



# Summer Programs 2009



## SUMMER CAMPS

### NEW AREA!! COATESVILLE AREA

Learn the basic and intermediate skills! We provide age-appropriate instruction to teach the skills and coached games to teach the strategies of how to play the game!!

**Date:** July 20-July 23, rain date July 24

**Grades/Time:** Grades 6-7, advanced grade 5, Times:9am-1pm

**Place:** The North Brandywine Middle School Hockey Field

**Cost:** \$190 per player

### OXFORD AREA

A week long camp concentrating on skills, agility, strength, conditioning and game play!!

**Dates:** July 13-17

**Grades/Times:** All levels welcome, beginner through advanced, 9am-1pm

**Location:** Oxford Area High School, Oxford, PA

**Cost:** \$190 per individual player

### NEW CASTLE COUNTY

A week long camp concentrating on preseason conditioning, skills, drills, techniques, agility, coached scrimmages, strategies. Give yourself the competitive edge!

**Date:** July 27-30, rain date July 31

**Time:** 9am-1pm, grades K-5, 6-8, High School

**Place:** The Papermill Park, Newark, DE

**Cost:** \$190 per player

### BEGINNERS FIELD HOCKEY PROGRAM

This 6 week program will introduce players to the game of field hockey. Basic Skills and techniques will be taught in a fun filled, relaxed atmosphere. All ages welcome!

#### SUMMER SESSION 1

**Date:** June 17-July 22, Every Wednesday, rain date 29

**Time:** 6-7pm

**Place:** Papermill Park, Newark, DE

**Cost:** \$90 per player

### INTERMEDIATE FIELD HOCKEY PROGRAM

This 6 week teach players intermediate skills and strategies. Coached scrimmage time will be included. All ages welcome!

#### SUMMER SESSION 1

**Date:** June 15-July 20, Every Monday, rain date July 27

**Time:** 6-7pm

**Place:** Papermill Park

**Cost:** \$90 per player

### **\*\*\*\* New Program \*\*\*\***

### **Sports-specific strength and conditioning training**

#### **ALL SPORTS WELCOME!!! DON'T MISS THIS OPPORTUNITY!!**

Core training, conditioning, fitness, coordination training, sports-specific foot-work and techniques, kettle bells, medicine balls, ladders, parachutes, resistance bands

#### SUMMER SESSION 1

**Date:** June 15-July 8, Every Monday and Wednesday, rain week July 13

**Time:** 7-8:30pm

**Place:** Papermill Park, Newark, DE

**Cost:** \$225 per player

#### SUMMER SESSION 2

**Date:** July 15-Aug 12, Every Monday and Wednesday, rain week Aug 19

**Time:** 7-8:30pm

**Place:** Papermill Park, Newark, DE

**Cost:** \$225 per player

### **ADVANCED FIELD HOCKEY PROGRAMS**

#### **8 Sessions of Advanced Skills and Conditioning Program... for all ages**

Offered again this summer, by request, twice a week. This 8 session program consists of advanced skills and strategies combined with conditioning. Conditioning will consist of agility and endurance training, parachute training, kettle bells, reaction time, plyometric, speed training. All ages welcome to participate! Take your game to the next level...guaranteed!!!

#### SUMMER SESSION 1

**Date:** June 16-July 9, every Tuesday and Thursday, rain week July 13

**Time:** 7-8:30

**Place:** Papermill Park, Newark, DE

**Cost:** \$225 per player

#### SUMMER SESSION 2

**Date:** July 21-August 13, Every Tuesday and Thursday, rain week Aug 17

**Time:** 7-8:30pm

**Place:** Papermill Park, Newark, DE

**Cost:** \$225 per player



# Summer Programs Registration Form



Please Print Clearly

Name of Player \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 School Name \_\_\_\_\_ Team Name \_\_\_\_\_  
 Grade \_\_\_\_\_ Email \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_  
 Emergency Contact Phone \_\_\_\_\_  
 Medical Conditions \_\_\_\_\_  
 Program Choice \_\_\_\_\_  
 Program Date/Location \_\_\_\_\_  
 Amount enclosed \$ \_\_\_\_\_

Program prices are per individual unless indicated. Make checks payable to Field Hockey Fanatix, LLC. A 10% discount given to each additional family member that registers. Mail completed forms and payment to: Field Hockey Fanatix, LLC, 3 Sundew Road, Newark, DE 19711

**WAIVER AGREEMENT:**

By signing this form, I hereby release Field Hockey Fanatix, LLC from any claims of injury as a result of this program. I am aware that field hockey is a contact sport. I also acknowledge that my child is of good health and is able to participate fully in this program.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

**Private and Group Lessons  
available upon request.**

Field Hockey Fanatix presents programs for players of all ages from weekly sessions to private and group lessons. Our programs are coached by personnel who are experienced local collegiate and former national league players. Our talented staff works with beginners through advanced skill levels.

Feel free to contact us with any questions at 302-540-2177. Additional registration forms can be downloaded at our website at [www.FieldHockeyFanatix.com](http://www.FieldHockeyFanatix.com)



## Summer Session 2009



**Coming This Summer!**  
ADVANCED SKILLS AND  
CONDITIONING  
PROGRAMS FOR ALL  
SPORTS

Field Hockey Fanatix specializes in teaching proper mechanics, techniques and strategies, which are critical to success in field hockey. We provide exceptional, age-appropriate instruction, leagues, and training for all skill levels.

**Check us out on the Web!**  
[www.FieldHockeyFanatix.com](http://www.FieldHockeyFanatix.com)  
**302-540-2177**