



## **Choosing your Summer Field Hockey Camp**

There is one very important factor when you choose your 2011 training camp. This important question is “who are the coaches and what can they do for my team or my players or my daughter”? Everything else is just window dressing, camp location or setting, where you sleep and where you eat has little to do with the results from summer hockey camp. Certainly team building and team bonding are substantially enhanced in a facility where the team is housed together, not in semi private hotel or dorm rooms. This is one of the key components making East Coast Field Hockey team camps so extraordinarily successful, a cottage living environment.

The diversity of summer camp programs available should tell parents, coaches and potential hockey camp players to be very careful as to what they sign up for in a camp. Thousands of young girls enroll in summer camps and join clubs each year with results that aren't really spectacular, actually many truly are sub par at best. But that does not stop parents and high school coaches from enrolling these players, time after time in hope that a short stint in a couple of these hockey camps will make a difference for the fall hockey season and perhaps even for the college recruiting process.

So what should the savvy hockey parent and coach be asking themselves when deciding on a hockey camp? And what should players know before they pick up their stick and head out on their journey of hockey summer camp education. When you are talking about a meaningful camp, we're talking quality of instruction. Professional coaching is rare in summer camp education and now we see more international players providing instruction who have never coached anyone throughout their hockey playing career. Some summer camps actually employ current college players as coaches!!! A Scary situation driven by financial gain. The answer to this question about how to choose a summer camp should be a key determining factor where you invest your time and your money in a summer camp. Some choose a college camp in expectation that by some miracle the coach will see a particular player and recruit her to play for that college or university. Nothing could be farther from the truth. From a parent's perspective, the trouble today is too many parents have unfathomably high expectations for their daughter's trajectory and do not comprehend what avenue will reap the best reward for their daughter's future and the parent investment of both time and cost.



It's time to get serious about your hockey development. Get ready to take your game to a new level. If you are really serious about not just improving, but becoming dominant and faster with your stick and ball than ever before, then our individual player camps are perfect for you. 100% of the hockey skills programs in the National Academy and National Elite Academy are specifically designed for serious players who want the ultimate hockey performance training experience. These personalized programs offer players from a diverse skill background set to train with success. Our innovative programs feature world class professional instruction that will surely propel your game to its highest performance ever, guaranteed.

The goal within our Individual and Team Camps is to challenge, develop and instruct players and teams to their full potential. The Keys: Developing modern hockey skills, acceleration with and without ball, elite ball handling skills and high performance elite biomechanical technique. We incorporate all these key elements of an elite hockey player and team plus we incorporate speed development and specific modern techniques taught; then reinforced and further developed. These elite programs have been developed to stretch and enhance the effectiveness of players and teams and allow them to develop at an appropriate pace. This incredible developmental experience takes place in an extremely positive, high tempo learning and training environment that allows for maximum overall improvement.

Our Hockey summer camps are about so much more than training and skill refinement, it's an experience that can benefit participants in all aspects of life. As important as the player improvement and development on the pitch is for us, we want these players to be better players as leaders and individuals and we want them to do it while really enjoying the learning experience in a fun, nurturing environment. To accomplish this task we employ the professional coach.

With some of the games leading experts sharing their knowledge and passion for hockey, players and teams attending East Coast Field Hockey Summer Camps are certain to substantially gain from this leaning experience. Take time and choose your camp wisely.