

## **Tuition**

Day Camp: \$150 per camper  
\$130 per camper/Sibling Discount  
Elite Camp: \$75 per camper  
\$65 per camper /Sibling Discount

A non-refundable deposit of \$75 for Day Camp and \$40 for Elite Camp must accompany the registration. The remaining balance is due prior to participation in the camp.

Please make checks payable to: **BergieSports**

Tuition includes:

- Individualized Instruction
- Energetic and Qualified Staff
- Camp T-Shirt
- Use of State-of-the-Art Field Turf Surface
- Athletic Trainer on Site

**Day Campers must provide their own  
lunch**

Water and Gatorade will be provided  
but please bring a water bottle.

## **Contact Information**

Sarah Bergmann  
Field Hockey Office: 315.792.3776  
[Skbergmann@utica.edu](mailto:Skbergmann@utica.edu)

**Bergie Sports  
Field Hockey Camps  
Utica College  
Clark Athletic Center  
1600 Burrstone Rd  
Utica, NY 13502**

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# **Bergie Sports Field Hockey Day and Elite Camp at Utica College 2010**



### **Day Camp**

**July 6-9, 2010  
9:00 am to 3:00 pm  
Rain or Shine**

**Girls Entering Grades 6-10 and JV players**

### **Elite Camp**

**July 6-8, 2010  
6:00 pm to 8:30 pm  
Rain or Shine**

**Varsity Players entering Grades 11, 12**

# Bergie Sports Field Hockey Camp at Utica College

## Day Camp

### 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

### Small Games

## Day Camp Philosophy

Bergie Sports Field Hockey Camp strives to make every day at camp a fun and exciting learning experience. The staff will focus on each individual camper, helping her to learn and grow as a field hockey player with an emphasis on creating an environment that fosters a love for the game.



## Elite Camp

**Bergie Sports Elite Camp** is intended for serious field hockey players who are going into 11th and 12th grade. Participants must have played at least one season for their varsity team.

Sessions will be run like a college practice, by college coaches. They will include conditioning, stick work, drills, and scrimmaging. Collegiate varsity players will assist the sessions and will be involved in the play with the intention of providing high school players a college practice experience.

The elite camp is perfect for anyone who knows she wants to play in college as well as those who may be thinking about playing in college but are unsure of what it would be like.

The elite camp must have 20 participants in order to run and will accept a maximum of 40 participants. Spots in the elite camp are first come, first serve. Goalies welcome.

## Staff

### Sarah Bergmann

Drew University '05  
Utica College Head Field Hockey Coach

### Brittney Paye

William Smith College '08  
2007 First Team All-American  
Utica College Assistant Field Hockey Coach

### Utica College Varsity Field Hockey Players

## Registration

All participants must have a parent or guardian signature in order to participate.

Player Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

School \_\_\_\_\_

Position \_\_\_\_\_

Grade Entering in '10 \_\_\_\_\_ Years played \_\_\_\_\_

Elite Camp: Years played on Varsity \_\_\_\_\_

**Registration Deadline, June 25<sup>th</sup>, 2010**

### Parent Permission

I grant permission for my child to participate in all aspects of Bergie Sports Field Hockey Camp at Utica College. I certify that my child is physically able to participate and that I will assume responsibility for all medical costs. Furthermore, I authorize the director and the athletic trainer to act for me according to their best judgment in any emergency requiring medical attention.

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

Signature \_\_\_\_\_

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

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

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

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