



2009

NIKE Field Hockey Camps



Overnight and Day Camps • USFHA Partner Camps



Get into NIKE Field Hockey!



US Sports Camps, licensed operator of the NIKE Sports Camps, has been in the business of offering sports camps for over 30 years. Over those years, we have hosted over 450,000 happy campers. Our mission is to provide athletes with the tools to improve and to enjoy a sport for life.

Our Camp Directors are among the finest coaches in America. They have a major stake in providing camps of the highest quality: camps that are fun, that improve the skills of the campers, and that provide the campers with the opportunity to make new, life-long friends.

The best place to become a better field hockey player is in the company of coaches and players who share your passion—at a NIKE Field Hockey Camp.

At NIKE Field Hockey Camps, our goal is to stimulate a love for the game in young athletes by showing them how to accelerate their own progress and success. By associating with NIKE, our title sponsor, and working with the country's best coaches, we are able to offer an unforgettable growth experience—no matter what your age or skill level.

We promise that you will leave any NIKE Field Hockey Camp with renewed energy, enthusiasm for the sport and improved self-confidence— all keys to your growth as a player. And, if you are like any of the other NIKE Campers who've come before you, you'll have a ball!

Stacey White

Marketing Director, US Sports Camps

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Creating better athletes since 1975

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Field Hockey

NIKE FIELD HOCKEY CAMPS 2009

WHY YOU'LL LOVE NIKE FIELD HOCKEY CAMPS...

America's best coaches!

NIKE Field Hockey Camps work with the most respected and accomplished group of instructors and coaches in the country. Our NIKE Camp Directors are talented athletes themselves; they share your passion for field hockey and have made a career of sharing their knowledge and experience with hundreds of young athletes. They, and their carefully chosen staffs, never lose sight of the fact that great players are created one at a time. At NIKE Field Hockey Camps, expect personal, individualized instruction – and with it - RESULTS!

Teams Welcome

Get better together this summer!

Teams are welcome and encouraged at all locations. Camp is a great way for teams to improve their skills individually as well as enhance their overall team unity. Register together as a team to ensure group placement on and off the field. **Please call for details!**

Make new friends!

Who says getting better can't be fun too? At NIKE Field Hockey Camps, you'll meet other young athletes who share your love of this sport. On or off the field, you'll share an experience you will remember forever.

Get better!

A NIKE Field Hockey Camp immerses you in the sport, giving you the kind of focused, intensive training essential to improvement. Over the course of each camp, your self-confidence will grow along with your skills.

A program for your age and skill level

NIKE Field Hockey Camps are designed to help players, ages 10–18, develop athletically. You'll master fundamental skills, experience lots of game competition, make friends and fall in love with field hockey.

Upon arrival at camp, all campers are evaluated by the Director and Staff and placed in the program that best suits them for an experience that's effective and fun!

Round-the-clock supervision:

Campers are supervised 24 hours a day. Staff members reside in campers' quarters and participate in all evening activities. **Drugs, alcohol and smoking are strictly forbidden and constitute, along with general misconduct, grounds for immediate dismissal from camp without refund.**

Protective Equipment

Mouthguards and shinguards are required for all players. Goalkeepers must supply their own helmets, leg guards, kickers, chest protectors and gloves.



STX
FIELD HOCKEY

1-800-NIKE CAMP (1-800-645-3226) or

USSportsCamps.com

3



East/Southeast

Blue Dog Sports at Endicott College

Beverly, MA

Session I: July 25-28

Session II: July 30-August 2

Overnight: \$540

Extended Day: \$435

Camp Code: FHGREC

Camp Director: **Laura Galopim**

Lexington Day Camp

Lexington, MA

August 3-7

Day (9 a.m. - 3 p.m.): \$380

Camp Code: FHGDLX

Camp Director: **Ritika Bowry**

Milton Day Camp

Milton, MA

July 13-17

Day (9 a.m. - 3 p.m.): \$380

Camp Code: FHGDMT

Camp Director: **Ritika Bowry**

Mount Holyoke College

South Hadley, MA

June 28-July 2

Overnight: \$560

Extended Day: \$455

Camp Code: FHGRMH

Camp Director: **Andy Whitcomb**

Bedford Spring Indoor League

Bedford, MA

March 1-April 5

(Every Sunday from 9 a.m.-12 p.m.)

