



Arcadia



Hockey Camp

Our camp is designed to give personal attention to athletes.

You are encouraged to register early . Student athletes will be given individual attention and also learn valuable skills in leadership and goal setting. We are focused in preparing athletes that are beginning their road to playing hockey in middle school or those committed to excel at the high school level. We offer a variety of drills and game like situations that allow players to walk away prepared for their school season.

OPEN TO GRADES

5 – 12

We Offer:

DAILY SKILLS

(3 hours daily)

Morning sessions will be devoted to fundamentals. Field positioning, defensive play and offensive shooting. Players will be challenged with competitive and fun drills.

INDIVIDUAL SKILL SESSIONS

(1 hour daily)

SMALL GAME/ SCRIMMAGE

(2 hours daily)

LEADERSHIP & GOAL SETTING

This program will teach players how to set goals. Players will learn how they can lead the team and be successful through goal setting and leadership.

MEALS –

(LUNCH PROVIDED EACH DAY)

CAMP STORE

SWIMMING POOL

REVERSIBLE PRACTICE SHIRT

CAMP AWARDS &

EVALUATIONS

(END OF CAMP)

Arcadia University



JULY

14TH - 18TH

8:00AM-4:00PM



Arcadia University
450 S. Easton Road
Glenside, PA 19038
215-572-4018

PLAYER REGISTRATION

Please make note: Please indicate on this form the player's insurance coverage. There will be an athletic trainer on site **AT ALL TIMES** to care for minor injuries. Players must rely on their guardian's medical services for injuries that need professional medical attention. Arcadia University waives all responsibilities for treatment of camp related injuries. In the event of an emergency players will rely on guardian coverage.

Name _____ Phone _____

Address _____

School _____ School Grade (Sept 08) _____ Position _____

Emergency Contact and Phone _____

Parent's Name _____ Parent's Email _____

NOTE ANY SPECIAL MEDIAL CONDITIONS

I authorize staff of AU Field Hockey Camp to act for my child in the accordance with their best judgment in an emergency requiring medical attention, and hereby waive and release Arcadia University and the camp staff from any and all liability for injuries incurred at camp. I have no acknowledge of any physical impairment that would be affected by the above name athletes participation in camp.

Parent or Guardian Signature _____ Date _____

Name of Health Insurance Provider _____

Agreement (ID) # _____

Group Number _____

FOR CAMP STAFF








Amount Paid _____ Date _____ Check Number _____

MEET THE DIRECTOR

COLLEEN CARNEY

HEAD COACH 2007—Present
Arcadia University Women's Field Hockey
ASST. VARSITY/ JV COACH 2005 — Present
Bishop Shanahan High School
AAU BASKETBALL COACH 2004 — 2007
In July 2007 Colleen's 15U Girl's team finished 2nd in the Nation at DII Nationals in Orlando, FL.
UCONN 1988– 1992
WILLIAM TENNENT H.S— WARMINSTER, PA
Colleen brings a wealth of coaching, mentoring, and athletic achievement as Camp Director.
ATHLETIC ACHIEVEMENTS
UCONN Field Hockey
Full Athletic Scholarship
William Tennent H.S
Basketball 1567 points in 3 years -
High School All American — Field Hockey
All Big East — UCONN Field Hockey 90-91
All American Honorable Mention –
UCONN Field Hockey 91
High School Hall of Fame Inductee - 2008

WHAT TO BRING:

-  HOCKEY STICK, SHIN GUARDS, MOUTH GUARD
-  CLEATS, COURT SHOES FOR INDOOR PLAY
-  SWIM SUIT
-  SUN SCREEN, INSECT REPELLENT
-  SPENDING MONEY FOR CAMP STORE
-  EXTRA T-SHIRT, SHORTS, SOCKS EACH DAY
-  GOALIES WILL NEED TO PROVIDE THEIR EQUIPMENT

Questions? Call or email
Colleen Carney
215-572-4018
carneyc@arcadia.edu

DAY CAMP RATES

Weekly rate—\$185.00 per athlete
(includes lunch each day, reversible practice shirt, & player evaluation at the end of camp)

25% Discount if registered by June 1, 2008
15% Discount—multiple family members

Make check payable and send with player registration to:
Arcadia University
Field Hockey
450 S. Easton Road
Glenside, PA 19038

DAILY SCHEDULE

TIME	EVENT
8:00 — 8:30AM	Check In
8:30 — 9:00AM	Camp Warm Up
9:00 — 11:30AM	Skill sessions (FUNDAMENTALS)
11:30 — 12:15AM	Lunch
12:15 — 1:00PM	Swimming Individual Sessions Goal Setting / Leadership
1:00 — 2:00PM	Game Situation Instruction Skill Contests
2:00 — 2:30PM	Break
2:30 — 4:00PM	4v4 5v5 6v6 Scrimmage
4:00PM	DISMISS