

Daily Itinerary

- **8:45: Players Arrive**
- 9:00 -9:20 am: Warm Up
Full Body Stretch
Plyometric Exercises
Core
- 9:20-10:50: Fundamentals
Skill Stations
Tactics
Strategy

Emphasis is placed on:
GETTING IT RIGHT

Players will gain a better understanding behind drills and bring tactical concepts into play.

- 10:50—11:50:
Transfer of Training
Small Game
Team Training
Daily Competitions

Players will transfer drills into game situations and see the drills come alive

11:50-12:00: Warm Down.

Daily discussions on the importance of:
Stretching
Core
Diet
Positive Mind Set



Jersey Girls Hockey Camp is hosted by the
Bridgewater Recreation Department

RESERVE NOW

Sign and submit with payment to:
Jersey Girls Hockey
941 Spring Run Lane
Martinsville, NJ 08836
OR

Enter the following URL into your browser
to register:

<https://goo.gl/forms/oTCupN8wtUTVUueT2>

Email questions or concerns to:
jerseygirlshockey@gmail.com

Jersey Girls Hockey

PRESENTS

FIELD HOCKEY PLAYER/TEAM DEVELOPMENTAL Training Camp



**2018
JULY 16-19
9:00-12:00**

Bridgewater Raritan High School
600 Garretson Rd
Bridgewater, NJ 08807
Field located behind the High School

JERSEY GIRLS HOCKEY

Jersey Girls Field Hockey Player/Team Camp is open to ALL players regardless of age or ability level. Players will be grouped according to skill level .

Athletes and teams should be willing to pursue taking their skills to the next level. Jersey Girls Hockey will address all tactical areas and team building.

OUR FOCUS IS ON GETTING IT RIGHT!

Slow it down, do it right and progress towards game speed.

ALL Field Players must have the following equipment DAILY to participate:

- Stick
- Shin Guards
- Goggles
- Mouth Piece

ALL Goalkeepers must have the following equipment DAILY to participate:

- Leg Guards & Kickers
- Hip Girdle
- Chest Protector
- Neck Protector
- Gloves
- Mouth Piece
- Stick

NO JEWELRY ALLOWED

Take a step toward excellence.

Camp Directors:

Siobhan Devlin: Siobhan has been involved with the sport of field hockey for over 40 years as a player, coach and official. Siobhan was a D1 scholarship GK at Eastern Kentucky University and 3 year starter. She captained & received the Sportswoman of the Year award her senior year before moving on to coach at Ohio University. Siobhan was the Head FH Coach at Ridge High School from 1991-2003 where her teams won 3 Conference Championships, 4 Somerset County Championships; 3 Sectional Finalist. Siobhan's goalkeepers continuously received All Conference, All County and All State recognition. Siobhan has been named Coach of the Year 4 times and is currently an NJSIAA field hockey official.

Carol Mastroianni: Former DI Scholarship Athlete as a Midfielder. Carol has over 22 years of coaching experience which includes the best win/loss record at Somerville High School while being named Coach of the Year twice. Carol traveled with her team to Holland, Germany and Belgium to receive coaching and training techniques from the top trainers in the sport. Carol has stayed involved with the game, mentoring her daughter, Ally who played for Bridgewater Raritan. Carol is now a certified NJSIAA official.

Additional staffing comprised of former collegiate and high school players.



RESERVE NOW! LIMITED SPOTS AVAILABLE

To reserve your spot, fill out the form below and submit with payment payable to: Jersey Girls Hockey
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Note that 50% fee is non-refundable after May 15, 2018

NAME: _____

PLAYER GRADE-FALL 2018: _____

SCHOOL: _____

FIELD PLAYER _____ GOALIE _____

PLAYING LEVEL:

Varsity _____ JV _____ Freshmen _____

Middle School _____ Youth _____

PARENT NUMBER: _____

PARENT EMAIL: _____

EMERGENCY CONTACT:

NAME: _____

NUMBER: _____

Cost: \$150.00 PER PLAYER 2 from same family \$280

Early Bonus: Received by April 15, 2018: Per Player \$135 Two from same family: \$270

List any physical limitations (allergies, hearing, asthma, etc.)

As the parent or legal guardian of the child named above, I understand that Bridgewater Raritan Recreation Department and Jersey Girls Hockey, does not provide medical coverage for its participants. Each participant will be covered under her family's medical policy. The Recreation Department & Jersey Girls Hockey, reserves the right to cancel, alter, limit registration or change any other information. I understand that there are certain injury inherent in the practice and play of this sport, as well as related activities incidental to my child's participation and I assume these risks on behalf of my child. I do hereby waive release and hold harmless the organizations above, its coaches and sponsors for injury that may be suffered by my child in the normal course of participation in the designated sport.

Parent Signature _____ Date: _____

If the participant has individualized needs due to disability, please indicate below and someone will contact you regarding reasonable accommodations.

_____ Yes, I will need to be notified regarding special considerations for my child.