

Falcon Field Hockey Camp



Date: June 21-25, 2010

Time: 9am – 2pm

Grades: Students entering grades 6-9

Place: Jefferson Twp. HS fields. (We will meet on the HS track the first day)

Cost: \$95—Make Checks Payable to “Falcon Field Hockey Camp”

Camp Information

The camp is directed by Danielle Ryan, head field hockey coach at Jefferson Township High School. It will be staffed by coaches as well as current and former players. Our goals are to introduce and develop skills as well as improve already acquired skills. This clinic is created for everyone, whether you're a beginner or a player with previous experience.

What to Wear

Players should dress comfortably in shorts, t-shirts and sneakers. Players may bring cleats in addition to their sneakers but it is not mandatory.

What to Bring

Players **must** have a molded mouth guard as well as shin guards. We can provide a stick for you to use if you do not have one. It is important that you also bring the following:

Plenty of water

Sunblock

A healthy lunch for the break

Schedule

9:00am - Objectives for the day

9:15am- Warm-up, stretching and agilities

9:45am- Instruction and drills

11:00am- Lunch (You must provide your own lunch)

12:00pm- Drills and games

1:45pm- Closure

**In case of inclement weather, camp will be held inside and activities will remain as scheduled.*

Each camper will receive a camp t-shirt.

To see ALL HS Camps offered Log on to: www.jefftwp.org Go to the athletic link