2019 SUMMER CAMPS

CAMP SCHEDULE

DAY CAMP CHECK-IN
Monday, July 15, from 8:15 - 8:45am, Robb Field

DAY CAMP CHECK-OUT
3:00pm daily

INDIVIDUAL AND TEAM CAMP CHECK-IN
Sunday, July 28, from Noon – 1:00pm, Harley Hall

INDIVIDUAL AND TEAM CAMP CHECK-OUT
Wednesday, July 31, approximately 11:00am after tournament concludes, Residence Hall Lobby

RAIDER CAMPS

FIELD HOCKEY

HOME OF THE 2013, 2016, 2017 AND 2018 NCAA DIVISION II NATIONAL CHAMPIONS

BOYS AND GIRLS CAMP

JULY 15-17, 2019
BOYS AND GIRLS DAY CAMP • GRADES 3–8

JULY 28–JULY 31, 2019
HIGH SCHOOL TEAM AND INDIVIDUAL GIRLS • GRADES 7–12

Graduated seniors will be accepted

Directed by:
Tara Zollinger, Head Field Hockey Coach
Jordan Page, Assistant Field Hockey Coach, Shippensburg University

GENERAL CAMP INFORMATION

REGISTER EARLY
Space is limited to facilitate individual attention.

WHAT TO BRING:

- A certificate of health must be presented by each participant at the camp’s registration. If you register by mail, a standard form will be sent. Health forms are available for download on our website at ship.edu/camps. This form does not require a physician’s examination or signature.
- Personal Equipment: Shorts, shirts, sweatshirt, sweatpants, socks, sneakers, swim cap, 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

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. You will need to bring sheets, pillow, pillow case, 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 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 eighteen, 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.

ACCESSIBILITY RESOURCES

Requests for accommodations, auxiliary aids, or services must be made in writing to the Office of Accessibility Resources at least fifteen (15) days before the camp begins. The Office of Accessibility Resources is located at Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1364, oar@ship.edu.
OBJECTIVES
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. Coaches and assistant coaches are top collegiate players.

FACILITIES
The SU Field Hockey Camp will be conducted on the beautiful Shippensburg University campus, which includes a turf field with lights and goalkeeping site equipped with cages. Our outstanding facilities have served in the past as the host of the Pennsylvania Interscholastic Athletic Association (PIAA) State High School Field Hockey Championships.

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. Conference Services reserves the right to cancel any camp that has insufficient enrollment up to two weeks before the opening of camp. A full refund will be given if the camp is canceled.

CMR AND TEAM EVALUATION
- Evaluations will help campers/teams identify hockey specific strengths and weaknesses.
- Evaluations can be used to send to college coaches.

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.

CAMP HIGHLIGHTS
- Position specific technical training
- Tactical awareness training
- Speed, conditioning, and foot work training
- Swimming workouts in case of inclement weather
- Camp championship tournament
- 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
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REGISTRATION APPLICATION
For your convenience, the Conference Office offers online registration, payment, and printable brochures. Check out our website at ship.edu/camps.

Name ____________________________
Address __________________________
City ___________________________ State ______ Zip Code ______
Phone Number (______) __________________________
Age _______ Grade in Fall of 2019 ______
Parent’s Name ____________________________
Daytime Phone Number (______) __________________________
E-mail ____________________________
School Attending ____________________________
Coach’s Name ____________________________
Roommate Preference ____________________________
(Only two campers per room)

T-SHIRT SIZE:  ☐ Youth Large  ☐ Small  ☐ Medium  ☐ Large  ☐ Extra Large

LEVEL OF PLAY (CHECK ONE):
☐ Beginner  ☐ Intermediate  ☐ Advanced

FEES:
- $225 July 15–17, Day Camp (three lunches)
- $235 July 28–31, Resident Plan (all meals included)
- $325 July 28–31, Commuter Plan (three lunches, three dinners)

PAYMENT PLAN:
☐ Check or money order enclosed
☐ Credit card payments and e-checks will be accepted online at 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 (2019) 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 ship.edu/camps
E-MAIL sucamps@ship.edu