

application

to secure your spot in camp, please send this application and a non-refundable deposit of \$100.00 (payable to nhQ, Inc.) to:

nhQ
po box 146
lewisburg, pa 17837

check here:

- open/team camp. july 10 - 13, 2008
at bucknell university
- I will be a day camper (\$320)
- I will be an overnight camper (\$420)

name: _____

address: _____

city: _____ state: _____

zip: _____ phone: _____

parents email address (please print clearly): _____

age in sept. '08: _____ position(s): _____

grade in sept. '08:

4th 5th 6th 7th 8th fr. so. jr. sr. col.

years of experience: var 1 2 3 jv 1 2 3 jhs 1 2 3

high school: _____

roommate request: _____

health insurance company: _____

health insurance policy number: _____

parent/guardian please read and sign:

I understand and accept that the risk of injury is possible while playing or practicing the sport of field hockey. I authorize the nhQ field hockey camp staff to act for me according to their best judgment in any emergency requiring medical attention and agree to absolve the nhQ field hockey camp staff from any liability arising from the emergency decision.

parent/guardian signature date

In case of an emergency, please notify:

name phone no:

nhQ
po box 146
lewisburg, pa 17837



field hockey camps 2008



camp session

open/team camp july 10 - 13
at bucknell university

camp director

heather lewis
head field hockey coach
bucknell university



director heather lewis

Heather Lewis, head field hockey coach at Bucknell University, begins her sixth year as director of **nhQ, Inc.** field hockey camps on the campus of Bucknell University.

Entering her 16th 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, six Patriot League "Rookies of the Year", four Patriot League Scholar-Athletes and 20 Regional All-Americans and 52 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.

Recently, Heather was elected to the Board of Directors for USA Field Hockey. 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 2008 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) \$320.00
8:30 - 8:00pm
open/team camp (overnight) \$420.00

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

deposit

A **non-refundable** deposit of **\$100.00** must accompany this application to secure a space in camp. **Application and deposit must be received by June 15, 2008** 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, 2008. **PLEASE SEND NO CORRESPONDENCE in the mail after JUNE 15, 2008.** **AFTER** June 15, 2008 **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 10th from 12:00 - 1:15pm with the first session starting at 1:45pm. Day campers are encouraged to enroll between 12:45 - 1:15pm and be prepared for the first session at 1:45pm. 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 13th 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 10th, 11th & 12th and 4:00pm on the 13th.

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, shinguards, a mouthguard, 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, shinguards, 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.
p.o. box 146
lewisburg, pa 17837
(570) 523-0476
hlewis@bucknell.edu

nhQ, Inc. field hockey camp is a private summer sports 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.