

Postage



Field Hockey Camp at KEAN UNIVERSITY



This camp will focus on teaching and improving basic skills and fundamentals of the game. Specialty drills created by our experienced international coaching staff guarantee player skill advancement through creative, fun and motivating coaching. All drills will be customized to challenge individual players.



TEAM CAMP

Per request, High School teams will be kept together in training cells. Otherwise, individuals will be grouped together by age and experience.

LEVELS OF PLAY

Beginners

- 5th grade and up
- Campers who have had little or no previous field hockey experience

Intermediate

- Campers with club or HS experience
- Elite High School Varsity Players
- Accomplished players looking to prepare for the College game

CAMP DIRECTOR

CONTACT INFORMATION

- Leslie LaFronz
leslielafronz@gmail.com
- Cell Phone: (201) 312-7125

*Featuring International
Guest Coaches*

Teams and Individuals Welcome

July 16- 19, 2018
Monday - Thursday

**OVERNIGHT CAMP
AND
DAY CAMPERS WELCOME**

KEAN UNIVERSITY

**1000 Morris Avenue
Union, New Jersey**

RAPID FIRE'S MISSION

Rapid Fire, LLC

C/o Leslie LaFronz
Kean University
1000 Morris Avenue
Union, NJ 07083





LESLIE LAFRONZ –
CAMP DIRECTOR
Head Coach - Kean University

Coach LaFronz is the 2016 and 2017 NJAC Coach of the Year. At Kean University, LaFronz's Cougars are nationally ranked in the Top 10 and competed in the NCAA Elite 8 this past fall. She is also a Level II USA

Certified Coach. As a player, LaFronz attended Northwestern on a full hockey scholarship where she was 1st Team All- Big Ten and made 4 NCAA D1 Tournament appearances.

MARC HARDY -
Camp Technical
Director
Assistant Coach –
Columbia University

Marc is currently working closely with USA Field Hockey coaching with our National U21 teams.

He also served as an assistant for Columbia University this past fall. Previously, Marc was the Head Coach for Men's First Team in England. Head of Physical Education at Whitgift School. Head Coach of Horsham Ladies winning two league titles. Youngest coach to win both a league and national title



CLIFF ODEUDO –
Assistant Coach – Kean
University

Odendo has coached for five seasons as an assistant for the Cougars. Odendo played professionally in Italy for 10 years (1997-2007) in Sardinia and Bologna and played over 200 games between the pipes for Kenya's national team as a

former captain. Odendo has coached at numerous levels internationally, is a Level 2 USA Certified Coach, was a member of the staff of the Rapid Fire Camp at Kean University and is also a qualified field hockey umpire.

GOALIE SPECIALIZED COACH - TBA

OLIVIA TRIANO
Assistant Coach - Kean
University

Triano was a 1st Team All-American selection for the Kean University Cougars. She was also a 3X- 1st Team All – NJAC player and was 2X named NJAC Midfielder of the Year. Triano recently received her Master's Degree in Special Education and is currently teaching full time.



Tentative Camp Schedule

	Breakfast
9:00 - 9:15 AM	Warm-up
9:15 - 11:15 AM	Basic Skills/Instruction
11:15 - 11:30 AM	Cool Down
	Lunch/Mini Break
2:00 - 2:15 PM	Warm-up
2:15 - 3:45 PM	Skills/Small Games
3:45 - 4:00 PM	Cool Down
	Dinner
7:00 - 8:30 PM	Games (First two nights)
	Group Activity (Third eve)
	All Meals are Mandatory

ATHLETIC FACILITIES:

All Coaching will take place on an Artificial Turf field with lights for evening play on campus at Kean University.



MEDICAL STAFF:

A Certified Athletic Trainer will be present at all times.

Players will also be required to submit a medical history form and photocopy of current insurance ID cards.

DORMS: Air Conditioned dorms with private bathrooms, microwaves and refrigerators. There are four campers per suite. Each suite has two rooms.

Rapid Fire Field Hockey
2018 CAMP APPLICATION

At KEAN UNIVERSITY

NAME _____

STREET _____

CITY _____ ST _____ ZIP _____

PHONE _____

EMAIL _____

Age ____ Birthdate ____/____/____

Grade Entering September 2018 _____

POSITION: Field ____ GK ____

LEVEL: Beg. ____ Interm. ____ Adv. ____

OVERNIGHT: _____ DAY: _____

TEAM NAME: _____

ROOMMATE REQUEST _____

OVERNIGHT CAMPER FEE:

\$495.00

DAY CAMPER FEE:

\$325.00

EARLY BIRD: \$480.00/\$300.00

If deposit is received by February 1, 2018

TEAM DISCOUNT: \$480.00

If deposit is received by February 1, 2018

(For Groups of 8 or more)

Non-Refundable Deposit: \$100 Due with Registration

Balance Due: June 1, 2018

Make checks payable and mail to:

Rapid Fire Field Hockey, LLC

C/o Leslie LaFronz

Head Field Hockey Coach - Kean University

1000 Morris Avenue,

Union, NJ 07083