



EARLY CHECK-IN/ CHAPERONE INFO

TEAMS TRAVELING FROM OUT OF THE AREA MAY ARRIVE A NIGHT EARLY AT AN ADDITIONAL LODGING FEE. PLEASE CONTACT THE CAMP DIRECTOR, CHRIS CROUCH IN ORDER TO MAKE THE RESERVATIONS.

CAMP CURRICULUM

1ST DAY CHECK-IN: 11:30 AM

1:00 PM: LUNCH PROVIDED

1ST SESSION START TIME: 2:30 PM

2ND CAMP MEAL: DINNER

LAST CAMP MEAL: BREAKFAST ON LAST DAY

DAILY SESSION TIMES: AM-8:00 AM-12:00 NOON

AFTERNOON SESSION: 1:30 PM- 4:30 PM

EVENING SESSION: 6:00 PM- 10:00 PM

INSURANCE/ MEDICAL CARE

THE UNIVERSITY PROVIDES SECONDARY ACCIDENT COVERAGE WHICH CARRIES A \$2,500 MAX. THIS PLAN HAS A \$25 DEDUCTIBLE & IS FILED AFTER THE PRIMARY INSURANCE.

FOR ADDITIONAL INFORMATION, CONTACT THE OLD DOMINION UNIVERSITY ATHLETIC CAMP OFFICE AT 757-683-3375 OR VISIT WWW.ODUSPORTS.COM.

**FIELD HOCKEY CAMP
REGISTRATION FORM**

TO ENROLL: COMPLETE AND RETURN THE REGISTRATION FORM ALONG WITH A DEPOSIT (\$100) OR FULL PAYMENT OF \$545 (TEAM RATE =12-15 PLAYERS) OR \$525 (TEAM RATE =16-22 PLAYERS) TO THE ADDRESS BELOW:

ATHLETIC CAMP OFFICE
OLD DOMINION UNIVERSITY
ATHLETIC ADMINISTRATION BUILDING
NORFOLK, VA 23529

MAKE CHECKS PAYABLE TO: OLD DOMINION UNIVERSITY
CHECK WHERE APPLICABLE:

___ PAYMENT IN FULL (\$525 =TEAM RATE -16-22)
___ \$100 DEPOSIT W/ BALANCE DUE APRIL 1, 2010

TEAM CAMP 1 ___ JULY 10-13

TEAM CAMP 2 ___ JULY 15-18

TEAM CAMP 3 ___ JULY 24-27

TEAM CAMP 4 ___ JULY 29- AUG. 1

EARLY ARRIVAL FEE (CONTACT CAMP OFFICE)

LESS THAN 16 PLAYERS (\$545) _____

NAME _____

POSITION _____

ADDRESS _____

CITY _____ STATE _____

ZIP _____

PHONE _____ CELL _____

EMAIL _____ GRADE _____ DOB _____

HIGH SCHOOL _____

HIGH SCHOOL COACH _____

PHONE _____ E-MAIL _____

PARENT'S NAMES(S) _____

CHECK # _____

CREDIT CARD _____

CREDIT CARD# _____ EXP. _____

SIGNATURE _____

**OLD DOMINION
FIELD HOCKEY**



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SESSION 1: JULY 10-13
SESSION 2: JULY 15-18
SESSION 3: JULY 24-27
SESSION 4: JULY 29 -AUG. 1
WWW.ODUSPORTS.COM
757-683-3375

2010 TEAM CAMP

WWW.ODUSPORTS.COM



PURPOSE:

All team camp sessions will feature "team" development and preparation for the 2010 Fall season with instruction in the skills, tactics, and fundamentals of field hockey. Camp sessions are aimed at varsity-aged high school teams **REGISTERED BY THEIR HIGH SCHOOL COACH.**

PROGRAM INFO:

A maximum of ten (10) high school teams per session will be accepted on a first come, first serve basis. Phone or e-mail reservations will be held or honored as long as registration **DEPOSITS** are received within 14-days of reservation. Teams attending camp are required to have 16-22 players (to include at least one goalkeeper) in order to receive the **TEAM RATE**-\$525. per player. Team registration forms with deposits must be sent together by the **HEAD** high school coach to include a player **ROSTER** (team deposit of \$1600= \$100 x 16 players). Goalkeeping coaches will provide specialized instruction for GKs who must provide their own full protective equipment (See "What to Bring"). Any high School coach wishing to register their team on-line may go to www.odusports.com.

OLD DOMINION FIELD HOCKEY

LOCATION:

Old Dominion University is located in Norfolk, Virginia. Facilities include the new AstroTurf field at the Powhatan Sports Complex on campus. ODU is only 25 miles from the pristine sands of the Virginia Beach ocean front.

COSTS/ REGISTRATION INFORMATION:

COSTS: Check, Money Order, or Credit Card accepted.

TOTAL CAMP FEE: \$525 per camper -16-22 campers; \$545 per camper - less than 16 players.

DEPOSIT: \$100 deposit is non-refundable under any condition must accompany the registration form. The remaining balance is due April 1, 2010.

Reservations Accepted: Starting Oct. 30, 2009, Reservations by phone (757-683-3375) will be accepted. For the camp office to hold your reservation, the following must be submitted:

1. \$100 deposits for each camper--NOTE: checks submitted without **REGISTRATION FORM** will not be accepted and will be returned.
2. A **TEAM ROSTER** submitted by the **HIGH SCHOOL HEAD COACH** along with the complete registration forms within 14-days of the reservation. Roster Information: Player names, playing position, T-shirt size, High School Coach's contact information.
3. Completed **REGISTRATION Form** with health form for each camper. When paying in full, the camp office will send a **CONFIRMATION Letter** via e-mail.

REFUND POLICY:

The \$100 Deposit is **NOT REFUNDABLE** for any reason. The balance is refundable for medical reasons only under the following conditions: 1) Prior to 14-days of the camp start date. A physician's verification must be received within 7-days of the written refund request and **NO MEDICAL REFUNDS ARE MADE ONCE CAMP BEGINS.**

AGE REQUIREMENTS:

Camp sessions are for girls high school age varsity teams.

CAMP COACHING DIRECTOR:

Beth Anders, head coach at Old Dominion University and the winningest field hockey coach in Div. I NCAA history, has coached ODU to nine NCAA Titles, including two back-to-back undefeated seasons. Her stellar career also includes: Olympic scoring record holder, Olympic team captain and Bronze Medalist, 3-time former head coach of the USA Women's National Team, and author of *Field Hockey: Steps to Success*.

HOUSING / MEALS:

Field Hockey campers will be lodged in on campus dormitories. Dorms include air conditioning. Two campers will be assigned to each room with roommate preferences permitted in advance. Meals include breakfast, lunch, and dinner.

WHAT TO BRING:

Turf shoes, tennis shoes, towels, pillow, bed linens (long twin), toiletry items, mouth guard, shin guards, and a hockey stick. Goalkeepers must bring all protective gear including: helmet, throat protector, gloves chest and arm protector, gloves, kickers, leg guards, protective pants.

CAMP RULES:

All camp rules will be presented and must be adhered to by all campers. Violation of camp rules can result in dismissal from camp with no refund.

