
Medical Waiver

I certify that my daughter, _____ has had a physical examination by a licensed physician within the last six months and is in sound physical condition for participation at the Jersey Stix Field Hockey Camp. Also, I authorize the staff of the Jersey Stix Field Hockey Camp to act according to their best judgment in an emergency that requires medical attention. I have adequate accident insurance coverage and hereby waive and release Jennifer Sponzo, Kimberly Creighton and staff members from any and all liability in the event of injury or illness requiring treatment, hospitalization and/or surgery.

Please list any medical needs that the staff should be aware of:

Parent/Guardian Signature

Date _____

Directors

Jennifer Sponzo- Graduate of College Misericordia in Dallas, PA. Coach Sponzo was a 4-year letter winner and was named Captain her senior year. She earned 1st Team All honors her junior and senior years. She is going into her 21st season as the Head Field Hockey Coach at Hunterdon Central. There she has led the team to 3 County Championships, 3 Conference Championships, 8 Sectional titles and 18 years of post season play including, 4 consecutive trips to the Group 4 State Finals.



Kimberly Creighton- Graduate of Frostburg State University in Frostburg, MD. Coach Creighton is a 4-year letter winner and earned All American honors as a forward line player. She is going into her 21st season as the Varsity Assistant at Hunterdon Central. Coach Creighton has played an instrumental part in all of the accomplishments that the team has accomplished over the past 20 years. In 2009, Coach Creighton was inducted into Frostburg's Field Hockey Hall of Fame.

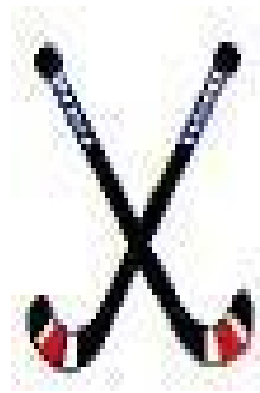
Coaching Staff

Joining Coach Sponzo and Coach Creighton will be a group of experienced, knowledgeable, and talented alumni field hockey players from Hunterdon Central. They are current or former collegiate players. Some of the schools that these student athletes attend are TCNJ, Rider, Montclair, Rowan, FDU, and Sacred Heart to name a few.



"Step into the Future"

Jersey Stix



**Field Hockey
Camp
2019**

Week 1: July 8th - July 11th

Week 2: July 29th - Aug. 1st

Hosted by Hunterdon Central Coaches

Camp Instruction

Coaches will provide individualized instruction to small groups based on their age, experience and ability. Instructional sessions will be well organized and cover many different aspects of the game, including fundamental skills, game strategies, specialties such as corners and the rules. Players will be challenged in a fun and energetic atmosphere.

Typical Camp Day

8:30-9:00	Stretch and Warm Up games
9:00-9:30	Stick skills
9:30-9:35	Water break
9:35-10:20	Session I-Skill of the day
10:20-10:35	Snack
10:35-11:20	Session II-Drills
11:20-11:25	Water break
11:25-11:40	Skill Competition
11:45-12:30	Scrimmage

Location:

Camp will be held at Hunterdon Central. We will meet on the turf field that is located in the stadium.

Camp Goals:

- * Safety, learn the fundamentals, and/or master their skills and knowledge of the game. Of course to HAVE FUN!!

Two Unique Opportunities

Session I: July 8-July 11: This session is open to those going into 3rd grade thru incoming freshmen. You will be placed in a group based on your ability/experience level.

Time: 8:30am-12:30pm

Session II: July 29-Aug. 1: This session is open to those going into 3rd grade thru incoming freshmen. You will be placed in a group based on your ability/experience level.

Time: 8:30am-12:30pm

Camp Cost

\$195.00- includes great instruction, fun games and a reversible jersey.

What to bring:

Sneakers, cleats if you have them, a field hockey stick if you have, shin guards and a mouth guard (this is a must have)! Please make sure to bring enough to drink as it gets hot on the turf. We recommend bringing sunscreen as well.

Snack: Campers must provide their own snack and drinks. We will have Gatorade available daily.

*Sticks available on request....please make a note to us on your registration form. We will have sticks on hand should you need to borrow one for the week.

Confirmation:

You will receive an email confirming that we have your registration. Should you have any questions, you can email Coach Sponzo at jsponzo@hcrhs.org.

REGISTRATION FORM

(Please write clearly)

Name: _____

Address: _____

Phone: Day _____

Cell _____

Email: _____

Grade in fall: _____

Playing experience: (# of yrs. played)

Pinnie Size (Adult):

XS _____ S _____ M _____ L _____

(guaranteed only if registered by June 28th)

Indicate Camp Week:

() July 8-July 11

() July 29-August 1

Please send registration to:

Jennifer Sponzo, Jersey Stix FH
84 Rt. 31, Flemington, NJ 08822

Checks should be made payable to:

Jersey Stix Field Hockey

{For official use}

Check # _____

Date Received _____

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