



HAMILTON Field Hockey Camp

•Experienced and High Energy Staff •High Coach to Player Ratio (1 to 6)
Camp was full last year! Sign up early to reserve your spot!



2015 Session Dates:
Saturday, June 27,
-Tuesday, June 30, 2015

Cost \$495 for boarders;
\$400 for commuters

Make checks payable to:
Trustees of Hamilton College

Enrollment is limited.

For further information, please contact:
Gillian McDonald, Camp Director
and Hamilton College
Head Field Hockey Coach

Hamilton College Athletics
198 College Hill Road, Clinton, New York 13323
Telephone: 315-859-4760

E-mail: gmcdonal@hamilton.edu
<http://www.hamilton.edu/summercamps>

****Please note: Due to construction on
Campus Road Field, camp will be held
on Steuben Turf Field this summer.**

Go to our website to register online:
<http://www.hamilton.edu/summercamps>

All campers must submit a camp health form with current and accurate medical information. You may submit a photocopy of your child's Record of Immunizations (may be obtained from your physician) in lieu of completing the immunization section of the form. The immunization record must include dates. All campers must also submit a Parental Permission/Hold Harmless Agreement. Both forms can be found on the Hamilton College Summer Camps website.



Gillian McDonald, Camp Director, is in her ninth year as the head field hockey coach at Hamilton College. McDonald has transformed the field hockey program into one of the best teams in New York State. She was named the Liberty League Coach of the Year, and has coached two All-Americans, Erin McNally '12 and Colleen Callaghan '11. Coach McDonald was a first team All-American selection and a two-time first team Regional All-American at Bowdoin College.

The camp will feature current Hamilton team members. In addition, a Hamilton athletic trainers will be on staff.

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, composed almost entirely of current college coaches. Our 2015 curriculum will include the latest in stick skills, offensive and defensive team techniques, offensive and defensive corners, and individual goalkeeper training sessions. Evening games will allow campers to compete against top competition and the camper/staff games give campers the opportunity to compete alongside their coaches. Each athlete will be placed in the appropriate group according to age and ability.

TYPICAL DAY INCLUDES:

7:30 a.m.	Breakfast
9:00-11:30 a.m.	Session I
11:30 a.m.	Athlete Awareness or Pickup Game with Staff
	Lunch
12:30 p.m.	Session II
2:30-4:30 p.m.	Dinner
5:00 p.m.	Tournament Games
6:15-8:15 p.m.	Staff/Camper Game
8:15-9:00 p.m.	Video/Talent Show/Karaoke
9:00 p.m.	Lights Out
10:30 p.m.	



COST AND DETAILS OF PROGRAM

Total cost for the Hamilton College Field Hockey Camp is **\$495 for boarders** - includes room, board, practice jersey, and **\$400 for commuters**.

A **\$200 deposit** must accompany all applications. *No refunds.* **Hamilton employee discount: 10% off; Team Discount: 5 or more players from same team: 10% off. E-mail gmcdonal@hamilton.edu for coupon code.

The camp **begins** Saturday, June 27, 2015 and **ends** Tuesday, June 30, 2015. Registration is from noon until 1:30 p.m. on Saturday, June 27. Checkout starts at 12:30 p.m. on Tuesday, June 30.