Day: \$120

Camp Code: FHGDDB

Camp Director: **Ritika Bowry**

Wheaton College

Norton, MA

July 13-17

Overnight: \$515

Extended Day: \$415

Camp Code: FHGRWH

Camp Director: **Rebecca Begley**



Williams College

Williamstown, MA

Session I: July 19-23

Session II: July 26-30

Overnight: \$595

Extended Day: \$495

Camp Code: FHGRWC

Camp Director: **Alix Rorke**

Worcester State College

Worcester, MA

August 4-7

Overnight: \$425

Extended Day: \$325

Camp Code: FHGRWS

Camp Director: **Lauren Chenevert**

New Hampton School

New Hampton, NH

July 19-23

Overnight: \$565

Extended Day: \$495

Day: \$350

Camp Code: FHGRNH

Camp Director: **Katharine DeLorenzo**

Fairfield University

Fairfield, CT

All Skills/Team: July 12-15 (Ages: 10-18)

High School: July 19-22 (Ages: 15-18)

Overnight: \$560

Extended Day: \$460

Camp Code: FHGRFU

Camp Director: **Jackie Kane**

Adelphi University

Garden City, NY

June 29-July 2

Day (9 a.m. - 4 p.m.): \$295

Camp Code: FHGDAD

Camp Director: **Gloria O'Connor**

For more detailed information on our camp sites and locations, please visit our website **www.USSportsCamps.com**.

You can download a detailed brochure or feel free to call our office to speak with our knowledgeable staff.

1-800-NIKE CAMP (800-645-3226).

NIKE FIELD HOCKEY CAMP SCHEDULE 2009

East/Southeast (cont)

Lock Haven University

Lock Haven, PA

July 26-29

Overnight: \$410

Extended Day: \$335

Camp Code: FHGR LH

Camp Director: **Pat Rudy**

Wesley College

Dover, DE

June 21-24

Overnight: \$500

Extended Day: \$400

Camp Code: FHGR WE

Camp Director: **Tracey Short**

The McDonogh School

Owing Mills, MD

June 28-July 1

Overnight: \$490

Extended Day: \$390

Camp Code: FHGR MD

Camp Directors: **Melissa Miranda and
Muffie Bliss**

Goucher College

Towson, MD

July 26-30

Overnight: \$515

Extended Day: \$495

Camp Code: FHGR GC

Camp Director: **Warren Prestwich**

University of

Mary Washington

Fredericksburg, VA

All Skills Camp: July 12-15

Overnight: \$525

Extended Day: \$420

Team Camp: July 16-18

Overnight: \$315

Extended Day: \$215

Camp Code: FHGR MW

Camp Director: **Dana Hall**

Central

Wittenberg University

Springfield, OH

July 19-22

Overnight: \$515

Extended Day: \$415

Camp Code: FHGR WU

Camp Director: **Diana Giggins**

Sauk Valley Sports Resort

Brooklyn, MI

July 26-30

Overnight: \$510

Extended Day: \$410

Camp Code: FHGR SV

Camp Director: **Katharine DeLorenzo**



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FIELD HOCKEY

What's included in the fee?

At NIKE Field Hockey Camp you will receive outstanding instruction, game play, plus:

Overnight Campers:

- On-campus housing, all meals in school dining hall

Extended Day Campers: 9 a.m. – 9 p.m.

(times may vary on first and last days of camp)

- Lunch and dinner

Day Campers: 9 a.m. – 3 p.m.

(varies by location)

- Campers are asked to bring a lunch each day to camp



HIGHLIGHTS

- Ages 10 – 18
- Minimum of six hours per day of on/off-field training and development
- Instruction from prominent college, club, high school coaches as well as former or current collegiate athletes
- All camps are Partner Camps and sanctioned to make referrals to the US Field Hockey Futures program
- Overnight, Extended Day, and Day Programs
- Team play, skill development; games and tournaments
- Multi-level ability grouping
- Special goalkeeping instruction available
- Post-camp evaluation by camp director and staff
- Discussions on preparing for college field hockey, sports nutrition, injury prevention and personal goal setting
- Field Hockey Camp reversible jersey
- STX field hockey ball
- STX field hockey sticks awarded as camp prizes

Sample Daily Schedule

(schedules vary at each site)

Morning

- 7:00 Wake-up, shower
- 7:30 Breakfast
- 8:45 Stretching, warm-up
- 9:00 Skills/small game tactics
- 11:30 Rest/individual help

Afternoon

- 12:30 Lunch
- 2:00 Warm-up
- 2:15 Skills session
- 4:45 Rest/dinner

Evening

- 6:15 Games/team building
- 8:30 Pick-up hockey
- 10:00 Camper to rooms
- 10:30 Lights out!

