



TEAM ONE **FIELD HOCKEY**

Camp Information Packet

July 10-13 2023

@ Fairleigh Dickinson University

285 Madison Ave, Madison, NJ 07940

Follow us on instagram: @teamonefieldhockey

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Dear Camp Families,

Thank you for choosing TeamOne Field Hockey Camp at Fairleigh Dickinson University. Please review this packet for all pre camp information. Our goal is to make your pre-camp experience as seamless as possible! We are looking forward to a fantastic week at camp!

If you have any questions after reviewing this packet, please feel free to contact us via email at teamonefieldhockey@gmail.com or call us at 201-650-4873.

We look forward to seeing everyone at camp this summer!

Best,

TeamOne Field Hockey

About **TEAMONE**

TeamOne Field Hockey Camps were created to provide high level coaching to all ages and skill levels and grow the love of the game! These camps are a supportive, fun, and safe environment in which athletes explore new techniques, leadership skills, and passion for the game.

TeamOne Field Hockey Camp takes pride in our experienced staff. With multiple years coaching at the high school and collegiate level, our staff trains players through a variety of small games, team drills, & developmental stations. In addition, we believe camp is a great place for building camaraderie. Through organized team bonding activities, competitive tournaments, and group focused sessions, our field hockey camp will be the highlight of your summer.

Core Values

Empowerment - **Becoming a stronger and more confident version of yourself on the field and off!** Through instruction and positive reinforcement, you will leave camp knowing you can achieve your goals!

Improvement - **Making yourself and others better!** Committing to growing your game over the summer is a huge step towards success in the fall!

Enjoyment - **Field Hockey is FUN!** Experiencing joy through the game and sharing it with others as you improve, bond with teammates, and make new friends.

Camp Policies

Health & Safety

Health & Safety is a priority at TeamOne Field Hockey Camps, we want to ensure a safe and positive environment for your child during their time at camp. Campers are expected to abide by the camp rules.

- We will have a certified athletic trainer on site at all times throughout camp (this includes overnight).
- If campers are feeling illness symptoms they should be reported directly to Lauren Michel our Director of Health. If you have any questions regarding health concerns, please email Lauren at laurenmichel@fdu.edu
- All coaches at TeamOne Camp are CPR and AED certified
- If campers are feeling ill prior to the arrival of camp please stay home and inform camp director Maura Johnston

Drugs and Alcohol

Drugs, alcohol, and tobacco products are strictly forbidden and constitute grounds for dismissal from camp without a refund.

Bullying and Harassment

We have a ZERO tolerance policy for bullying and harassment. If bullying and or harassment is reported, your daughter will be dismissed from camp without a refund.

Dorms and FDU Property

If there are any damages to the dorm, TeamOne has the right to charge a card on file for any damages due to vandalism or irresponsible behavior.

Refund Policy

There are no refunds. If you have any questions please reach out to camp director Maura Johnston.

Pre-Camp Checklist

Overnight Campers

- Complete Waivers and Registration Papers (see pg.9) and upload to LeagueApps by 7/3.
- Review Overnight Camper packing checklist (see pg. 7).
- **Check in** will start at 12:00pm in the lobby of the Rutherford Dorms (see map on pg. 10)
- Included meals at camps for overnight: Dinner 7/10; Breakfast, Lunch and Dinner 7/11 and 7/12; Breakfast 7/13. Please make sure your daughter eats lunch BEFORE check in on 7/10!
- **Key Deposit:** Please bring 50 dollars cash OR check for a key deposit. We will store this and it will be returned upon key return as long as there are no damages to the dorm
- **Check out** will start at 12pm on Thursday 7/13. At this time we will be wrapping up at the field and making our way back to the dorms. Check out will take place in the lobby of the Rutherford Dorms

Extended Day Campers

- Complete Waivers and Registration Papers (see pg. 9) and upload to LeagueApps by 7/3
- Included meals at camps for extended day: Dinner 7/10; Lunch and Dinner 7/11 and 7/12
- **Drop off** for extended day campers will be at 1:00pm on 7/10. Extended day campers still need to check in at the front desk in the Rutherford Dorm lobby.
- Beyond the first day, campers should arrive ready to go at the Rutherford Dorms by 8:45am
- **Pick up** will be at 8:00pm at the turf or dorms every day other than check out day! Please make sure your daughter checks in with a staff member before. If someone other than a parent is picking up a camper, we need a signed permission form with the persons contact information on it
- There are air conditioned lounges in the dorms for your daughter to relax in during downtime in between sessions

Recommended Packing List

Field Hockey

- Work-Out Clothes
- Cleats/Turf Shoes
- Sneakers
- Mouthguard
- Shin Guards
- Stick
- Goalies bring full gear, including mouthguard
- Sunscreen
- Reusable Water Bottle
- Clean garbage bag (for gear in rain storms)
- A workout towel (sweat, sunscreen, mud)

Dorm

- Soap/Shampoo/Conditioner
- Toothbrush/Toothpaste
- Medicines
- Shower Shoes
- Bath Towels
- Pajamas
- Personal Hygiene Items
- Linens: Beds are Twin XL
- Pillow and Pillowcase
- A sleeping bag or blankets
- Extra cash for the camp store (stocked with snacks, drinks, and gear).
We will also do a pizza order after the evening session. Cash or venmo accepted!

Tentative Camp Schedule

Monday 7/10

12:30-1:30 pm Check In
2:15 pm Camp Meeting
2:45-5:00 pm Basic Fundamentals
5:00-6:00 pm Dinner
6:30-8:15 pm Tournament Play
8:30 pm Movie Night! (outdoors if weather permits)

Tuesday 7/11

8:00 am Breakfast
9:45-11:45 am Offensive Strategy
12:30-1:30 pm Lunch
3:00-5:00 pm Defensive Principles
5:00-6:00 pm Dinner
6:30-8:15 pm Tournament Play
8:30 pm Team Competitions

Wednesday 7/12

8:00 am Breakfast
9:45-11:45 am Shooting School
12:30-1:30 pm Lunch
3:00-5:00 pm Competitive Games
5:00-6:00 pm Dinner
6:30-8:15 pm Tournament Play
8:30 pm Talent Show!

Thursday 7/13

8:00 am Breakfast
9:30-11:30 am Tournament Play
11:30am-12:00 pm All Star Game
12:00 pm Check Out

Required Camp Documents

ALL FORMS MUST BE SIGNED AND UPLOADED ONTO YOUR LEAGUEAPPS PROFILE AT LEAST 1 WEEK PRIOR TO CAMP

You can find all forms [here](#)

- Health Information
- Parent's Authorization
- Release, Indemnification, & Hold Harmless Agreement

Campus Map

