

THIS IS YOUR CAR PASS – REMEMBER WHERE YOU PLACE IT!!

MID-ATLANTIC FIELD HOCKEY CAMP

PO Box 116, Milton, DE 19968

484-332-3670 midatlanticfieldhockey@gmail.com

Dear _____,

**Thank you for registering for the 2024 Mid-Atlantic Field Hockey Camp during the week:
July _____.**

This unique camp is conducted at Cape Henlopen State Park, which is a natural treasure minutes from the Atlantic Ocean and the beautiful beach resort town of Lewes, Delaware.

We welcome you to arrive at camp between 3:00 and 5:00 p.m. on Sunday. Please check-in at Youth Camp 2, in Cape Henlopen State Park (registration will not begin any earlier than 3:00 on Sunday, so please do not arrive prior to this time). Each week of camp concludes at noon on Thursday. Please make arrangements for your ride home before you come to camp.

To keep your place reserved for camp your balance must be paid in full by June 15th. This balance of payment can automatically be applied to the credit card you registered for camp. To manage payment, you can go into your online portal [login](#). If the balance is not paid by June 15th, your reservation is not guaranteed and could be filled by campers on the waiting list. *PLEASE EMAIL DIRECTOR IF LATE.****

The fee of \$535.00 per individual or \$525.00 per team/group member (on Sunday check in, a \$10 bank card will be available to campers who are part of a team of 14 or more campers) includes all meals, housing, instruction, and camp shirt. Campers are encouraged to bring spending money for the camp store, which will be selling drinks, snacks, camp shirts, shorts, and equipment.

The refund policy of the Mid-Atlantic Field Hockey Camp is as follows. If the cancellation occurs before June 1st, a full refund will be given, except for the \$125.00 non-refundable registration fee. If the cancellation occurs between June 1 and June 30, the camper will receive a half refund, except for the \$125.00 non-refundable registration fee. Any cancellation made after June 30 will result in no refund.

The Mid-Atlantic Field Hockey Camp offers an outstanding staff of coaches and college players to help you and your teammates become the best players possible. Each day of camp will involve instructional sessions full of drills and techniques geared to improving your individual field hockey skills, as well as team strategies, which will help mold your team and you into a competitive contender.

For you to get the most out of your experience at the Mid-Atlantic Field Hockey Camp, it is important that you arrive at camp in good physical condition. You should begin a conditioning program at least 6 weeks prior to camp.

Again, we are happy you have registered for the Mid-Atlantic Field Hockey Camp. We feel this year's camp will be the best ever, and you will be a very important part of it. If you have questions, check our website, [FAQ'S](#) or contact [camp director](#).

Good Luck, Frannie Slabonik, Camp Director

PLEASE KEEP THIS INFORMATION WHERE YOU WON'T FORGET IT!

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Page 1. Read Carefully, and be sure your balance of payment is scheduled, and the week you are attending is correct. (See registration confirmation email)

Page 2. Follow these helpful directions, and keep this information in a safe place.

Page 3. This "ITEMS TO BRING TO CAMP" is a list of things you may need during the camp period. You are at the beach; the weather can be unpredictable. The dorms and dining hall are air-conditioned.

Page 4. This shows the "DAILY SCHEDULE" from Sunday thru Thursday. *Schedule subject to change.

Page 5. Please read carefully, "Guidelines/Policies to follow at camp" and "Wellness Guidelines."

*Please be sure to read ASAP and prior to arriving at camp.

Page 6. This is our 47th year for the Mid-Atlantic Field Hockey Camp in Lewes, DE.

It's a wonderful place to visit, and vacation while your child is at camp.

Equipment: This will be available by June 1st, contact [Frannie](#) to request to order equipment.

We order our equipment at [Longstreth Sporting Goods](#). MAFH prices are more reasonable than most sporting goods stores, as a service to our campers. *Before July 1st, you must preorder the stick or hockey equipment of your choice, you will pay for equipment at camp with cash or check only.

*Unfortunately, we will not be able to order from camp and have delivery in time.

