

FIELD HOCKEY CAMP—

Teams & Individuals welcome!
Prepare for Preseason at U of R!

2014



August 11-15, 2014 from 9 AM-3 PM



UNIVERSITY of
ROCHESTER

University of Rochester's Field Hockey Day Camp Registration Form

Name _____
Home Address _____ City, State, Zip _____
Email Address _____
Home Phone _____ Cell Phone _____
Middle/High School _____
Position (Circle One): Goalkeeper Field Player
Age/Grade Level: Modified JV Varsity

Women's Field Hockey
Goergen Athletic Center
Rochester, NY 14627

UNIVERSITY of
ROCHESTER

Please include your \$100.00 non-refundable deposit with this registration form.
(Please make checks payable to University of Rochester Women's Field Hockey Day Camp)

CAMP DIRECTOR

Wendy Andreatta

Rochester Field Hockey



- Currently in her 7th year as Head Coach at the University of Rochester
- USFHA Level II Certified & Futures Regional Development Manager
- All-American and Four-Time All-Big East at University of Connecticut
- Head Coach, USFHA Junior Olympics & Futures National Tournament
- 2012 Liberty League Coaching Staff of the Year
- North Atlantic Coach of the Year, Rochester reached NCAA Elite 8

Camp Information

When: 9 AM to 3 PM Monday to Friday
Our day camp provides athletes with top level instruction by collegiate coaches who are skilled at helping athletes understand the basics and improve their range of skills over the course of the camp. The intent is to provide an intense week of training to prepare for your high school preseason.

Sample Daily Schedule

9:00 AM Attendance/Warm-up

9:15 AM Morning Session
(skills/small games)

11:30 AM Conditioning Session
(strength, running or pool workout)

12:30 PM Lunch
(Wilson Commons—cafeteria)

1:00 PM Set Pieces
(Corners, Strokes, Set Plays)

1:30-3:00 Scrimmages
(7v7, 11v11, 5v5)

Cost

The cost per person is **\$300**. A \$100 deposit is required with application to reserve your spot. Registration is limited to 100 campers to ensure top-quality instruction. Each camper receives a reversible pinnie and lunch each day.

Our camp curriculum includes everything from basic skills to advanced tactics. Goalkeepers will have personalized instruction from a goalkeeping coach. We will group our participants according to age and experience and tailor the pace of each session according to level and ability.

Facilities

The University of Rochester provides an outstanding environment for field hockey. We have indoor and outdoor fields and meeting spaces.

Coaches Information

To hold your spot for day camp, please return the registration form and a \$100 non-refundable deposit to:

University of Rochester
Women's Field Hockey
Goergen Athletics Center
Rochester, NY 14627

Please make checks payable to UR Field Hockey Day Camp

Important Information

Upon receiving your deposit, you will be mailed medical waiver release forms and insurance information. Each camper must complete both the waiver and insurance form prior to attending camp. Athletic trainers will be available at all times.



Questions: Contact Wendy Andreatta at (585) 275-4274 or wandreatta@sports.rochester.edu