

Ridge Field Hockey Camp Information

Monday, June 27- Friday, July 1

5:00-8:00pm

SAMPLE SCHEDULE:

5:00-5:15pm Warm-Up

5:15-- 6:00pm Skill Work

6:00-6:30pm Tactical Drills

6:30-7:00pm Small Game Play

7:00-7:45pm Tournament Play

7:45-8:00pm Cool Down

8:00pm Dismissal

WHAT TO BRING TO CAMP: Stick, Shin-guards, Waterbottle, Mouthguard (mouth guards and shinguards will be available for purchase!)

All **pre-registration** campers will receive a **CAMP PACK**, including a reversible jersey, ball, lanyard, and draw string bag!

There will be a brief **AWARDS CEREMONY** on our last day of camp! Campers will be recognized for their hard work throughout the week!



Director: Kimberly Clark
Head Field Hockey Coach
Ridge High School, Basking Ridge, NJ

Ridge Field Hockey Camp
Kimberly Clark
32 Mallard Court
Three Bridges, NJ 08887

Phone: 207-318-8327

Office Phone: 908-204-2585 x:129

E-mail: kimberlyclark@bernardsboe.com

*Facility Use Approved by
Bernards Township Parks & Recreation



The Future of Ridge Field
Hockey Begins TODAY!

RIDGE FIELD HOCKEY CAMP 2011



June 27th-July 1st

5-8pm

ASTOR FIELD

Bernards Township

Parks and Recreation Department

Director: Kimberly Clark

Head Field Hockey Coach

Ridge High School, Basking Ridge, NJ

RIDGE FIELD HOCKEY CAMP



The philosophy of the Ridge Field Hockey Camp is to provide young athletes with strong fundamentals, challenge them to execute new skills in a game setting, meet new friends, and enjoy the FUN of field hockey! The camp is open to girls entering grades 3-9. Initially, campers will be grouped based on grade level. After skill evaluations on the first day, campers may be moved to more appropriate groups based on skill level.

The Ridge Field Hockey Camp curriculum is designed to help young athletes develop fundamental field hockey skills like dribbling, hitting, individual defense, and goal scoring.

Each athlete attending the Ridge Field Hockey Camp will receive individual attention and instruction from head field hockey coach, Kim Clark. While, varsity and collegiate level field hockey players from Basking Ridge will also assist during instruction and game-play.

Head Coach: Kim Clark

Kim begins her fifth year as head coach at Ridge High School. The success of the program has grown over the past four years, including competitive finishes in the county tournament and state tournament qualifier seasons. Prior to Ridge, Kim was a 2-time All-American, and 4-time Academic All-American at Springfield College. She spent two years at her alma-mater as a Graduate Assistant with the Field Hockey program. Over her six year tenure at Springfield College, Kim traveled to the NCAA tournament three times, making two appearances at the elite-eight rounds! In addition, Kim has been involved in a multitude of clinics, summer camps, and coaching conventions. Kim is a Health and Physical Education Teacher at Ridge High School and also coaches Girl's Basketball and Girl's Lacrosse

Assistant Coaches:

The Ridge Field Hockey Program has a history of producing confident, well-rounded, young women, some of whom will be assistant coaches at the Ridge Field Hockey Camp! These athletes are knowledgeable and passionate about the sport of field hockey and have decided to continue their field hockey career beyond high school (playing and/or coaching!) The energy and enthusiasm they exude is contagious. Current and past members of the field hockey program will assist campers as they develop fundamental skills and apply those skills during basic game play. The field hockey players at Ridge High School are all stellar role models for the future of the program!



Coach Clark and the 2010 Field Hockey Team Huddle

RIDGE FIELD HOCKEY CAMP REGISTRATION

Please complete the registration form & send to address below, along with \$100 non-refundable deposit by **June 20th**. The remaining balance will be due on the first day of camp.

Select One	Time	Price
<input type="checkbox"/> Full Time Pre-Registration Camper	5:00-8:00	\$200.00
<input type="checkbox"/> Family Bundle , Pre-Registration (2 Campers)	5:00-8:00	\$375.00
<input type="checkbox"/> Full Time Same-Day Registration Camper	5:00-8:00	\$250.00
		Total: _____

Name _____

Address _____

Email Address _____

Phone _____

LIABILITY WAIVER

(PLEASE READ CAREFULLY BEFORE SIGNING)

The undersigned hereby acknowledges that participation in the camp and related activities involves an inherent risk of physical injury, and the undersigned, on behalf of the registrant, hereby assumes all such risk and does hereby release and forever discharge the camp and all employees and agents thereof from any and all known liability of whatever kind of nature, arising from and by reason of any and all known and unknown, foreseen and unforeseen body and personal injuries, damage to property, and the consequences thereof, resulting from the registrant's participation in or involvement with this camp, including any failure of equipment or defect in the premises. Any photographs taken at the camp are subject to be used in the brochure in future years and can possibly be used for advertising the camp. I hereby state that I am the legal guardian of said child.

Parent/Guardian Signature _____

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