***CHECK-IN SUNDAY AT CAPE HENLOPEN STATE PARK, 15099 CAPE HENLOPEN DRIVE, LEWES, DE 19958.**

Drop off times will be staggered based on last name of camper. If you are carpooling with another camper, you may use either camper last name for your arrival. Please contact [MAFH](#) if you may have a late arrival. Your safe travel is most important! **Please follow assigned times:** Last names ending in A-L are asked to arrive between 3 - 3:45pm and last names ending in M-Z are asked to arrive between 4-4:45pm. Upon arrival, you will proceed to the check in point. It is recommended that only one family member drop off the camper. Only one family member can escort and assist camper at check in and dorm move in. *To keep traffic flow, we ask visitors to exit campus once your camper(s) is moved in.

AS YOU ARE DRIVING INTO CAPE HENLOPEN STATE PARK, FOLLOW THE MAFH CAMP SIGNS,

***YOU MUST SHOW THIS PACKET, PAGE ONE TO GET THROUGH THE FEE BOOTH.**

*You may be charged entrance fee, without this pass. Digital screen shot/copy is acceptable.

*** CAMP BANK AND CONCESSION STORE: *Cash and/or check only accepted at camp.**

To prevent the loss of money at camp, you may purchase bankcards on Sunday at camp bank. These cards will keep your money safe and you may buy items in the store, and take money out for the beach, snacks, etc. anytime you wish. On Thursday, the camp will return any unspent money. This system eliminates the loss of money in the dorms, or on the fields.

*** CAMPERS ADDRESS AT CAMP:**

Please mail your letters/packages before Sunday, so campers will receive the mail before they go home. They leave on Thursday before the mail arrives.

CAMPER'S NAME, MAFHC, CAPE HENLOPEN STATE PARK, 15099 CAPE HENLOPEN DRIVE, LEWES, DE. 19958

*** EMERGENCY PHONE NUMBER: Frannie Slabonik 484-332-3670**

This is my cell phone, available 24 hours during camp session.

Text available, just be sure to identify camper and yourself.

***There is limited cell phone reception on campus. I will reply ASAP.**

*** DIRECTIONS TO CAMP:**

Basic Directions – Look at your road map or GPS, and find the easiest drive to Lewes, Delaware.

Cape Henlopen State Park is located at 15099 Cape Henlopen Drive, Lewes, DE 19958.

One mile east of the Cape May/Lewes Ferry. *FOLLOW THE MAFH CAMP SIGNS

[CHSP Google Map](#) - This link is to the Cape Henlopen State Park.



MID-ATLANTIC FIELD HOCKEY CAMP "ITEMS TO BRING TO CAMP"

*For your safety, please do not bring **jewelry or glass** items to camp!

*Please refrain from bringing any product, snacks, foods, lotions, etc. containing peanut butter or nut ingredients.

PLEASE USE A PERMANENT MARKER TO IDENTIFY YOUR CLOTHES & PERSONAL ITEMS

We suggest packing in a suitcase, trunk, or large plastic tubs. We don't provide laundry service, so pack according to the length of session attending. *Only emergency laundry can be accommodated.*

- SHEETS, BLANKETS, & PILLOW (standard twin bed)
- LAUNDRY BAG
- BEACH TOWELS
- WASHCLOTH & TOWELS
- TOOTHBRUSH & TOOTHPASTE
- BODY WASH; SHAMPOO
- BATHING SUIT
- PAJAMAS
- BUCKET/BAG FOR PERSONAL HYGIENE ITEMS, TOILETRIES
- FLIP FLOPS OR SHOWER SANDALS
- SHORTS
- JACKET OR WINDBREAKER
- SNEAKERS and/or CLEATS
- SOCKS, 2 PAIR A DAY
- UNDERWEAR
- SPORT BRAS
- TANK TOPS
- SHIRTS
- SWEATSHIRTS/PANTS
- RAIN GEAR
- FLASHLIGHT & BATTERIES
- SPORT SUNSCREEN (30 or Higher)
- INSECT REPELLENT
- HAND SANITZER
- SUNGLASSES & SUN VISOR/HAT
- FIELD HOCKEY STICKS
- MOUTHGUARDS
- FIELD HOCKEY SHIN GUARDS
- FIELD HOCKEY CORNER MASK
- GOALIES SHOULD BRING THEIR OWN EQUIPMENT (we have secure storage at the fields)
- WATER JUG TO TAKE OUT ON THE FIELD (PUT YOUR NAME ON IT)

