

Mid-Maryland Field Hockey Camp

at Urbana High School
Sponsored by the
UHS
Athletic Boosters



July 18- 21, 2011

8 am to 12 noon

Monday - Thursday

For Girls entering

Grades 3-9

Mid- Maryland Field Hockey
Camp at UHS
3471 Campus Drive
Ijamsville, MD 21754



"These materials are neither sponsored by nor endorsed by the Board of Education of Frederick County, the superintendent, or this school."

UHS Club Players:

Christen Mondonedo-Spiffire

Gina Smarrelli- Spiffire

Molly Stuart- Washington Wolves

Lucy Wright- Washington Wolves

Jackie Rose Lenta- Capital Pegasus

Meg Stuart- Capital Pegasus

Olivia Haas- Capital Pegasus

Taylor Bowen- Capital Pegasus

USA Futures Players:

Jackie Rose Lenta

Erica Steinhoff

Molly Stuart

Meg Stuart

Lucy Wright

Camp Features:

8-8:30 Warm-Up

8:30-9:00 Skills

9-10:00 Stations

10:00-10:15 Break

10:30-11:45 Game Play

11:45-12:00 Cool-Down/Daily Awards



2011 Field Hockey Camp Application

Name _____
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____
 Parent's Work Phone _____
 Entering Grade _____ Age _____
 Fall '11
 Parent/Guardians Names _____
 Email Address _____

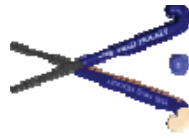
AJ Stuart— Camp Director
 UHS Varsity Field Hockey Coach
 17 years of coaching experience
 1999, 2003, 2009 Coach of the Year
 2010, 2009 County Runner-Up
 2010, 2009, 2004 Conference Runner-up
 2003 Conference Champions
 2003, 2001 County Champions

Sally Waiter—UHS Varsity Field Hockey &
 Lacrosse Coach
 14 years of coaching experience
 2009 Coach of the Year
 *specializes in coaching goalies

Brooke Reinsfelder— UHS Field Hockey JV Coach
 9 years of coaching experience

What To Bring...

- Field Hockey Stick
- Mouth Guard
- Shin Guards
- Indoor Shoes for Gym
- Outdoor Shoes for Field (cleats)
- Goal Keeper Equipment
- Sunscreen
- Water Bottle or Gatorade



Camp Fee \$90 before June 1st, 2011 \$100 after June 1st, 2011

Make checks payable to:
 UHS Athletic Boosters, Inc.
 No refunds after June 1st, 2011

T-Shirt Size: *Youth/Adult*

Circle One

AS AM AL AXL
 YM YL

Emergency Contact / Phone _____ / _____
 Physicians Name/Phone _____ / _____

By signing below, I grant permission for my child to participate in the Mid-Maryland FH Camp sponsored by the UHS Athletic Boosters. My child has no known medical conditions that would prevent her from participating in this camp. I release, the Mid-Maryland FH Camp, Urbana High School, FCPS, The Urbana High School Athletic Boosters and its officers, coaches, and staff from any legal responsibility in the event of an accident, injury or death involving my child while participating in this event. It is further understood that there is a \$25 returned check fee.

Parent/Guardian Signature _____ Date _____

Please return application to :

Mid-Maryland Field Hockey Camp
c/o UHS Athletic Boosters
3471 Campus Drive
Ijamsville, MD 21754

Questions? Email Coach Stuart @
 andrea.stuart@fcps.org
 or call 240 367-4117

Register online at:

www.eteamz.com/urbanafielddhockeycamp