

Wake Forest

FIELD HOCKEY CAMP



Experience Summer Camp at the Home of National Champions!

Train like the Champs and Develop Into the Athlete You Dream of Becoming!

Join us this summer and experience our creative curriculum, energetic coaching staff, world class turf, and rich tradition of championship hockey. Enjoy the small group size and personalized attention. Camps include both fundamental and advanced skill development, small game drills, tactic and strategy sessions, tournament play, hockey specific conditioning and strength training, position

specific coaching, and other special sessions, such as nutrition and stretching.

Elite Camp: Campers will practice advanced game strategies and drills, small game situations, and engage in competitive tournament play. Competitive players or those aspiring to play in college should attend.

Team and Individual Camp: Campers will learn team and individual specific tactics, strategies, fundamental and advanced skills, and engage in tournament play. All levels welcome.

Camp Highlights:

- Personalized Coaching by Award Winning Coaches
- Creative Curriculum
- Small Groups
- Dynamic Scoring Drills
- Specialized Defensive Tactic Training
- Small Game Strategy Sessions
- Position Specific Training
- Advanced Skill Development
- Hockey Specific Conditioning and Strength Training
- Fun and Supportive Environment

Register Online Today!

Contact Jill Miller
336.655.0395
wfhockey@gmail.com

Elite and Individual Camp: July 8 - July 11, 2010
Team and Individual Camp: July 12 - July 15, 2010

www.wakeforestfieldhockeycamp.com



CAMP STAFF: **Coach Jennifer Averill**, completing her 18th season at Wake Forest University and named the 2008 ACC Coach of the year for the sixth time, has led the Demon Deacons to nine straight NCAA Final Four appearances and captured three consecutive National Championships. Averill has developed Wake Forest into a perennial national powerhouse in field hockey. Many of Averill's players have gone on to represent the United States in Olympic and world competitions. Not only a decorated coach, Averill is a four-time All-American and a Honda Broderick nation's best field hockey player. Averill is involved in all aspects of camp and is present for all training sessions. Averill's charismatic style and love for hockey is inspirational. During camp, Wake Forest Assistant Coaches, **Daan Polders**, **Christina Restivo**, and many current and former Wake Forest players, assist Averill in making camp fun, educational, and challenging.



FACILITIES: Wake Forest University offers premier training facilities on water-base artificial turf, field turf and grass. WFU was the host of the 2009 NCAA Final Four. Campers lodge in residence halls and eat at the campus fresh food company.

COST: \$480; multi-session and team discounts available

INFORMATION and REGISTRATION:

www.wakeforestfieldhockeycamp.com

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WAKE FOREST FIELD HOCKEY
SUMMER CAMP
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