- INJURY ICE AVAILABLE THRU MEDICAL STAFF AT NO COST
- CAMP PHONE AVAILABLE IN DINING HALL PLEASE SEE STAFF MEMBER FOR PHONE USE

- ALARM CLOCK
- SNACKS* (Must be in sealed container)
- FAN OPTIONAL (**DORMS DO HAVE AC**)
- LONG EXTENSION CORD (@20') and POWER STRIP
- **CELL PHONE NOT RECOMMENDED*** (Phones will be collected and secured from 8:15am -8:15pm - after evening session)

OPTIONAL ITEMS:

- BOOKS OR MAGAZINES
- CARD/BOARD GAMES
- CAMERA
- RADIO/SPEAKER

WE SELL THE FOLLOWING ITEMS AT OUR CAMP STORE:

- SNACKS, DRINKS
- CAMP SUPPLIES
- GOGGLES (these are optional at camp and in most states)
- FIELD HOCKEY BALLS
- MOUTH GUARDS
- SHIN GUARDS
- FIELD HOCKEY CORNER MASKS
- FIELD HOCKEY STICKS & STICK BAGS
- FIELD HOCKEY T-SHIRTS
- FIELD HOCKEY TANKS
- FIELD HOCKEY SHORTS
- FIELD HOCKEY SWEATSHIRTS
- FIELD HOCKEY SWEATPANTS
- SOCKS
- HEADBANDS
- SUNSCREEN
- ICE (by the bag or the scoop)

MID-ATLANTIC FIELD HOCKEY CAMP DAILY SCHEDULE

***IF YOU NEED TO SEE THE MEDICAL STAFF FOR ANY INJURIES, BE AT YC 2 CAMP STORE
30 MINUTES BEFORE EACH SESSION STARTS**

SUNDAY

3:00 – 5:00 PM CAMP CHECK- IN, AT YOUTH CAMP 2 STORE, CAPE HENLOPEN STATE PARK.
4:20 – 5:20 PM DINNER YOUTH CAMP 2 DINING HALL
6:00 BE ON THE FIELD (READY TO PLAY)
WELCOME TO MID ATLANTIC CAMP
COACHED GAMES
10:00 CAMP STORE CLOSSES *BE IN YOUR DORMS
11:00 PM LIGHTS OUT

MONDAY - WEDNESDAY

7:00 WAKE UP – *WELLNESS CHECK & TIDY DORM
7:20 – 8:20 BREAKFAST YOUTH CAMP 2 DINING HALL (FOLLOW MEAL SCHEDULE)
8:30 – on field MONDAY *BEACH PATROL SAFETY CHAT ON HOCKEY FIELDS
8:45 - start (MONDAY – TUESDAY) - INSTRUCTIONAL SESSIONS, POSSESSION, PASSING
RECEIVING & SKILLS CONTESTS LONG DRIVE, AIR DRIBBLE, PUSH-PASS)
(WEDNESDAY) – AEROBICS, MARKING, COACHED PLAY, PENALTY STROKES
11:20 – 12:20 LUNCH YOUTH CAMP 2 DINING HALL (FOLLOW MEAL SCHEDULE)
1:00 (MONDAY) – SKILLS SESSION, (TUESDAY) - SITUATION INSTRUCTION
CORNERS, CIRCLE PLAY, STROKES, INDIVIDUAL/TEAM DEFENSE, LONG HITS,
FREE HITS, SIDE-IN (WEDNESDAY) – SKILLS CIRCUIT
3:00 – 4:30 RELAX, BEACH BREAK, MOVIE AT YOUTH CAMP 2 AND/OR
INSTRUCTION ON THE FIELD HOCKEY FIELDS
4:20 – 5:20 DINNER YOUTH CAMP 2 DINING HALL (FOLLOW MEAL SCHEDULE)
6:00 MONDAY - PRACTICE GAMES, TUESDAY - CAMP CHAMPIONSHIP BEGINS
WEDNESDAY – CAMP CHAMPIONSHIP CONTINUES
8:15 EVENING EVENTS:
MONDAY - *OUTDOOR MOVIE NITE – WEATHER PERMITTING YC 2
TUESDAY - ICE CREAM SUNDAE NIGHT YC2 DINING HALL
WEDNESDAY – BRING YOUR TALENT AND DANCE MOVES YC 2
(participation optional, attendance required, bring your beach towel for seating)
10:00 PM BE IN YOUR DORMS
11:00 PM LIGHTS OUT

