

# VILLA MARIA ACADEMY 2017 FIELD HOCKEY CAMP

*“Home of the 2014 State Champions & 2015 Finalist”*



Daan Polders, VMA's Head Field Hockey Coach and "Coach of the Year", would like to invite you and your friends to the Villa Maria Field Hockey Camp where we will provide skills and strategy specific coaching for all levels of play for field players and goalkeepers. In addition, we will offer sport psychology sessions with an experienced sport psychologist. Our goal is to make you become a well-rounded, mentally prepared and a better skilled athlete. Come join us and train and play with the VMA Champions!!

## **Why this camp is so exciting? We offer:**

- 4 days of field hockey skills and tactical drills along with game play on our new **TURF**,
- Current and fresh skills as well as strategy training to prep you for the next level.
- Coach and Camp Director, Daan Polders, is an international coach and a former Division 1 college coach.
- Sport psychology sessions for all campers to help train your mental side.
- Train like a college player and play with the best, experienced (college) coaches and have fun!
- All participants will receive a camp T-shirt.

## **GENERAL INFORMATION**

### **SESSION 1: JUNE 19 – 22, 2017**

**Grades:** 9th – 12th (as of the fall of 2017)

**Cost:** \$185.00 **\$95.00 for current team (grades 10-12)**

**Time:** 9:00 am to 1:00 pm

**Location:** The Maurene Polley Field  
Villa Maria Academy High School  
370 Central Avenue  
Malvern, PA 19355

### **SESSION 2: JUNE 26 – 29, 2017**

**Grades:** 3rd – 8th (as of the fall of 2017)

**Cost:** \$185.00

**Time:** 9:00 am to 1:00 pm

**Contact:** VMA Athletic Department  
Phone: 610-854-6134  
Email: mjmckenzie@vmahs.org

**Camp Director:** Daan Polders  
dpolders@vmahs.org

A \$50 deposit will guarantee a spot in the camp. Unpaid balances must be paid by June 12th for Session 1 and June 19th for Session 2.

**Make checks payable to:** Villa Maria Athletic Association.

**Send application and check to:** VMA Sports Camps, 370 Central Avenue, Malvern, PA 19355

**Cancellation & Refund Policy:** No refunds after June 5th for Session 1 and June 12th for Session 2. Full refunds will be considered after June 5th or 12th for medical reasons only. A doctor's confirmation will be required.

## **EQUIPMENT REQUIRED**

Campers must bring their own stick and must wear sneakers, cleats or turf shoes, mouth guard and shin guards. Goggles are not required but highly recommended. (All sessions will be on turf.)

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## **VILLA MARIA 2017 FIELD HOCKEY CAMP APPLICATION**

Please check off session attending: \_\_\_\_\_ **SESSION 1: June 19 – 22, 2017** \_\_\_\_\_ **SESSION 2: June 26 – 29, 2017**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Parent/Guardian Email (please print legibly) \_\_\_\_\_

Age \_\_\_\_\_ Grade entering in the fall of 2017 \_\_\_\_\_ School attending in the fall of 2017 \_\_\_\_\_

Position \_\_\_\_\_ Number of years played \_\_\_\_\_ T-Shirt Size (adult sizes): YL/XS S M L XL

Any medical conditions that coaches should be made aware of: \_\_\_\_\_

**Waiver:** All Campers must have their own medical coverage. The camp provides only extra coverage after your insurance policy has been utilized. Campers will not be allowed to play unless this form is signed by the parent/guardian of the camper. I hereby authorize the staff of Villa Maria Academy High School Field Hockey Camp to act for me to their best judgment in any emergency requiring medical attention and I hereby waive and release the Camp from any and all liability for any injuries or illness incurred while at Camp.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date