



Maine Field Hockey Academy Camp at Thomas College

July 27-29th, 2018

Thank you for selecting the Maine Field Hockey Camp at Thomas College. On behalf of our coaching staff, we sincerely welcome you and the team to Waterville! Our camp curriculum is designed to help you become a better field hockey player. We are confident that you will both enjoy and benefit from the instruction and experience you will receive at our camp. The camp will focus on teaching the fundamentals of the game including passing, receiving, tackling, hitting, goal scoring and game play. Goalkeepers will receive specialized training with our goalkeeper specialist coach. Campers will learn many concepts that will prepare them for the upcoming season and you and your team will get better.

A copy of our "Camper Expectations" has been included in this packet. Parents should review these rules with their camper before coming to camp.

INFORMATION FOR ALL PARTICIPANTS

Check In Location:

Thomas College, Spann Student Commons- Summit Room
Address: 180 West River Road, Waterville, ME 04901

- **8:30am-10:00am Check in for Campers * 1st session begins at 10:15am ***
- Please park behind the field house or behind Bartlett Dorm or Hinman Dorm for check in.
- Overnight camper's car keys will be held by Head Coach Terwilliger during camp and will be returned at check out.
- When you check in, Thomas College will need to collect a \$100 check for room/key deposit from each overnight camper. All checks should be made out to Thomas College. Please have check made out ahead of time to expedite the check in process.
- Please bring your completed waiver form and turn it in to the trainer at check in. A trainer will be available to discuss any health concerns.
- There will be some items for sale at registration.

Check-out

Last camp session will be at the fields. There will be a closing ceremony at the field. Commuter campers will be dismissed from the fields. Once released from camp, overnight campers can check out of their rooms by returning their keys to the residence director. The key deposit checks will be returned or shredded if key is returned and no damage has occurred to the room.

No Refunds or partial refunds will be made once camp begins.

Resident Camper Accommodations:

Campers will be housed in Barlett and Hinman Dorms. Campers will be accompanied by staff members walking to and from sessions.

Overnight Campers will be NOT be provided with bed linens. You can purchase linens through Thomas College, we recommend that you bring your own linens/blankets or sleeping bag, towels and toiletries. Residence halls are air-conditioned. We also recommend bringing a modest amount of spending money to use for pizza or camp store and camp store apparel. We will have snack cards at check in for purchase.

If you have questions about accessibility or you need to request assistance to participate in the Field Hockey Camp, including accommodations for dietary restrictions, please contact Head Coach Kelly Terwilliger by email at mainemajestix@gmail.com.

Lost Key/Room Damage

Upon checking into the dorms, please notify the camp staff immediately if there are any issues with the condition of the room. Campers are responsible for any damage to their dorm room and will be charged accordingly.

First Aid & Medical First Responder

The First Responder will be on site at all times to care for any minor injuries and any other medical needs.

What to Bring

Over night campers will not be provided with bed linens. Bring your own pillow, blankets and/or sleeping bag and towels. Dorm rooms are air conditioned.

- Turf shoes or trail running sneakers
- Sneakers to walk around in
- Field Hockey Stick
- Shinguards
- Mouthguard
- Sunscreen, bug spray
- Goalkeepers must bring full GK gear
- Toiletries, etc
- Flip Flops

Spectators

Games will be played during the evening sessions. Parents and other spectators are welcome to observe the camp from the stands. In order to create a safe environment for our participants and spectators, parents should only watch camp from the stands.

Camp Store:

Don't miss out on your Field Hockey gear!

Adidas Sticks will be available to purchase ranging from \$200-\$375

Pizza orders/Gatorades/waters and snacks will be available at night for campers to purchase- We recommend that campers purchase a "\$5 snack card"

Dismissal Policy

MFHA Camp and coaches will make every effort to provide a program where campers will have a safe and fun environment. We do reserve the right to send any camper home, without refund, if she does not conduct themselves in a manner that will enhance proper and safe learning, good sportsmanship, and/or willingness to follow direction.

Emergency Action Procedures and Weather Emergencies

The camp director and athletic trainer may determine to remove campers from the field in case of inclement weather.

Child Safety & Protection

MFHA Camp is committed to creating a safe environment that provides protection of all participants.

Campers will receive 24 hours a day supervision.

Responsibilities of camp staff members include but not limited to:

- Ensuring the safety of each camper
- Creating a opportunity for each camper to have a remarkable experience by providing instruction that is appropriate for each campers' age and ability, and encouragement that enables each camper to gain confidence needed to learn new skills
- Serving as an appropriate role model for all campers in your care at all times

Questions: If you have any questions, Please Contact:
Kelly Terwilliger, Head Coach : mainemajestix@gmail.com

MFHA Field Hockey Camp

Camper Expectations

At the camp's orientation meeting a member of the camp staff will review these rules and may announce additional camp specific rules. Campers' adherence to these rules and expectations is critical to making our camp safe, rewarding, and fun for all participants.

Expectations for camp behavior:

- Follow all instructions of camp staff and immediately consult your coach if you are uncertain about any of the instructions.
- Notify a camp staff member as soon as any problem arises, big or small. Camp staff are available to help you at all times.
- Follow the camp schedule and report on time for all sessions. Attendance will be taken.
- Campers should keep track of their personal room key and never loan it to another camper. There will be a charge for lost dorm keys.
- When leaving your room (even if only for a small amount of time), campers should take the extra precaution of checking their door. Lock your room whenever you leave. If there is suspicion of theft, campers should contact Head Coach Terwilliger immediately.
- Bring all equipment that is required to participate in each session.
- Visitors are not permitted in the camp dorm or dining area.
- Lights out at 10pm. Be in your own room for room check at 9:45pm.
- Campers are not permitted to leave the residence hall without being accompanied by a member of the camp's staff.
- We have done our best to honor your roommate requests. For your own safety, do not move rooms, furniture or swap keys unless you have made arrangements with the Camp Director.
- Hazing is strictly forbidden.

While unacceptable conduct is not anticipated from our campers, violation of any law, any camp rule or expectation could result in disciplinary action, including dismissal from camp. We expect that parents or guardians of campers will be available (by cell phone) during the duration of camp in the event that Head Coach Terwilliger needs to speak with them.