

## 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](mailto: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  
941 Spring Run Lane Martinsville, NJ 08836.

**OR**

Enter the following URL into your browser to register  
<https://goo.gl/forms/oTCupN8wtUTVUueT2>

*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.