



WELCOME TO EASTERN FIELD HOCKEY CAMP 2010!

EMERGENCY NUMBER: 610-466-9747. CALL IN CASE OF AN EMERGENCY ONLY!

We will respond to true emergency phone messages ASAP. All other callbacks will be made within 24 hours.

CELL PHONES: Your daughter may call you on her cell phone during appropriate times.
Cell phones are NOT PERMITTED on fields during Skills Sessions and Games.

***CAMP ADDRESS for CHECK-IN (use for GPS or mapquest):** Hill School, Center for the Arts
Beech Street & Sheridan Street, Pottstown, PA 19464

Look for Registration Signs

CAMP MAILING ADDRESS: Eastern Field Hockey Camp, The Hill School, 717 E High Street, Pottstown, PA 19464

CHECK IN: 11:00am - 1:00pm on first day (**I: July 18 / II: July 24 / III: July 30**)

Registration takes place on campus of The Hill School at the Center for the Arts Auditorium

*Please eat lunch before you arrive. The first meal is at 4:30pm; First hockey session is at 1:30pm.

CHECK OUT: PICK UP TIME: 1:00pm on last day (**I: July 22 / II: July 28 / III Aug 3**).

Campers MAY NOT leave camp early.

ROOMMATES – Arranged at Check-In – Campers are grouped in dorms with their School Team; Rooms vary by dorm and accommodate 2 - 4 girls per room.

SECURITY – 24 hours a day. Campers are responsible for their room keys. \$25 Lost Key Charge.

CONDITIONING - FITNESS & FOOTWORK sessions are designed to build strength and agility. Athletes should prepare by working on physical conditioning, running, and exercising prior to arrival. This preparation will help prevent blisters, sore muscles, and injuries.

SICKNESS/INJURY - All departures will be coordinated by the Medical Staff.

If your daughter gets sick or is injured, you will be notified by the Camp Staff; using the Adult phone number given on your registration form. If your daughter needs to leave camp due to illness or an injury, arrangements will be made by the Athletic Trainers. No refunds are offered after check-in.

LEAVING CAMP/Non-emergencies - Departures from camp that are deemed by the Medical Staff to be non-emergency situations will be permitted between 8:00am and 9:00pm. Sign-out by a Parent is required.

MEDICATIONS – Campers are responsible for their own medications prescribed by a doctor and over the counter drugs. Please notify the Training Staff at Check-in regarding special situations.

TURF DAY: Campers are transported by bus to United Sports in Downingtown for a Skills Session and Mini Tournament on artificial turf one day. Please contact us immediately if you do not want your daughter to travel.

TOURNAMENT DAY: Last day of camp (**I: July 22 / II: July 28 / III: Aug 3**)

Tournament from 9:00am - 12:30pm. Parents and family members are invited to come and cheer for their athlete!

THINGS TO BRING TO CAMP – see Packing list on website on FORMS page. DO NOT bring valuables to camp.

COMMUTERS - Please review the Commuter Information on website: FORMS page under Parent & Camper Info

DIRECTIONS – see Directions on website, addresses are noted on top of this form

VISITORS – No visitors are permitted. Parents, family & friends **are not** invited to the evening games.
Parents, family and friends **are** invited to Tournament Day; see dates above, 8:30am to 1:00 pm

QUESTIONS? 610-466-9747 Email: easternfhcamp@yahoo.com Web: easternfieldhockeycamp.com