### 2020 SUMMER CAMPS

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* 8 and 9 year olds will be accepted as commuters
† Grade entering in fall 2020

### CAMP SCHEDULE

#### DAY CAMP CHECK-IN
Monday, July 13, from 8:15-8:45am, Robb Field

#### DAY CAMP CHECKOUT
3:00pm daily

#### INDIVIDUAL AND TEAM CAMP CHECK-IN
Sunday, July 26, from Noon-1:00pm, Hartley Hall

#### INDIVIDUAL AND TEAM CAMP CHECKOUT
Wednesday, July 29, approximately 11:00am after tournament concludes, Residence Hall Lobby

### 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, 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, kicke, pelvic protector, chest protector, gloves, throat protector, and stick.

#### RECREATIONAL FACILITIES
Indoor swimming, indoor and outdoor basketball 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. Washers and dryers are available on each floor in the residence hall and are free to use.

#### 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.

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

Shippensburg University is a member of Pennsylvania’s State System of Higher Education. The system, composed of fourteen state universities and four state colleges, was created to provide a system of higher education to the citizens of Pennsylvania.

Shippensburg University is committed to providing a safe and positive environment that is free from discrimination based on race, color, national origin, ancestry, age, religion, gender, gender expression, sexual orientation, marital status, veteran status, political affiliation, or disability. Direct requests for disability accommodations and other inquiries to the Office of Accessibility Resources, 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. Counselors 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. Send your application and payment to:

SHIPPENSBURG UNIVERSITY
CONFERENCE SERVICES
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.

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
• FREE Laundry facilities in residence hall
• 24-hour security

REGISTRATION APPLICATION
2020 SU FIELD HOCKEY CAMP
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 2020 _______
Parent’s Name ___________________________
Daytime Phone Number (______) ___________
E-mail __________________________________
School Attending ___________________________
Roommate Preference ___________________
(Only two campers per room)
T-SHIRT SIZE:
□ Youth Large □ Men’s □ Small □ Medium □ Large □ Extra Large
Position ____________________________
Years Varsity Experience
□ You must check here if you plan to attend as a goalie. Goalies must provide their own equipment.
LEVEL OF PLAY (CHECK ONE):
□ Beginner □ Intermediate □ Advanced
FEES:
□ $225 July 13–15, Day Camp (three lunches)
□ $245 July 26–29, Resident Plan (all meals included)
□ $325 July 26–29, 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
□ Credit card payments and e-check 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 (2020) 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