

Field Hockey Camp

198 College Hill Road  
Clinton, New York 13323-9989



# HAMILTON

## Field Hockey Camp

- *Experienced and High Energy Staff*
- *High Coach to Player Ratio (1 to 6)*
- *Astro Turf Playing Surface*

*Field Hockey Camp  
for Ages 10-18*

**Sun., June 28- Wed., July 1, 2009**

*For further information, please contact:*

**Gillian McDonald, Camp Director**

and Head Hamilton College Field Hockey Coach  
Hamilton College Athletics

198 College Hill Road, Clinton, New York 13323

Telephone: (315) 859-4760

Email: [gmcdonal@hamilton.edu](mailto:gmcdonal@hamilton.edu)

[www.hamilton.edu/athletics/summercamps.html](http://www.hamilton.edu/athletics/summercamps.html)



# CAMP PROGRAM HIGHLIGHTS

## A Complete Experience - Camp for Ages 10-18

The Hamilton College Field Hockey Camp is designed to help campers improve their individual and team skills with the help of our talented coaching staff, which is composed almost entirely of current college coaches. Our 2009 curriculum will include the latest in stick skills; offensive and defensive team techniques, offensive and defensive corners, individual goalkeeper training sessions and helpful advice in the college recruiting process. Each camper will be placed in the appropriate group according to age and ability. All practice and games will take place on Hamilton's all weather Astro Turf Field. The carpet like turf is considered to be one of the top playing surfaces in the world for field hockey.

## TYPICAL DAY INCLUDES:

|                   |  |
|-------------------|--|
| 7:30 a.m.         | Breakfast                                      |
| 9:00 – 11:30 a.m. | Session I                                      |
| 11:30 a.m.        | Athlete Awareness<br>or Pickup Game with Staff |
| 12:30 p.m.        | Lunch  |
| 2:30 – 4:30 p.m.  | Session II                                     |
| 5:00 p.m.         | Dinner   |
| 6:15-8:15 p.m.    | Tournament                                     |
| 8:15-9:00 p.m.    | Staff/Camper Game                              |
| 9:00 p.m.         | Athlete Awareness                              |
| 10:30 p.m.        | Lights Out                                     |



## COST AND DETAILS OF PROGRAM

Total cost for the Hamilton College Field Hockey Camp is **\$425 for boarders** - includes room, board, practice jersey, and airport transportation to/from Syracuse Airport if needed, and **\$375 for non-boarders**.

A **\$200 deposit** must accompany all applications, and the remainder of the fee must be paid before **May 15th, 2009**. *No refunds.*

The camp **begins** Sunday, June 28th, 2009 and **ends** Wednesday, July 1st, 2009. Registration is from noon until 1:30 p.m. on Sunday, June 28 in front of South Dormitory. Checkout starts at 12:30 p.m. on Wednesday, July 1st.

For further information, please contact: Gillian McDonald, Camp Director  
Hamilton College Athletics, 198 College Hill Road, Clinton, New York 13323  
Telephone: (315) 859-4760 • Email: [gmcdonal@hamilton.edu](mailto:gmcdonal@hamilton.edu)  
[www.hamilton.edu/athletics/summercamps.html](http://www.hamilton.edu/athletics/summercamps.html)  
Make checks payable to the *Trustees of Hamilton College*.

## THE STAFF



**Gillian McDonald** is in her third year as the head field hockey coach at Hamilton College. The Continentals had one of its best seasons in almost 15 years and qualified for the Liberty League Conference playoffs for the first time in school history. Two players were named NFHCA Regional All-Americans including one player selected as the Conference Rookie of the Year. Coach McDonald was a first team All-American selection and a two time first team Regional All-American at Bowdoin College. McDonald helped lead the field hockey team to a conference title and a berth into the NCAA tournament as a first-year player in 2000, winning the school's Outstanding First Year Athlete Award in the process.

*Some of the coaches will include:*

**Marissa O'Neil** is currently the assistant field hockey coach at Amherst College. O'Neil was a two time All-American and Conference Rookie and Player of the Year at Bowdoin College.

**Sarah Berheide** is currently the assistant field hockey coach at nationally ranked Trinity College. Berheide was a All-American in both field hockey and lacrosse at Skidmore College.

**Celi Fletcher** is a 2007 graduate of the University of Rochester where she was named a second team All-American and was selected to play in the North/South Senior All-Star game.

**Kerry Leonard** is a 2007 graduate of Hamilton College. Leonard is currently the assistant field hockey coach at Manhattanville College.

**Emma Dunn** was a four year letter winner in field hockey at Hamilton. Dunn is currently the Assistant Athletic Director and assistant varsity field hockey and ice hockey coach at North Yarmouth Academy in Yarmouth, ME.

The camp will feature current Hamilton team members. In addition, one of Hamilton's certified trainers will be on staff.





# HAMILTON Field Hockey Camp

Name \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Age at time of camp \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone # ( ) \_\_\_\_\_ Cell # ( ) \_\_\_\_\_

Roommate Requests: (Will be honored whenever possible.)

