

MID-ATLANTIC FIELD HOCKEY CAMP DAILY SCHEDULE

SUNDAY

3:00 – 5:00 PM CAMP CHECK- IN, AT YOUTH CAMP 2 STORE, CAPE HENLOPEN STATE PARK.

4:45 – 5:30 PM DINNER

6:00 BE ON THE FIELD (READY TO PLAY)

WELCOME TO MID ATLANTIC CAMP

COACHED GAMES

8:15 BE AT YOUTH CAMP 3 – COACHES INTRODUCTIONS & CAMP RULES REVIEW

(following evening games) USA PARTNER CAMP – FUTURES, ATHLETIC TRAINER TALK

10:00 BE IN YOUR DORMS 11:00 PM - LIGHTS OUT

MONDAY - WEDNESDAY

7:00 WAKE UP

7:30 – 8:15 BREAKFAST & CLEAN YOUR DORMS

(IF YOU NEED TO SEE THE ATHLETIC TRAINER FOR ANY INJURIES,

BE AT CAMP STORE 30 MINUTES BEFORE EACH SESSION STARTS)

9:00 (MONDAY – TUESDAY) - INSTRUCTIONAL SESSIONS, POSSESSION,

PASSING/RECEIVING & FIELD HOCKEY SKILLS CONTESTS - LONG DRIVE, AIR
DRIBBLE, PUSH-PASS

(WEDNESDAY) – AEROBICS, MARKING, COACHED PLAY, PENALTY STROKES

11:30 – 12:30 LUNCH

1:00 (MONDAY) – SKILLS SESSION, (TUESDAY) - SITUATION INSTRUCTION

CORNERS, CIRCLE PLAY, STROKES, INDIVIDUAL/TEAM DEFENSE, LONG HITS, FREE HITS, SIDE-IN

(WEDNESDAY) – SKILLS CIRCUIT AND FUTURES TESTING

3:00 – 4:30 RELAX, BEACH BREAK, MOVIE AT YOUTH CAMP 2, AND/OR

INDIVIDUAL INSTRUCTION ON THE FIELD HOCKEY FIELDS

4:30 – 5:30 DINNER

6:00 MONDAY - PRACTICE GAMES, TUESDAY - CAMP CHAMPIONSHIP BEGINS

WEDNESDAY – CAMP CHAMPIONSHIP CONTINUES

8:15 EVENING EVENTS:

M/T - MOVIE NITE

TUESDAY - ICE CREAM SUNDAE NIGHT

WEDNESDAY – BRING YOUR TALENT (participation optional)

10:00 PM BE IN YOUR DORMS 11:00 PM - LIGHTS OUT

THURSDAY

7:00 WAKE – UP & CLEAN - UP & PACK - UP:

7:30 – 8:15 BREAKFAST

8:30 DORMS WILL BE INSPECTED BY CAMP STAFF.

9:00 – 10:30 ALL STAR GAME/CHAMPIONSHIP ROUNDS CONTINUE

10:30 – 11:45 CHAMPIONSHIP SERIES *(ALL TEAMS PLAY AT LEAST 2 GAMES THURS.)

11:45- AWARDS PRESENTATIONS: ALL STARS, TEAM CHAMPIONS, SKILL WINNERS,
NEATEST DORM FOR THE WEEK, MOST VALUABLE CAMPER .

12:00 - CHECK OUT TIME, SAY GOOD-BYE TO NEW FRIENDS

WE HOPE YOU ARE A BETTER FIELD HOCKEY PLAYER AND MORE

IMPORTANT, A BETTER PERSON, BECAUSE OF THIS MID-ATLANTIC CAMP

EXPERIENCE!

***THIS SCHEDULE IS SUBJECT TO CHANGE**