"The camp was great. I have attended the Nike Field Hockey Camp at Wheaton College for the past three years. The new skills I've learned, this year in particular, have made me a much better field hockey player!"

-Wheaton College Camper



Official Sponsor

It's Easy to Enroll



We accept registrations at any time, right up to the start of camp (where openings exist).

HOW TO REGISTER:

- Online at USSportsCamps.com
- Phone at **1-800-645-3226**
- Fax 1- 415-479-6061
- Mail - US Sports, 750 Lindaro Street, Suite 220, San Rafael, CA, 94901

AFTER YOU REGISTER:

- You will receive from us a prompt registration confirmation by email.
- A registration "packet" containing more information about your camp will be emailed to you. Packets are available after April 1st.

PAYMENT TERMS:

- **Campers who register before May 15th pay:**
 - o **\$265 payment:**
 - A \$250 deposit per session
 - A \$15 non-refundable registration fee (per camper, covering all sessions).
 - o Balance of tuition is due by **Wednesday, May 20th**
- **Campers who register after May 15th pay:**
 - o Full camp tuition
 - o A \$15 non-refundable registration fee (per camper, covering all sessions).
- Payments may be made with MasterCard, VISA or personal check by mail

CANCELLATION POLICY - once registered, if you have to cancel (for any reason)

- Receive a credit for all Camp Tuition payments (deposit and final payment)
- A Credit valid through 2010, for any US Sports Camp, any sport
- The Credit is transferable to any family member or friend.

REFUND PROTECTION (RP):

- Can be purchased for **\$25 per session enrolled**
- **With Refund Protection**, cancel by May 15th, receive a **refund of all Camp Tuition fees paid**
- Cancel after May 15th, receive a credit (with the same credit terms as above)

Running late? Call or go online to register anytime before your desired camp session starts and we'll confirm your place in camp immediately (where openings are available).

Name: First _____		Last _____	
Address _____			
City _____		State _____	Zip _____
Email Address _____			
Telephone _____		Fax _____	
Date of Birth _____		Age _____	Sex _____
How did you hear about Nike Field Hockey Camps? _____			
Camp Location	#Wks	Start Date	Camp Code
<input type="checkbox"/> Overnight	<input type="checkbox"/> Extended Day	<input type="checkbox"/> Day	
Program:			
<input type="checkbox"/> Midfield Player <input type="checkbox"/> Defensive Player <input type="checkbox"/> Offensive Player <input type="checkbox"/> Goalkeeper			
Field Hockey Experience:			
<input type="checkbox"/> Beginner <input type="checkbox"/> Junior High <input type="checkbox"/> JV <input type="checkbox"/> Varsity Years of Experience _____			
School _____		Grade in Fall _____	
Highest Level Played _____			
Roommate Request (if applicable) _____			
Payment Information			
Person Paying _____			
Address (if different) _____			
Telephone (____) _____		(____) _____	
Home		Fax	
Method of Payment: <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> Check			
<input type="checkbox"/> Deposit (\$250 + \$15 reg. fee) <input type="checkbox"/> Full Payment			
<input type="checkbox"/> Please add \$25 for Refund Protection to my camp deposit			
<input type="checkbox"/> Please charge the remainder of my camp fee to my credit card on May 20th, 2009			
Credit Card # _____			
Expiration Date _____			
By submitting this application to US Sports Camps, I affirm that I have read and agree to the US Sports cancellation policy and hereby accept the terms of enrollment described in this brochure. Furthermore, I agree to pay all camp fees and authorize US Sports Camps to charge my credit card (if applicable).			
Signature _____			
Make check payable and mail to: US Sports/NIKE Field Hockey Camps 750 Lindaro Street, Suite 220, San Rafael, CA 94901 1-800-645-3226 • Fax (415) 479-6061 USSportsCamps.com			

US Sports Camps

750 Lindero Street, Suite 220
San Rafael, CA 94901



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Camps



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