.

## Day Camp For Girls Grades 7-12

**Monday - Thursday**  
**July 7- July 10, 2008**  
**9:30 AM - 3:00 PM**  
**Rain or Shine!**