(1) \_\_\_\_\_ Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
 (2) \_\_\_\_\_ Name \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

June 28 - July 1, 2009

\$425 boarders  \$375 non-boarders *Check Appropriate Box: Jersey Size:*  
 SM  MD  LG  XLG  Adult  
 Discount \$ \_\_\_\_\_ (Five or More Team Members receive a 10% discount,  
 Hamilton employees discount 10%.)  
 Experience Level:  Varsity  JV  Beginner  
 School \_\_\_\_\_

Parent's Signature: \_\_\_\_\_  
 Parent's E-mail: (Optional) \_\_\_\_\_  
 I give permission for my child to be photographed or videotaped. Please initial here: \_\_\_\_\_

ENCLOSED IS: \_\_\_\_\_ My child's completed Health Record (inside this brochure)  
 \_\_\_\_\_ \$200 non-refundable deposit\*  
 \*Please make checks payable to: Trustees of Hamilton College  
 \_\_\_\_\_ Copy of Insurance Card  
 \_\_\_\_\_ Parental Permission/Hold Harmless Agreement

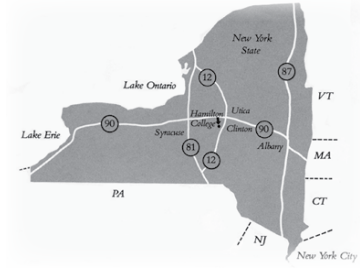
For an additional \$20 processing fee, we can charge camp fees to your credit card.  
 (Circle One) MC VISA Amex. Card  
 Account Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

In Case of Emergency, Notify: \_\_\_\_\_ Phone: \_\_\_\_\_

Complete and return this application form, non-refundable deposit, health record form and copy of insurance card to:  
**Hamilton College Field Hockey Camp**  
 Attention: Gillian McDonald

## THE LOCATION

Hamilton College is located in the Village of Clinton, New York, approximately 10 miles south of Utica and 45 miles east of Syracuse. The attractive campus, located on College Hill overlooking the Oriskany and Mohawk Valleys, features excellent learning and recreational facilities and modern dormitory accommodations. Nearby Utica is located on a main corridor of Amtrak and is provided with excellent passenger train service. Major bus company stops are also in Utica. The College is easily accessible by air, rail, bus and automobile. Boston, New York and Philadelphia are all within a five-hour drive.



## Residence Halls and Dining Facilities

The College provides many different housing options. Rooms range from singles to quads and offer accompanying lounges, recreation areas and kitchenettes. Food service is cafeteria style. Campers choose from a variety of hot entrees, vegetables, a salad bar, desserts and beverages. Unlimited seconds are offered on all items. The food is great and there is plenty of it!

## THE CAMPUS



Chartered in 1812, Hamilton enjoys a national reputation as a highly selective, independent coeducational liberal arts college.

Hamilton's facilities make possible virtually any type of organized athletics. The facilities include a 50,000 square-foot field house, an artificial turf playing field, acres of natural turf fields, 10 outdoor tennis courts, a hockey rink, racquetball and squash courts, a gymnasium, an all-weather outdoor track, a nine-hole golf course, weight rooms and training rooms.





# Hamilton

## Hamilton College Summer Programs PARENTAL PERMISSION/HOLD HARMLESS AGREEMENT

Camper Name (Last): \_\_\_\_\_ (First): \_\_\_\_\_  
(Please Print Neatly.)

Date Of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Camp Enrolled In: \_\_\_\_\_ Session: \_\_\_\_\_

1. I give my child, identified on the top of this form, permission to participate in the Hamilton College Summer Program (camp or clinic) listed above.
2. I give permission for my child to go swimming in the Hamilton College swimming pool. \_\_\_\_\_ (Initial if permitting.)
3. I give permission for my child to participate in Climbing Wall instruction at the Hamilton College climbing wall. \_\_\_\_\_ (Initial if permitting.)

If your child is to wear a helmet while participating in Climbing Wall instruction, you must provide a helmet. Helmet must be clearly marked with child's name and brought to the Summer Program registration.

4. I am aware of the inherent dangers and risks involved in summer camps, swimming and climbing wall activities including: bodily injury to the eyes, nose, head, neck or back; sprains, fractures, breaks, or dislocations of the joints or limbs; lacerations, concussions, skin disease, or death. Some other risks include, but are not limited to:
  - a) Being hit or struck by sports equipment (bat, ball, stick, club, racquet, puck, helmet).
  - b) Being hit, struck, physically challenged or collision with other camp, climber or clinic participants.
  - c) Collision with camp facilities (floor, goal, backboard, ground, pool, climbing wall, diving board, rink, ice, mat).
  - d) Immersion in water (drowning).

5. I understand that Hamilton College *does not* provide any *accident or medical insurance* for my child. I understand that I am required to provide accident/medical insurance for my child and do so under the policy listed below. I agree that I am financially responsible for any and all medical expenses associated with my child's participation in this program.

(NOTE: Your child *will not be allowed to participate* in our camps unless your medical insurance provider and policy number is provided below.)

Medical Insurance Provider: \_\_\_\_\_ Policy No. \_\_\_\_\_

6. I agree that my child must turn in his/her car keys, if applicable, to the camp staff at check-in if driving himself/herself to camp.
7. I agree, on behalf of myself, my child, and our assigns, executors, and heirs, to indemnify, and hold harmless, Hamilton College, and its trustees, officers, agents and employees from any and all liability, damage and claims of any nature arising out of or in any way related to my child's participation in this program except those things caused by the sole negligence of Hamilton College.
8. I understand that my child, if issued a room key, is responsible for keeping his/her room locked when leaving it. Furthermore, I agree that Hamilton College is not responsible for personal belongings lost or stolen as a result of my child not locking his/her residence hall room.
9. I understand that the terms of this agreement are legally binding and certify that I have signed this agreement on my own free will after carefully reading and fully understanding it.

\_\_\_\_\_  
*Parent or Guardian (please print)*

\_\_\_\_\_  
*Witness (please print)*

\_\_\_\_\_  
*Signature of Parent or Guardian*

\_\_\_\_\_  
*Signature of Witness*

In witness whereof, this instrument is duly executed \_\_\_\_\_  
Date

**Campers will not be allowed to participate unless this form is signed.**