

COMPETITIVE EDGE

FIELD HOCKEY & LACROSSE

2019 Summer Camp Information and Registration Form

Competitive Edge is proud to announce the addition of our **Field Hockey & Lacrosse** summer camp!

Camp Directors:

Heather Farlow, USA Field Hockey Level II certified & PDS varsity field hockey coach

Emily Shircliff, US Lacrosse Level I certified & PDS girls' lacrosse coach

Location:

Princeton Day School – Smoyer Turf Field

Competitive Edge Field Hockey & Lacrosse Camp provides detailed instruction, with skill development and competitive play for all levels of experience. Players, in grades 1 through 6, will participate in a variety of activities to help develop and strengthen ball handling skills, fitness, knowledge of the rules, game strategy and more. Every day will be devoted to sport specific instruction for both sports. We will alternate morning and afternoon sessions for field hockey and lacrosse.

Players will be divided by both age and experience level to ensure that every participant has a positive experience. All athletes need FH/LAX goggles, a mouthguard and shinguards.

Registration: \$375

June 24th – June 28th

Monday to Friday: 8:30am - 3:30pm

Monday - Thursday

8:30-8:45am – Drop-off

8:45-10:00am – Skills and fundamentals of the game (M,W FH | T,TH LAX)

10:00-11:15am – Small sided games and team concepts

11:15am-12:00pm – Lunch (not provided)

12:00-1:00pm – Indoor Activity

1:15-2:15pm – Skills and fundamentals of the game (M,W LAX | T,TH FH)

2:15-3:15pm – Small sided games and team concepts

3:30pm – Dismissal

Friday

8:30-8:45am – Drop-off

8:45-10:00am – Full field games

10:00-11:15am – Team building exercises

11:15am-12:00pm – Lunch (not provided)

12:00-1:00pm – Indoor Activity

1:15-2:15pm – Full field games

2:15-3:15pm – Water Day activity

3:30pm – Wrap Up and Dismissal

Princeton Day School Athletics

P.O. Box 75

Princeton, NJ 08542

Attention: Competitive Edge

www.competitiveedgecamps.com

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FIELD HOCKEY & LACROSSE

Player's Name _____ Date of Birth ___/___/___ Current Grade _____

Parent /Guardian _____

Address _____ City/State/Zip _____

Phone Number(s) _____ E-Mail _____

Please list below anything else about your child that we should know? (Allergies, medical conditions, etc.)

To reserve a spot:

Please fill out the registration form and mail with a deposit check (\$200 - payable to *Competitive Edge*) to the address below. Any registration forms received after May 1, 2019 will not be eligible for the early registration discount.

Princeton Day School Athletics
P.O. Box 75
Princeton, NJ 08542
Attention: Competitive Edge
www.competitiveedgecamps.com