

ABOUT THE CAMP

Camp is designed to offer individualized teaching in a relaxed, enthusiastic and fun filled environment. The experience you gain from sessions will help you acquire the basic skills of field hockey while incorporating game tactics, rules, and team unity. Campers can focus and practice on specific needs that will develop and give a head start to the season which will prove to be very valuable. Testing will be offered to those wishing to be considered for the USAFH Futures Program, allowing those passionate about the game to pursue further avenues in the sport.



Coaching

The coaching staff is a combination of Archbishop Wood Coaches, current team members and returning graduates with college level playing experience.

Head Coach, Lauren Luft is an alumni of Archbishop Wood. She was a four year varsity player and a two year first team All-Catholic. She played Division I field hockey for Saint Joseph's University achieving All Conference status for three years and graduating as the fourth highest scorer and third highest assists ever for St.Joe's.

She is the coach for the indoor program, We Are One, for the U16 team. She has been a coach for the United States Futures Program for five years and has coached a variety of developmental camps around the Philadelphia, Bucks and Montgomery County areas.

AGES

6 and up

Daily Schedule

8:30-9:00 Drop off

9:00 AM Warm up/Skills/ Small Games

12:00 PM Lunch

1:00 PM Tactics/Larger Games

2:00 PM Competitive Games

3:00 PM Pick Up

What to Bring:



1. Lunch
2. Water Water Water!!!!
3. Hockey clothes- t-shirts, shorts, and socks
4. Shin Guards
5. Sunscreen
6. Mouth Guard
7. Stick

Fee \$168.00

**All Checks must be made payable to
"Archbishop Wood Field Hockey"**

Release and Waiver Form (please detach and send with check)

I, _____,
hereby release Archbishop Wood, its administration, athletic office, and coaches from all liability with regard to my child at the Field Hockey Camp from July 13-17, 2009

I further state that my child,

_____ is physically able to play sports and has no pre-existing condition that would prohibit her in this activity.

Signature

Print Name

E-mail

Emergency Contact/Number

Camper's Name

Address

Phone Number

Age

Please list any information that should be provided on the back of the form (allergies, injuries, etc.)



Archbishop Wood High School
Field Hockey
655 York Road
Warminster, PA 18974
215-680-4548 (direct contact)

Archbishop Wood Field Hockey

Beginners will learn the basic skills . . .

Experienced players will learn advanced techniques to improve their game

Each day will include warm ups and agilities, drills, objectives, skill development with lots of...

GAMES!

GAMES!

GAMES!



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July 13-17

8:30-3:00

2009 Archbishop Wood Field Hockey Summer Camp



“We are learning more hockey instead of battling the field and learning the bumps.”

- J. Ireland