



## 2010 FIELD HOCKEY CAMP

Dear Camper,

I am happy to inform you that you have been accepted to attend the Hartwick College Field Hockey Camp.

- **Camp Dates: Sunday, July 25<sup>th</sup> – Thursday, July 29<sup>th</sup>**
- **Skills Form - DUE IMMEDIATELY (see page 3 of this link)!**
- **Registration (Residents/Commuters): Sunday, July 25<sup>th</sup> at 12:00-1:00 p.m. in Saxton Hall.**
- **HEALTH EXAMINATION FORM (INCLUDING DOCUMENTATION OF IMMUNIZATIONS AND PHYSICAL EXAMINATION WITHIN THE PAST YEAR) AND MEDICATION SHEET MUST BE SUBMITTED ONE WEEK PRIOR TO YOUR ARRIVAL TO CAMP.**
- **ANY HEALTH RELATED DOCUMENTS AND/OR MEDICATIONS (PRESCRIPTION OR OVER-THE-COUNTER) MUST BE DROPPED OFF AT THE PERRELLA WELLNESS CENTER PRIOR TO REPORTING FOR REGISTRATION.**
- **FULL PAYMENT is due on or before registration.**
- **Camp Ends: Thursday, July 29<sup>th</sup>... arrangements should be made to leave after the camp ceremony at 11:15 a.m.**

### Daily Schedule

<b>7:30 AM - 8:30 AM</b>	<b>Breakfast (Residents)</b>
<b>8:45 AM</b>	<b>Commuters Arrive</b>
<b>9:00 AM - 11:15 AM</b>	<b>Skill Session, Instruction in Fundamentals</b>
<b>11:30 AM - 12:30 PM</b>	<b>Lunch (Residents, Commuters)</b>
<b>12:30 PM - 1:30 PM</b>	<b>Rest/Recreation/Pool</b>
<b>1:45 PM - 4:00 PM</b>	<b>Small Games/Drill Work</b>
<b>4:30 PM - 5:30 PM</b>	<b>Dinner (Residents, Commuters)</b>
<b>6:00 PM - 8:00 PM</b>	<b>Evening Games, Competition</b>
<b>8:00 PM</b>	<b>Commuters Depart</b>
<b>8:00 PM - 10:00 PM</b>	<b>Pick Up Games with Staff/Movies, Special Events</b>
<b>10:00 PM – 10:30 PM</b>	<b>Bed Checks, Lights Out</b>

We are looking forward to seeing you at camp this summer. If you have any questions, please do not hesitate to contact me.

Anna Meyer  
Camp Director  
607-431-4715  
[meyera@hartwick.edu](mailto:meyera@hartwick.edu)

P.S. You may also contact the Summer Sports Camps Office 607-431-7000

## FIELD HOCKEY CAMP CHECKLIST

### CAMPER'S CHECKLIST - RECOMMENDED ITEMS:

NOTE: some items listed below are specific to resident campers only

\_\_\_ PERSONAL WATER BOTTLE – REQUIRED ITEM

\_\_\_ shin guards - REQUIRED ITEM

\_\_\_ mouth guards - REQUIRED ITEM

\_\_\_ stick - REQUIRED ITEM

\_\_\_ GOALKEEPERS: ALL EQUIPMENT - REQUIRED ITEM

\_\_\_ sneakers & cleats (comfortable, well broken-in footwear for playing)

\_\_\_ enough changes of clean, dry socks and clothes for three field sessions/day

\_\_\_ equipment bag (to carry to sessions)

\_\_\_ sweatshirt & sweatpants

\_\_\_ sweater or light jacket

\_\_\_ rain gear

\_\_\_ swim suit

\_\_\_ fan

\_\_\_ small clock

\_\_\_ laundry bag

\_\_\_ soap

\_\_\_ shampoo

\_\_\_ toothpaste

\_\_\_ brush/comb

\_\_\_ sunscreen

\_\_\_ towels

\_\_\_ linens (sheets/pillows/blankets)

\_\_\_ change for phone calls/vending machines

\_\_\_ Combination lock – (Only for Swimming)

We recommend that you do not bring radios, "boom boxes", jewelry, or other valuable items.

We cannot assume liability for loss of such items. Each resident camper will have a key to her room.

If you have any questions, please do not hesitate to contact the Summer Sports Camp Office at 607-431-7000.

**\*\*\*PLEASE RETURN THIS FORM**  
**IMMEDIATELY**  
**UPON RECEIPT OF THIS LETTER!\*\*\***

If we do not have this form it is difficult to put you in the appropriate groups-we need it  
**immediately.**

**2010 HARTWICK COLLEGE**  
**Summer FIELD HOCKEY Camp**

Please fill out information requested below:

Name \_\_\_\_\_

Age \_\_\_\_\_

High School \_\_\_\_\_

Hometown \_\_\_\_\_

Are you a GK? (circle one)      yes      no

Total Years Experience \_\_\_\_\_

Modified    \_\_\_\_ yr(s)

Roommate Preference

JV            \_\_\_\_ yr(s)

\_\_\_\_\_

Varsity      \_\_\_\_ yr(s)

**This is especially important if you are a GOALKEEPER!**

***PLEASE RETURN THIS FORM IMMEDIATELY!***

To:  
Hartwick College  
Summer Sports Camps  
PO Box 4020  
Oneonta, NY 13820