RAIDER CAMPS
FIELD HOCKEY
HOME OF THE 2013 & 2016 NCAA DIVISION II NATIONAL CHAMPIONS
GIRLS’ CAMP
WWW.SHIP.EDU/CAMPS

JUNE 26–29, 2017
DAY CAMP ● GRADES 7-10

JULY 23–27, 2017
HIGH SCHOOL TEAM & INDIVIDUAL
RESIDENTIAL CAMP ● GRADES 9-12
(GRADUATED SENIORS WILL BE ACCEPTED)

Directed by:
SU Head Field Hockey Coach
CAMP SCHEDULE

ARRIVAL
Sunday, July 23, 2017, 1:30 to 2:30 PM, Lackhove Hall

DAY CAMP:
Monday June 26, 2017, 8:15 – 8:45 AM, Robb Field

DISMISSAL
Thursday, July 27, 2017, Residence Hall Lobby
(approximately 12:00 PM after tournament concludes)

DAY CAMP: 3:00 PM, Robb Field
REGISTER EARLY
Space is limited to facilitate individual attention. Four-person suites will be assigned on a first-registered, first-accommodated basis.

WHAT TO BRING:
- A certificate of health must be presented by each participant at the camp’s registration. A standard form will be sent upon acceptance. *This form does not require a physician’s examination or signature.*
- Personal equipment: Shorts, shirts, sweat shirt, sweat pants, socks, sneakers, swimsuit, rain gear, sunscreen, alarm clock, and fan are a few items we suggest that you bring. Water and ice will be available on the field. A water bottle will be given to each player.
- Required sports equipment: Field hockey stick, mouth guard, and shin guards are mandatory for participation in all field hockey activities. Turf shoes may be cleats, multi-cleat, or sneakers. Goalkeepers must provide their own equipment, i.e. helmet, leg guards, kickers, pelvic protector, chest protector, gloves, throat protector, and stick.

RECREATIONAL FACILITIES INCLUDE:
Indoor swimming, indoor and outdoor basketball courts (if available), outdoor volleyball courts, tennis courts, and handball courts.

HOUSING
Campers will be housed in suite-style residence halls. Amenities include: Air conditioning and a bathroom for every two campers. A pillow, one pillowcase, and two sheets will be provided. You will need to bring towels, blankets, and washcloths with you. Coin-operated washers and dryers are available on each floor in the residence hall.

HEALTH SERVICES
The Etter Health Center at Shippensburg University is available for first aid treatment of minor illnesses and injuries. Hours of operation vary throughout the year and are listed on the health center website [www.ship.edu/health_center](http://www.ship.edu/health_center). If an illness or injury requires additional medical care, with consent of parent or legal guardian of child under the age of 18, arrangements may be made for an appointment with the campus physician during physician hours. If there is a medical emergency the camper will be transported via ambulance to an emergency room.

DISABILITY SERVICES
Requests for accommodations, auxiliary aids, or services must be made in writing to the Office of Disability Services at least fifteen (15) days before the camp begins. The Office of Disability Services is located in Horton Hall Suite 324, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1364, ods@ship.edu.
OBJECTIVE
The objectives include instructing all campers regardless of ability level in the techniques and tactics currently used by the top high school and collegiate programs. Fundamental skills are emphasized combined with offensive and defensive drills and practices. Individual and team tactics are given each session. Game competition in the evening concludes each day. Our goal is to provide a positive field hockey experience for EACH camper and EACH team. CAMPERS are invited to attend as INDIVIDUALS or as part of a TEAM.

COACHING STAFF
Head coaches include current and former college and high school head coaches. Counselors and assistant coaches are top collegiate players.

FACILITIES
The SU Cross Country Camp is conducted on the beautiful campus of Shippensburg University. Training will take place on the SU cross country course, on the Cumberland Valley Rail Trail, on dirt roads in Michaux state forest, on parts of the Appalachian Trail, and at Pine Grove State Park. The strength training facility, which has 42 lifting stations, will be used during the week as well as the indoor pool.

APPLICATION INFORMATION
Applications will be accepted up to one week prior to the start of camp. Applications submitted after that day will not be accepted. If paying with a credit card, full payment is required. If paying by check or money order, you have the option of paying the entire amount or submitting at least a $75 deposit with the balance due one week prior to start of camp. An administrative fee of $75 will be deducted from all refunds. No refunds will be given after on-campus check-in. The Conference Office reserves the right to cancel any camp which has insufficient enrollment up to two weeks before the opening of camp. A full refund will be given if the camp is canceled.

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Send your application and payment to:

CONFERENCE SERVICES
SHIPPENSBURG UNIVERSITY
1871 OLD MAIN DRIVE
SHIPPENSBURG, PA 17257-2299
PHONE: (717) 477-1256
CAMPER AND TEAM EVALUATION
• Evaluations will help campers/teams identify hockey-specific strengths and weaknesses.
• Evaluations can be used to send to college coaches.

CORNERS
Specialized sessions on offensive and defensive corners.

GOALKEEPING SESSION
The goalkeepers will participate in specialized training sessions where they will work on footwork, conditioning, mental concentration, confidence-building skills as well as specific defensive corner and penalty stroke sessions.

2016 NCAA DIVISION II NATIONAL CHAMPIONS
CAMP HIGHLIGHTS

- College recruiting session
- Weight training instruction
- Speed, conditioning, and foot work training
- Swimming workouts in case of inclement weather
- Camp championship tournament
- Fun “team bonding” activities
- 11 v 11 and/or 7 v 7 games each day
- Evening games on field turf under the lights
- TV lounges and supervised off-field activities
- Laundry facilities in residence hall
- 24-hour security

2016 NCAA DIVISION II NATIONAL CHAMPIONS
REGISTRATION APPLICATION
2017 SU FIELD HOCKEY CAMP

For your convenience, the Conference Office offers online registration, payment, and printable brochures. Check out our website at www.ship.edu/camps.

