

CAMP DIRECTOR & STAFF



Liz Tchou
Rutgers Head Coach

“The Rutgers Field Hockey Camp has been designed to get your team ready for your upcoming season. Not only will we improve your hockey skills, but we will also stress the importance of competing, communicating and performing as a unit. The coaching staff’s philosophy will revolve around a positive teaching approach, to build your self-confidence by having you take part in individual skill drills, small games and full-field competitions. You will have a fun week with teammates and friends, while understanding how to make better decisions on the field.”

— Liz Tchou, Rutgers Field Hockey Head Coach/Camp Director; USFHA Level I Instructor; USFHA Level II and participated in two Level III Accreditation Courses; Region 6 - NJ Level I Futures Elite Coach
— Meredith Long, Rutgers Field Hockey Assistant Coach

F.Y.I.

TOPICS OF DISCUSSION

- How to Improve Team Chemistry
- The College Process “There’s a school for everyone”
- Being an Effective Captain
- The USA Field Hockey Program

ACCOMMODATIONS & MEALS

For Skills Camp, Team Camp I and Pre-Season Prep Camp, campers will be housed on Livingston Campus in non-air-conditioned dorms. For Team Camps II & III, campers will be housed adjacent to the Skelley fields in double-occupancy air-conditioned dorms. If you have a definite roommate preference, send in your application, along with your roommate preference, as early as possible. We will do our best to put you with and among your friends. There is a microwave and mini fridge in every room so feel free to bring your own drinks and snacks.

PLAYING FACILITIES

The Rutgers Field Hockey Skills Camp and Team Camp I will be held on turf at the brand new Bauer Track & Field Hockey Complex; Team Camps II & III will be held on the Skelley grass fields located on the Cook/Douglass campus. There’s also an outdoor roller rink, and indoor facility for skill work and small game play.

CONFIRMATION LETTER & MEDICAL FORMS

All Campers will receive a confirmation letter and medical forms upon receipt of their application and full payment. In order to participate, campers MUST have all medical and liability forms filled out and submitted prior to arrival to camp.

REGISTRATION & CHECK-OUT

Check-in location and directions to the dorms will be mailed to you prior to the start of your camp session.

Skills Camp & Rutgers Team Camp I

Individual / Groups / Teams accepted

Registration: 12:00-1:00 pm

Check-out: 12:00-1:00 pm (Following the awards ceremony)

Rutgers Team Camp II and III – Teams Only

Registration: 12:00-1:30 pm

Check-out: 1:00-2:00 pm (Following the awards ceremony)

You will be mailed detailed information about room, board and registration for the Rutgers Field Hockey camps upon receipt of your application.

CANCELLATIONS

Once you are accepted to camp, the fee of \$100 is NON-REFUNDABLE FOR ANY REASON.

GOALIE INSTRUCTION

There will be separate goalie instruction during the morning and afternoon of all sessions. The Rutgers Field Hockey Camp will NOT provide goalie equipment. Anyone interested in the goalie position must bring their own equipment.

ALL INCLUSIVE FEE

Residents & Commuters - includes camp, camp reversible pinny, all meals (*Commuter Rate includes lunch and dinner only), water bottle, key lanyard and camp awards. Health and accident insurance is provided to each player as secondary insurance, not primary.

www.synergyfh.com

Excellent Camper/Staff Ratio
Technical Training • Tactical Training
Small Sided Games
Competition • Full field play

Rutgers, The State University, is not responsible or liable for any of the activities in respect to the camp; the Camp Director is an independent contractor.

Please feel free to make copies of this brochure and pass it on to a friend or coach!



Rutgers Field Hockey
Division of Intercollegiate Athletics - Hale Center
One Scarlet Knight Way
Piscataway, NJ 08854-8016

RUTGERS FIELD HOCKEY CAMP 2010

@ Rutgers University - New Brunswick, NJ



Presented by **Liz Tchou**

Rutgers Head Field Hockey Coach • 1996 Atlanta Olympian

Rutgers Field Hockey Skills Camp at Bauer Track & Field Hockey Complex:

(Turf) (Individuals/Small Groups)

Saturday, July 10th - Tuesday, July 13th

Rutgers Team Camp I

at Bauer Track & Field Hockey Complex

(Turf, field turf, grass – depends on attendance)

(Primarily a Team Camp, but Individuals and Small Groups can be accommodated)

Thursday, July 15th - Sunday, July 18th

Rutgers Team Camp II

(Team Camp only) at Rutgers U. Cook Campus (Grass)

Wednesday, July 21st - Saturday, July 24th

Rutgers Team Camp III

(Team Camp only) at Rutgers U. Cook Campus (Grass)

Monday, July 26th - Thursday, July 29th

Pre-Season Prep Camp

at Bauer Track & Field Hockey Complex:

(Turf, field turf, grass – depends on attendance)

Friday, July 30 – Monday, August 2nd

Call for details

Separate goalkeeping instruction available at all camps.
(Check Separate Registration Process Info. on Back Panel
Must be submitted together)
www.synergyfh.com

2010 RUTGERS FIELD HOCKEY CAMP APPLICATION

2010 PAYMENT POLICY

Please check amount of payment enclosed and the session of your choice:

INDIVIDUALS/SMALL GROUPS/TEAMS/GK'S

Skills Camp – on Rutgers Astro-Turf

(Individuals, small groups, teams – separate GK instruction)

Resident Commuter
 July 10th to July 13th \$475 in full \$375 in full

Limited space available for Bauer Turf Field camp.