THURSDAY

7:00 WAKE - UP *WELLNESS CHECK , TIDY DORM & PACK-UP
7:20 - 8:20 BREAKFAST YOUTH CAMP 2 DINING HALL (FOLLOW MEAL SCHEDULE)
8:30 - on field ALL STAR GAME/CHAMPIONSHIP ROUNDS CONTINUE
8:45 - start DORMS WILL BE INSPECTED FOR FINAL SCORE
10:00– 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/PLAYER .
12:00 THIS COMPLETES YOUR WEEK AT MAFH, SAFE TRAVEL AND GOOD LUCK THIS
HOCKEY SEASON AND SCHOOL YEAR! WE HOPE YOU ARE A BETTER FIELD HOCKEY PLAYER AND
MORE IMPORTANTLY, A BETTER PERSON, BECAUSE OF THIS MID-ATLANTIC CAMP EXPERIENCE!

***MOVIES - 3:00 PM BEACH BREAK @ YC 2 (camp store)
MONDAY 8:30 PM @ YC 2 (outside camp store)**

*We have Volleyballs, board games, cards – sign them out at Camp Store

*Please use sign out/in book in dorm when leaving Youth Camps (ex. beach, movie).

*Schedule Subject to changes, please listen to announcements each session

MID ATLANTIC FIELD HOCKEY CAMP GUIDELINES/POLICIES TO FOLLOW AT CAMP

1. To maximize the camp experience and minimize inappropriate cell phone/social media/video usage, **MAFH DOES NOT ALLOW** cell phone usage between the hours of 8:15 am and 8:15 pm (or the conclusion of evening games). Phones will be held in a secure area during these hours. Please see staff if you need assistance in accessing a phone to call home. *Cell Phones are not recommended at camp. Cell phones will be collected **EVERY morning before** heading to the fields and returned **AFTER evening games conclude**, no exceptions.
2. [Wellness Guidelines](#) *Please be sure to review ASAP and prior to arriving at camp.
3. It is **mandatory** that campers do not drive themselves to camp.
4. You are not to leave the camp session under any circumstances without prior written permission.
5. You may go to the beach only during the afternoon beach break. Do not ride to the beach. (You should always go with another camper. The beach is a state, life guarded beach.)
*Every beach break a Mid-Atlantic Staff member is stationed directly behind the head lifeguard stand. *PLEASE MEET OUTSIDE AT YOUR YOUTH CAMP DINING HALL AT 3 PM TO DEPART TO BEACH WITH MAFH STAFF
6. You are required to attend all field hockey sessions; the only people who can dismiss you from a session are medical staff, and the director.
7. All medications should be reviewed with the medical staff and should be listed on your medical form.
8. There are to be no weapons, alcoholic beverages, illegal drugs, or smoking/vaping in camp.
*If you are involved in infractions of these rules, your parents will be called, to escort you home.
No guests/friends are to be in camp at any time. Don't invite anyone to meet you during the camp without permission. *Visitors must report to the camp store in Youth Camp 2.
9. Jewelry is not allowed on the fields; we recommend you not bring valuables to camp. You should keep your spending money in the camp bank. You may withdraw money anytime the bank is open, which is 8AM – 10PM whenever you are not on the hockey fields. Whatever amount you deposit, you will have bankcards made out in your name. When you withdraw money, it will be marked off, or if you purchase something in the camp store, it will also be marked off. The balance of your money will be paid to you at the end of the week.
(Only cash and checks accepted at camp.)
10. If you need special medical attention, please check with the medical staff upon arrival at camp, and *include a special note on your medical form. If you have a special diet, please talk with the kitchen staff upon arrival.
*4 weeks prior to camp, please include a note (or email) in addition to your medical form regarding your special diet, so that we can work together to accommodate your needs.
The medical staff is in the camp store and on field during each session, if you need any medical attention, (blisters, sprains, illness, sore throat, see them right away. Be sure you sign injury logbook when checking with medical staff.
11. If you forget to bring something to camp, and it is a necessity, please let us know right away, and we will plan to get it for you.
12. **Be sure to bring sunscreen with you and reapply often!!!**
*Some prescription medications may be sun sensitive. Please consult your medical doctor.
13. Most of our camp coaches are high school, college, club coaches and college players, who played college field hockey, please respect their position, they want to help you, ask them questions about the sport, and regarding your future, as a potential hockey player in college.
14. When you are arriving on Sunday/Thursday, at the state park tollbooth, present this packet as your car pass, and they will allow you and your family to enter without paying. (*Photo/screen shot on device works.)
15. On Thursday, your parents are invited to watch you play at 9:00 am. Camp is over by noon.
16. This camp is a dedicated field hockey camp, if you were injured or sick just prior to camp, please send a note from your child's doctor indicating that they are cleared to participate in a residential sports camp.
17. Please don't use profanity on the field, or around camp. Be the best person you can be.
18. When you are walking to and from the fields, be aware of the cars when crossing the roads.
19. When you are walking to and from the beach, use the paved walking paths, not the roads.
20. Help keep the area clean, throw your paper & bottles in the proper waste/recycle containers. No gum please!
21. Please do not ride in any motor vehicle while at camp without written parent permission.
(Don't accept rides going to and from the beach area, or anyplace in the camp)
22. We ask you to follow the guidelines/policies as stated above, as well as CHSP and all posted policies for the welfare of all the participants at camp.

