

# 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 13-17, 2009

Cost \$225

(585) 389-2199 (office)

(585) 329-7526 (cell)

or

e-mail: [angmft@aol.com](mailto: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, 2009 \_\_\_\_\_

Parent signature \_\_\_\_\_

Please return application with \$75 non-refundable deposit by June 19, 2009 to:  
**NAZARETH COLLEGE**  
**FIELD HOCKEY CAMP**  
**ATTN: ANDREA TUTINO, DIRECTOR**  
 87 ALLANDALE AVENUE  
 ROCHESTER, NY 14610  
**PLEASE MAKE CHECKS PAYABLE**  
**TO: ANDREA TUTINO, DIRECTOR**

## The Director

**ANDREA TUTINO:** Andrea Tutino, an assistant coach for five seasons, has been Nazareth head coach for four seasons.

In 2007, she guided the Golden Flyers to their best season ever as they finished 14-6 overall and captured the Empire 8 Conference championship.

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

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.

**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.

## 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.**