RU Team Camp I – on Rutgers Astro-Turf (Turf, field turf, grass – depends on attendance) (Team Camp primarily; individuals welcome – separate GK instruction)

July 15th to July 18th \$450 in full \$350 in full
 (Bauer Track & Field Hockey Complex) \$250 deposit \$200 deposit

TEAM CAMPS

15-18 field players - Minimum of 15 (1-3 Gk's/team allowed)
 (TEAM CAMPS – separate GK instruction)

RU Team Camp II Resident Commuter
 July 21st to July 24th \$450 in full \$350 in full
 (Skelley Fields - grass) \$250 deposit \$200 deposit

RU Team Camp III
 July 26th to July 29th \$450 in full \$350 in full
 (Skelley Fields - grass) \$250 deposit \$200 deposit

PRE-SEASON PREP CAMP

At Bauer Track & Field Hockey Complex (Turf, field turf, grass – depends on attendance) Call for details.

July 30 to August 2nd \$450 in full \$350 in full
 (Bauer Track & Field Hockey Complex) \$250 deposit \$200 deposit

Rutgers Field Hockey Skills Camp, Team Camp I & Pre-Season Prep Camp at Bauer Track & Field Hockey Complex

– Brand new turf facility

Skills: Saturday, July 10th to Tuesday, July 13th
 * Full tuition is required to be accepted to Camp.

RU Team Camp I: Thursday, July 15th to Sunday, July 18th

Prep: Friday, July 30 to Monday, August 2nd

All deposits are due as soon as possible.
 \$80 damage & key deposit at registration (payable by check)
 Please do not staple check to application.

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone _____ Age _____

E-Mail (Required) _____

Fax _____

Father/Guardian _____ Phone # _____

Mother/Guardian _____ Phone # _____

(Please be sure to fill out the Field Hockey Experience section also)

PAYMENT INFORMATION

Amount Enclosed: \$ _____

Please Make Checks Payable To:

Rutgers Field Hockey Camp

(For All Camps, please write your daughter's full name on memo line)

One Scarlet Knight Way
 Piscataway, NJ 08854-8016

If you are making a deposit,
 the balance is due prior to June 1, 2010

To pay by credit card:

(If payment is made by credit card, full payment must be received. A 3% service fee will be added to the total.)

Billing Address: _____

City: _____ State: _____ Zip Code: _____

Payment Method (check one): Visa MasterCard

Card#: _____ Exp. Date: _____

Signature: _____

Name (as it appears on card): _____



Register Online at www.active.com for quick, easy and secure credit card payments.

FIELD HOCKEY EXPERIENCE

High School _____

Total Number of Years Played at Each Level:

_____ Middle _____ Fr. _____ JV _____ Varsity

Grade (After 6/10): _____

Positions (Circle):

For. Def. Mid. Gk

List Any Recent Honors:

Coach's Name _____

Coach's Phone _____

Coach's E-Mail _____

ROOMMATE PREFERENCE

1. _____

2. _____

Rooms are DOUBLE occupancy only. Placement will be on a first-come first-serve basis. If you have a definite roommate preference, please put them in order so we can place you with or near your friends!

Email: fieldhockey@scarletknights.com
 Phone: 732-445-6233 (please limit phone calls)
 Fax: 732-445-4460
 Website: www.synergyfh.com

Please visit our website for all the information you'll need.

TEAM CAMP INFORMATION RUTGERS TEAM CAMPS I, II & III

Team Camp I

Thursday, July 15th to Sunday, July 18th

Team Camp II

Wednesday, July 21st to Saturday, July 24th

Team Camp III

Monday, July 26th to Thursday, July 29th

Our team camp is designed for high school varsity and JV level teams. This camp will give your team an opportunity to train and compete together prior to the start of the school year. The focus will be on competition but will also include position training and competitive drill instruction.

TEAM CAMP REGISTRATION

High school coaches register their teams directly through Liz Tchou (phone: 732-445-6231, fax: 732-445-4460). Coaches must call Liz to verify availability. Spaces fill quickly, so register early. Each team roster should include 15-18 players. **Registration forms and checks (full payment) for the entire team must be sent together.** Make copies of camp application for each player to fill out. Coaches can accompany their team, but it is not necessary. Payment must be sent in together with list of names, positions and amount.

Please be sure to fill out the registration information on this page.

High School Name _____

Team Contact Name _____

Team Contact Phone _____

Team Contact E-Mail _____

Please check your choice for Team Camp:

- Team Camp I** – Mainly turf – depends on attendance
 Thursday, 7/15/10 - Sunday, 7/18/10 \$450
- Team Camp II** – Grass
 Wednesday, 7/21/10 - Saturday, 7/24/10 \$450
- Team Camp III** – Grass
 Monday, 7/26/10 - Thursday, 7/29/10 \$450

Make checks payable and mail to:
 Rutgers Field Hockey Camp
 1 Scarlet Knight Way, Piscataway, NJ 08854