***These are guidelines/policies for parents and you, so this camp experience will be extremely positive.**

THE MID-ATLANTIC FIELD HOCKEY CAMP

“ A TRADITION SINCE 1978 “

THIS IS THE MID ATLANTIC FIELD HOCKEY CAMP'S 47th YEAR AT CAPE HENLOPEN STATE PARK. SEVERAL OF THE MORE EXPERIENCED STAFF HAVE BEEN HERE 30 PLUS YEARS. THE SUCCESS OF THE CAMP IS DUE TO THE DEDICATION OF THE STAFF, PARTICAPANTS AND THE UNIQUE AREA OF CAPE HENLOPEN STATE PARK.

BACK IN 1682, WILLIAM PENN PROCLAIMED THAT CAPE HENLOPEN AND ITS NATURAL RESOURCES WAS TO BE THE FIRST “ PUBLIC LANDS “, USED BY THE PEOPLE OF LEWES AND SUSSEX COUNTY. CAPE HENLOPEN IS STRATEGICLY LOCATED AT THE MOUTH OF THE DELAWARE BAY AND THE ATLANTIC OCEAN. THE TWO STONE 'BREAKWATER' BARRIERS BUILT IN 1869 AND 1901, STILL OFFER PROTECTION TO SHIPS DURING ROUGH SEAS.

IN 1941, THE CAPE BECAME A MILITARY BASE DURING WORLD WAR II. OBSERVATION TOWERS, BUNKERS, AND GUN EMBLACEMENTS WERE BUILT TO PROTECT THE EASTERN SEABOARD FROM ENEMY INVASIONS. IN 1964, THE STATE OF DELAWARE RECEIVED OVER 500 ACRES AND ESTABLISHED CAPE HENLOPEN STATE PARK. TODAY, THE PARK IS OVER 5000 ACRES OF NATURAL BEAUTY.

HIKING TRAILS, INTERPRETIVE DISPLAYS, A FISHING PIER, OBSERVATION TOWERS, CAMP GROUNDS, A NATURE CENTER, PICNIC AREAS, BIKE PATH, DISC GOLF AND THE BEAUTIFUL BEACH ON THE ATLANTIC OCEAN, ARE A FEW FEATURES OF THIS AREA CALLED CAPE HENLOPEN STATE PARK.

