



The camp's goal is to stimulate the love of the sport of field hockey. The camp is dedicated to provide individual instruction to players of all ages and abilities. A low player-to-coach ratio and players-to-field ratio make for a great teaching and learning environment. Instruction will include the fundamental skills, tactics and techniques of field hockey. The members of the staff represent years of coaching and playing experience.

All aspects of the game will be covered including:

- (1) Passing & Shooting;
- (2) Receiving & Dodging;
- (3) Tackling;
- (4) Offensive Movement;
- (5) Defensive Position & Techniques; and
- (6) Game Tactics and Strategies.



Campers are certain to leave camp with a greater understanding and enjoyment of the game of field hockey.

**General Information**

**Dates:** June 12th to June 15th, 8:30 AM to 11:30 AM at Horn Field located at the Sr. High Campus. The camp is open to all girls entering grades 3 through 9. To reserve your spot, detach & fill out the registration form and waiver. Send it along with a **non-refundable** check for \$55.00 made payable to: **Red Lion Field Hockey Booster Club. Due by May 26th (NO t-shirts for late registrations at the door)**



**Mail to:** Red Lion Field Hockey Booster Club  
C/o Carol Gillmen  
200 Horace Mann Avenue  
Red Lion, PA 17356

*Mouth-guards and shin-guards must be worn at all times*

Register at the Horn Field on the first day of camp. Sticks and shin-guards will be provided. You should bring sneakers or soccer style cleats and water. Mouth-guards may be purchased for \$2.00

**Registration Form**

**Camper's Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Primary Cell# Emergency #** \_\_\_\_\_

**Grade you will enter next fall:** Circle 3, 4, 5, 6, 7, 8, 9

**T-shirt (adult) size:** Circle S, M, L, XL

**\$5.00 discount for 2<sup>nd</sup> child, \$10.00 discount for 3<sup>rd</sup> child, Send together when registering.**

**Waiver**

I understand and accept that the risk of injury is possible while playing the sport of field hockey. I authorize the camp staff to act for me according to their best judgment in any emergency requiring medical attention. I acknowledge having insurance and will not hold Red Lion Area School District or any camp staff responsible for medical or dental expenses incurred as a result of participation in this camp.

**Parent/Guardian Signature:** \_\_\_\_\_

**Athlete Signature** \_\_\_\_\_