

## **All Players need to bring:**

bedding and 2 blankets or sleeping bag

pillow

towels

personal cosmetics

clothes to train (sports bras can be brought to camp but cannot not be worn as an outer garment, they must be hidden from sight) Tee shirts must not be cut offs and need reach your shorts.

extra socks

something warm for evenings - sweats or light jacket

flip flops

bathing suit

sun screen

bug spray

water bottle

sneakers or cleats

shin guards

mouth guard

hockey stick

1 hockey ball you can leave in camp

notebook & pen

small personal fan (optional)

snacks (optional)

money for camp store (snacks and hockey apparel) optional

**Release to Play:** A note from your parents saying: My daughter

(name) is healthy and physically fit to participate in the rigorous training activities expected to be encountered during summer training camp with East Coast Field Hockey. NOTE: This note can be hand written or typed and must be signed by a parent. No other medical release is necessary.

*Arrive in Shape:* There is a very good reason this camp is rated as the "Best Training Camp in the US". It is very, very demanding and you cannot arrive in camp expecting to participate unless you are fit. Sitting out, watching because you have sore muscles is a waste of your time. Come prepared please.

**Medical Conditions:** Players arriving in training camp with medical conditions must report to the certified trainers prior to the 1st session with a medical note, a note from your parents if necessary and a list of all medications you have in camp. Refrigerated medications can be turned into the certified trainers who are on site 24 hours a day during training..

*What not to bring:* **no valuables** (the cottagers you will live in are open bays where you will have many, many roommates), **no mini refrigerators** are permitted, **no jewelry** (Jewelry is NOT permitted to be worn while training), **no new shoes** (players arriving with shoes not properly broke in will find blisters that may keep them from training, if you intend to purchase new shoes, please arrive with them well worn-in).

**Personal Cars:** Players driving themselves to camp must turn in all car keys upon arrival and are not permitted access to cars until the completion of camp.

**Goalkeepers:** In addition to the above items, you are expected to bring all your goalkeeping equipment as none is available at camp. GK's are encouraged to bring extra straps for their kickers as none are available for replacement.

Medical taping is available for new injuries. Players arriving with injuries requiring taping must supply their own tape. Players with taping and other medical issues needing to be addressed by the certified trainers prior to each session are expected to arrive on the field a minimum of 30 minutes PRIOR to each training session. No player is permitted to miss any training sessions unless personally excused by a certified trainer.

**Registration** begins at noon and will be completed by 1:30 PM.

There is no lunch served on Sunday the first day of any of our camps as registration is from noon until 1:30 PM. All players must be sure to eat a good lunch before arriving in summer camp. The final session ends at 12:45 PM on Thursday or Friday and there is lunch available for players only immediately following the session until 1:30 PM.

**Lights out:** Players must respect the "lights out" times as advised by the camp staff in respect to other players need for sleep and the full time residential staff residing in your cottages needs to sleep also.

Any player caught with any drugs or alcohol will be asked to **IMMEDIATELY** report to the camp office, your parents contacted and you will be asked to leave camp and an appropriate report will be prepared.

**NO REFUNDS** - No refunds are available as all camp fees have been paid for every player, none of these fees are refundable to East Coast. Many very acceptable and reasonable events and medical issues may arise between now and camp, unfortunately there are no refunds due to these situations that may arise. All the camp staff is contracted and paid. Nothing is refundable to East Coast Field Hockey. Thank you for understanding.

East Coast Field Hockey