CAPE HENLOPEN IS THE HOME OF THE MID ATLANTIC FIELD HOCKEY CAMP. THE CAMP IS HELD DURING TWO WEEKS IN JULY. FIELD HOCKEY PLAYERS ATTEND THE CAMP TO DEVELOP THEIR SKILLS AS THEY PREP FOR THE UPCOMING SEASON. THE MID ATLANTIC CAMP IS LOCATED IN THE YOUTH CAMP AREA OF THE STATE PARK. THIS AREA HAS DORMS, DINING HALLS, PLUS OTHER FACILITIES USED FOR YOUTH ACTIVITIES.

FAMILY AND FRIENDS OFTEN VACATION IN THE RESORT TOWN OF LEWES, A QUIANT FISHING VILLAGE, WITH A BEAUTIFUL BEACH, AND GREAT MARINA WITH FISHING BOATS OF ALL SIZES. LEWES IS LOCATED A FEW MILES NORTH OF REHOBOTH BEACH. BETWEEN LEWES AND REHOBOTH, IS ONE OF THE LARGEST OUTLET SHOPPING AREAS ON THE EAST COAST, A GREAT WAY TO SPEND THE EVENINGS AFTER A DAY ON THE BEACH.

MANY OF THE FAMILIES OF THE FIELD HOCKEY PARTICIPANTS STAY IN THE LEWES AREA FOR A WEEKEND, BEFORE OR AFTER THE CAMP WEEK. BECAUSE OF THE POPULAR VACATION AREA, ITS WISE TO PLAN AHEAD:

IF YOU ARE STAYING IN THE AREA, THE BEACON MOTEL HAS GREAT ACCOMMODATIONS.

CALL 1-800-735-4888, 1-302-645-4888, FAX- 302-645-8138, EMAIL - bconmotel@dmv.com

FOR RENTAL PROPERTIES: 1-800-331-4241, JACK LINGO REALTORS.

FOR CAMPING AT THE CAPE HENLOPEN STATE PARK, CALL 1-800-987-2757 or delaware.reserveworld.com.

CAMPGROUNDS: BIG OAKS, 302-645-6838; EAGLES NEST, 302-684-4031; 3 SEASONS CAMPING, 302-227-9418; TALL PINES, 302-684-0300; HOMESTEAD, 302-684-4278. THESE ARE LOCATED IN THE LEWES AREA.

FOR FISHING: ANGLER'S MARINA, 302- 645-7981; FISHERMAN'S WHARF, 800- 260-8909; LEWES HARBOUR MARINA, 302- 645-6227. FOR GOLF: OLD LANDING, 302- 227-3131; BAYWOOD GREENS, 888- 844-2254; THE ROOKERY, 302-684-3000.

FOR MORE INFORMATION, CALL THE LEWES CHAMBER OF COMMERCE, 302-645-8073.

THE CAMPERS, WHO ATTEND THE MID ATLANTIC FIELD HOCKEY CAMP, COME FROM A FIVE STATE AREA, DELAWARE, MARYLAND, NEW JERSEY, PENNSYLVANIA, AND VIRGINIA. THE GEOGRAPHIC AREA IS EXPANDING TO INCLUDE CAMPERS FROM THE NEW ENGLAND AREA, AND THE CAROLINAS. MANY OF OUR FORMER CAMPERS ARE NOW PLAYING AT THE COLLEGIATE LEVEL, AND RETURN TO CAMP AS JUNIOR COUNSELORS. MANY OF THE STAFF MEMBERS WERE FORMER JC'S, AND ARE NOW COACHES AND CAMP INSTRUCTORS. THIS IS WHAT MAKES THE MID-ATLANTIC FIELD HOCKEY CAMP SUCH A GREAT INSTITUTION. ALL ITS STAFF WORKS HARD TO MAKE EACH CAMPER THE BEST THAT THEY CAN BE AS A FIELD HOCKEY PLAYER, AND AS AN INDIVIDUAL, CONTRIBUTING TO OUR SOCIETY.