NAME ______________________________________________________
ADDRESS ___________________________________________________
CITY ________________________________________________________
STATE ________________________ ZIP CODE ______________________
PHONE NUMBER (______)  _____________________________________
AGE ____________  GRADE IN FALL OF 2017 ______________________
PARENT’S NAME  _____________________________________________
DAYTIME PHONE NUMBER (______).______________________________
SCHOOL ATTENDING __________________________________________
COACH’S NAME  ______________________________________________
ROOMMATE PREFERENCE  _____________________________________
(ONLY 2 CAMPERS PER ROOM)
T-SHIRT SIZE:  ○ YOUTH LARGE (MEN’S) ○ SMALL ○ MEDIUM ○ LARGE ○ EXTRA LARGE

FEES:
○ RESIDENT PLAN (ALL MEALS INCLUDED) $400
○ COMMUTER PLAN (INCLUDES: 3 LUNCHES & 3 DINNERS) $320
○ DAY CAMP PLAN (INCLUDES: 4 LUNCHES) $225

PAYMENT PLAN:
○ CHECK OR MONEY ORDER ENCLOSED (PLEASE MAKE CHECK PAYABLE TO “SHIPPENSBURG UNIVERSITY”)
○ CREDIT CARD PAYMENTS AND E-CHECKS WILL BE ACCEPTED ONLINE AT WWW.SHIP.EDU/CAMPS AS PART OF THE REGISTRATION PROCESS. IF PAYING BY CREDIT CARD OR E-CHECK, FULL PAYMENT IS REQUIRED AT THE TIME OF REGISTRATION.

NCAA REGULATIONS:
GIRLS ENTERING THEIR FRESHMAN YEAR OF COLLEGE (2017) WILL ALSO BE ACCEPTED. PLEASE COMPLETE THE REGISTRATION APPLICATION AND MAIL IT AS SOON AS POSSIBLE. APPLICATIONS ARE ACCEPTED ON A FIRST-COME, FIRST-SERVED BASIS.

REGISTER NOW

CALL (717) 477-1256
VISIT www.ship.edu/camps
EMAIL sucamps@ship.edu
<table>
<thead>
<tr>
<th>CAMP</th>
<th>AGE GROUP</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Competitive Swim Camp</td>
<td>Boys &amp; Girls ages 10 - 18</td>
<td>June 4 - 7</td>
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<tr>
<td>Shark Tank</td>
<td>Boys &amp; Girls Ages 11 - 13</td>
<td>June 5 - 8</td>
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<tr>
<td>Boys Basketball Camp</td>
<td>Boys Ages 10 - 17</td>
<td>June 11 - 14</td>
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<tr>
<td>Competitive Swim Training Camp</td>
<td>Boys &amp; Girls ages 10 - 18</td>
<td>June 11 - 14</td>
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<tr>
<td>Girls Lacrosse Camp</td>
<td>Girls Grades 6 - 12</td>
<td>June 19 - 21</td>
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<tr>
<td>STEM Camp</td>
<td>Boys &amp; Girls Ages 12 - 15</td>
<td>June 19 - 23</td>
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<td>Girls Basketball Camp</td>
<td>Girls Ages 10 - 14</td>
<td>June 25 - 28</td>
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<tr>
<td>Tennis Residential</td>
<td>Boys &amp; Girls Grades 9 - 12</td>
<td>June 25 - 29</td>
</tr>
<tr>
<td>Field Hockey Day Camp</td>
<td>Girls Grades 7 - 10</td>
<td>June 26 - 29</td>
</tr>
<tr>
<td>Girls Volleyball Camp I</td>
<td>Girls Ages 12 - 18</td>
<td>July 9 - 12</td>
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<tr>
<td>Girls Softball Camp I</td>
<td>Girls Ages 10 - 13</td>
<td>July 9 - 12</td>
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<tr>
<td>Tennis Day Camp I</td>
<td>Boys &amp; Girls Ages 6 - 13</td>
<td>July 10 - 14</td>
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<tr>
<td>Chemistry Camp I &amp; II</td>
<td>Boys &amp; Girls Ages 8 - 10</td>
<td>July 10 - 14</td>
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<tr>
<td>Adult Volleyball</td>
<td>Ages 25 and up</td>
<td>July 15 &amp; 16</td>
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<tr>
<td>Girls Softball Camp II</td>
<td>Girls Grades 9 - 12</td>
<td>July 16 - 19</td>
</tr>
<tr>
<td>Sprints &amp; Hurdles Camp</td>
<td>Boys &amp; Girls Grades 9 - 12</td>
<td>July 16 - 19</td>
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<tr>
<td>Girls Cross Country Camp</td>
<td>Girls Grades 9 - 12</td>
<td>July 16 - 20</td>
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<td>July 16 - 20</td>
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<td>Boys &amp; Girls Ages 6 - 13</td>
<td>July 17 - 21</td>
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<td>Jumps Camp</td>
<td>Boys &amp; Girls Grades 9 - 12</td>
<td>July 23 - 26</td>
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<td>Throws Camp</td>
<td>Boys &amp; Girls Grades 9 - 12</td>
<td>July 23 - 26</td>
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<td>Girls Ages 12 - 18</td>
<td>July 23 - 26</td>
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<td>Girls Grades 9 - 12</td>
<td>July 23 - 27</td>
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<tr>
<td>Forensic Science Camp</td>
<td>Boys &amp; Girls Grades 7 - 9</td>
<td>August 2 &amp; 3</td>
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