



## director heather lewis

- Heather Lewis, head field hockey coach at Bucknell University, begins her third year as director of **nhq, inc.** field hockey camps on the campus of Bucknell University.

Entering her 13th season at Bucknell, Lewis has recorded the longest tenure of any coach in program history and has the most wins to date. In addition, she has led the Bison to three Patriot League Tournament Championship Game appearances. During her tenure she has coached the program's first-ever National All-American and National Academic All-American, five Patriot League "Rookies of the Year", four Patriot League Scholar-Athletes and 17 Regional All-Americans and 40 All-Patriot League performers.

In addition to her institutional coaching responsibilities, Lewis has coached and/or worked in numerous USFHA programs, including A-Camp, Super Camp, and the Futures Program.

Currently, Heather is completing her sixth year as President of The National Field Hockey Coaches Association. A graduate of The University of Maryland, Lewis received her bachelor's and master's degrees from the College Park, MD campus.

## philosophy

The philosophy of all **nhq, inc.** programs is one centered around creating a learning environment whereby all participants, regardless of age and/or experience level, can reach their fullest potential and do so with an appreciation and passion for sport and competition. **nhq, inc.** embraces the strategy of teaching proper fundamental basics until they become instinctive by nature and broadening the awareness and decision-making capacities of all players.

## objectives

The objective of the 2005 summer camp is to provide an atmosphere for players of all ages and playing levels. The curriculum is designed for all stages of field hockey development, from absolute beginner through elite level. Included in the curriculum is attention to the fundamental skills of passing, receiving, and possession. In addition, significant attention to individual and team concepts of defense will be provided. And finally, all participants will be provided the opportunities to enhance their spatial awareness and decision-making abilities through small games and full-field play. Please note that specialized goalkeeping instruction will be provided for those interested. Participants will be grouped according to their ability and experience levels.

## tuition

open/team camp (day camper) -----\$280.00  
8:30 - 8:00pm  
open/team camp (overnight) -----\$380.00

Included in the cost is a camp jersey and all meals.

## deposit

A non-refundable deposit of **\$100.00 for open/team**, must accompany this application to secure a space in camp. **Application and deposit must be received by June 15, 2005** to secure your spot. Please be advised that deposits are non-refundable no matter what the date of enrollment is. Upon receipt of deposit and application, campers will receive a confirmation and detailed information regarding the camp. If you receive nothing within 30 days of mailing your application off, please call our office immediately.

## payment

Personal checks will be accepted for deposits and any balance paid before June 15, 2005. **PLEASE SEND NO CORRESPONDENCE in the mail after JUNE 15, 2005.** **AFTER June 15, 2005 all payments** must be in the form of cash and they must be **hand carried** to the day of registration. Please be advised that outstanding balances can be paid at the time of registration on the first day of camp.

## registration and pick-up time

**Open/Team Camp:** Registration will occur on July 7th from 12:00 - 2:00pm with the first session starting at 2:15pm. Day campers are encouraged to enroll between 1:30 - 2:00pm and be prepared for the first session at 2:15pm. Look for signs pointing you in the direction of the "registration site" ~ most likely at the camp dorm.

**Open/Team Camp:** Camp concludes on Sunday, July 10th at 4:00pm. All campers should be picked up by 4:00pm. Tournament play concludes in the afternoon of the final day followed by the Awards ceremony. **PARENTS are invited to attend** the final day's events. For day campers this week, pick-up time is 8:00pm on July 7th, 8th & 9th and 4:00pm on the 10th.

## facilities

**Bucknell University** provides a brand new state-of-the-art AstroTurf 12XL artificial carpet field hockey facility, a new athletic complex, newly constructed and recently renovated residence halls and dining hall. In addition, campers will have the opportunity to compete on natural and synthetic grass surfaces in addition to the new hockey turf facility.

## sessions

**OPEN / TEAM CAMP:** This is an open invitation to individuals or teams, elite level or beginners. All campers will have skill instruction with players of similar ability and experience. For individuals coming to camp as an "entire team", instruction and tournament play will be together as a team. Topics include individual and team instruction, offensive & defensive techniques, and specialized goalkeeping instruction. Space is limited — secure your spot now!

## equipment

Participants are responsible for bringing all of their equipment. **Mandatory equipment** includes stick, shin guards, a mouth-guard, a water bottle, and both cleated shoes for grass surface and flat shoes (i.e. turf, basketball, tennis or cross-trainer shoes) for indoor and/or turf surfaces. Goalkeepers are **required** to supply all of their own goalkeeping equipment. Equipment - sticks, shin guards, mouthguards - will be readily available for purchase at the camp store.

## eligibility

**nhq, inc.** camps are open to players of any age, skill level, and experience. There is, however, a **minimum age requirement of 10 years old.**

## information

**nhq, inc.**  
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nhq, inc. field hockey camp is a private summersports camp held on the campus of Bucknell University. Other than the location and it being directed by current head coach Heather Lewis, nhq, inc. has no other affiliation with Bucknell University.