

NAZARETH COLLEGE GIRLS' FIELD HOCKEY CAMP

INSURANCE POLICY ACKNOWLEDGEMENT

Family Accident Insurance Coverage

with: _____

Policy # _____

I hereby attest that my daughter is of sufficient fitness of mind and body to participate in the rigors of this field hockey camp and declare that I have accident insurance with the above-named company and that any occurring injuries will be charged to my policy. I hereby give my consent for my child's participation in this camp.

SIGNATURE OF PARENT
OR GUARDIAN:

DATE: _____

TOPICS TO BE COVERED

1. Ball Handling Skills
2. Passing & Receiving
3. Offense
 - *Shooting
 - *Pass Patterns
 - *Transition
4. Defense
 - *On the Ball
 - *Off the Ball
5. Specialty Situations
 - *Corners
 - *Long hits
 - *Free hits
6. Rules and Regulations
7. Goalkeepers
 - *Separate Instruction

Some equipment provided --
contact Andrea Tutino with questions

NAZARETH COLLEGE



Girls Field Hockey Camp

For Beginners to
Advanced Players

Girls ages 10-18

July 12-16, 2010

Cost \$225

(585) 389-2199 (office)

(585) 329-7526 (cell)

or

e-mail: angmft@aol.com

CAMP APPLICATION

Name _____ Age _____ E-mail _____
Address _____ City _____ State _____ Zip _____
Field Hockey Playing Experience _____ yrs. School attended _____ Position _____

Current Playing Level (circle one) Varsity JV Modified

Telephone Number _____ Adult T-shirt size _____ Grade as of Sept. 1, 2010 _____

Parent signature _____

Please return application with \$75 non-refundable deposit by June 19, 2010 to:

**NAZARETH COLLEGE
FIELD HOCKEY CAMP
ATTN: ANDREA TUTTINO, DIRECTOR
87 ALLANDALE AVENUE
ROCHESTER, NY 14610
PLEASE MAKE CHECKS PAYABLE
TO: ANDREA TUTTINO, DIRECTOR**

Each Camper Receives:

- Five days of instruction by quality coaches
 - Supervised use of turf and grass fields
 - Nazareth College Field Hockey Camp T-shirt
 - Field Hockey ball
- ** Each camper is responsible for bringing her own stick, shinguards, and mouthguard.****

Daily Schedule

| | |
|-------------|---|
| 9:00-9:30 | Arrival and Check-in |
| 9:30-9:45 | Warm-ups/Stretching |
| 9:45-11:30 | Station Work |
| 11:30-12:15 | Situations (penalty corners, stokes, etc.) |
| 12:15-1:15 | Lunch** (includes pool and team meeting time) |
| 1:15-1:40 | Team Practice |
| 1:45-2:50 | Full and Half Field Games |
| 2:50-3:00 | Stretching/Announcements |
| 3:00 | Departure |

****Each camper is responsible for providing her own lunch.**

Pool Hours 12:45-1:20 p.m.

The Director

ANDREATUTINO: As a former player and assistant coach for the Golden Flyers and now head coach for the past five seasons, Andrea Tutino has been a stabilizing fixture for the Nazareth field hockey program for more than a decade.

Most significant in her tenure was the mini renaissance Tutino helped to orchestrate in 2007, when the Golden Flyers enjoyed their finest season ever.

The Golden Flyers were extraordinary in '07 as they called upon a wealth of experience and a new-found dedication to win the Empire 8 Conference championship with a 14-6 overall record and a subsequent berth in the ECAC Tournament.

A native of Cortland, Tutino was a four-year standout as a defender for the Golden Flyers (1996-1999). She was team captain of the 1999 team that finished 11-8. She earned honors that season as a second-team North Atlantic Region All-American, as a third team NYSWCAA all-star, and as a member of National Field Hockey Coaches Association All-Academic team. Tutino was a scholastic standout at Cortland High School, where she was an Onondaga League all-star in field hockey and also excelled in basketball and softball.

Tutino's experience also includes coaching at the Nazareth College Field Hockey Camp for the past 10 summers and at the Brighton Recreation Field Hockey Camp.

Tutino graduated from Nazareth in 2000 with a degree in Sociology. She also has a Master's Degree in Education with a concentration in Literacy. She has been a teacher in the Rochester City School District since 2001.

THE STAFF: The staff will consist of college and high school coaches. Current and former college players will also be members of the staff.

The Facilities

The camp will be held at the artificial turf, grass fields and Otto A. Shults Athletic Center.

A training room and trainer will be available in case of injury. The Nazareth College Field Hockey Camp is certified by the New York State Department of Health.