

FIELD HOCKEY STARS 2010

Instruction offered week of
July 12th-16th
9:30-11:30

Valley Forge Middle School
For girls entering 4th-9th grades

***Special Instruction for girls entering 9th grade
to prepare for pre-season, including introduction
to current high school players and coaches***

For more information:

littlestarsports@hotmail.com

Camp Director: Karen Gately

Head Field Hockey Coach, Conestoga High
School

Karen Gately, an English teacher at Conestoga, is a graduate of Downingtown High School and Shippensburg University. At Shippensburg, Karen played field hockey and lacrosse for four years and was named captain of both. She finished her career ranked sixth in all-time career goals for field hockey and was chosen to represent Shippensburg at the 1997 All-Star Games. In lacrosse, Karen was named All-PSAC and All-American. Upon graduation, Karen taught at James Buchanan High School in Mercersburg, PA, and was the head field hockey coach at Mercersburg Academy and the head lacrosse coach at St. James School in Hagerstown, MD. Karen was the assistant varsity lacrosse coach at Conestoga for 7 years. Currently, she is currently the head varsity field hockey coach.

Instructional Staff: Selected current and former Conestoga players and coaches will be assigned to instruct, demonstrate and supervise participants.

About the Camp: The camp is designed to provide further instruction to girls from fourth through ninth grade in field hockey where they can learn basic skills and techniques. In addition to instruction, the participants will also engage in fun activities and games. Overall, the week will comprise of basic skill instruction and total game concepts integrated with activities in the spirit of fun and sportsmanship. Special instruction will be provided to incoming ninth graders to prepare for the upcoming pre-season.

Inclement Weather Policy: If the weather conditions deem the fields unplayable the session will be cancelled. No refunds are given for cancelled sessions. Thank you for your understanding!!!

What do I Bring? Water, Snack, Mouthguard, Shinguards, Stick (some snacks and drinks will be sold at the camp).

REGISTRATION:

Name: _____

Address: _____

Phone: _____

Email: _____

Grade Entering 9/10: _____

Parent/Guardian: _____

Insurance Co.: _____

Insurance #: _____

Emergency Contact: _____

Phone: _____

Allergies or Medical Conditions: _____

Camp Fee: \$120

Please tear off and return completed application with a deposit of \$60. Balance is due upon arrival to camp. Checks payable to: **GATELY INC.**

Mail registration and deposit to:

Karen Gately
212 Spring Run Lane
Downingtown, PA 19335

Waiver and Release: I understand that the risk of injury is possible while playing or practicing field hockey. I authorize the instructors to act for me according to their best judgment in any emergency requiring medical attention. Field Hockey Stars Camp will not assume campers' medical or dental expenses incurred as a result of participation in this program. I declare that the above named camper is in good health and able to participate. I also declare that the above named camper is covered under medical insurance.

Guardian Signature: _____

Space is limited!!! Register today to ensure your spot!!!