



# CAMP 2009

GRADES 8-12

- TEAM & INDIVIDUAL CAMP
- OVERNIGHT & COMMUTER
- SPECIALIZED GOALKEEPER INSTRUCTION

For more information, please go to  
[www.villanova.com](http://www.villanova.com)  
 or email: [joanie.milhous@villanova.edu](mailto:joanie.milhous@villanova.edu)

Register by mail  
 Or  
 online at [www.villanova.com](http://www.villanova.com)

## JULY 11 - 14

Joanie Milhous  
 Villanova Field Hockey Camp  
 Villanova University  
 800 Lancaster Avenue  
 Villanova, PA 19085



### CAMPER REGISTRATION FORM

Name: \_\_\_\_\_ Year of HS Grad: \_\_\_\_\_  
 Parent's Email (IMPORTANT – This is required because confirmations are sent to this email): \_\_\_\_\_  
 Phone #: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Roommate request (please have roommate request you too): \_\_\_\_\_  
 Position: \_\_\_\_\_ Years of experience: \_\_\_\_\_  
 School: \_\_\_\_\_

A deposit of \$200.00 is required with the application. Please make all checks payable to: **Joanie Q. Milhous** and send the completed application and check to Joanie Milhous, Villanova Field Hockey Camp, Villanova University, 800 Lancaster Avenue, Villanova, PA 19085. The balance is due at Registration on July 11. Upon receipt of the deposit, we will email you a confirmation packet with complete camp details.

#### WAIVER

All campers must have their own medical coverage. The camp provides only excess coverage after your insurance policy has been utilized. Campers will not be allowed to play unless the following information is submitted and the form signed by the parent/guardian of the camper. A health insurance and information form will be mailed to you upon receipt of your application. I hereby authorize the staff of Villanova Field Hockey Camp to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release the Camp from any and all liability for any injuries or illness incurred while at camp.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
 If you would like to Register online, please go to [www.villanova.com](http://www.villanova.com)

### CAMPER REGISTRATION FORM

Please Check the box that applies to you.

- OVERNIGHT CAMP Individual Rate \$ 455.00
- OVERNIGHT CAMP Team Rate \$ 440.00 (12 or more players)
- COMMUTER CAMP Individual Rate \$ 395.00
- COMMUTER CAMP Team Rate \$ 380.00 (12 or more players)

If registering as a Team, please send in all applications together.

Reversible Tank Size:  
 SMALL  LARGE

Sign up early – Enrollment is limited.  
 2006, 2007, 2008 Camps were SOLD OUT!





## VILLANOVA FIELD HOCKEY CAMP

### CAMP DIRECTOR

#### JOANIE Q. MILHOUS

##### *Head Field Hockey Coach Villanova University*



Joanie Q. Milhous enters her fifteenth year as Head Coach of the Villanova University Field Hockey Program. Milhous is a 1991 graduate of the College of William and Mary where she was a standout in both field hockey and lacrosse. At Villanova, Milhous has coached 2 All-Americans, 21 Regional All-Americans, 41 Big East Conference All-Stars and 70 Big East All-Academic players. Milhous has been awarded Big East Coach of the Year in 2005 and 2001. In 2001, Milhous became Villanova's All-Time Winningest Field Hockey Coach. She and her husband Stowe have three children.

The Villanova Field Hockey Program participates in the highly competitive Division I Big East Conference. The 2008 Wildcats continued their success with a third consecutive year of being Nationally Ranked in the top 20. The Wildcats are very excited about the future and are ready to take the next step.

#### ASSISTANT DIRECTOR

#### ANDREA GRASSO

##### *Assistant Coach, Villanova University*

Andrea Grasso enters her eighth season as the primary Assistant Coach on the Villanova coaching staff. Although she specializes in goalkeeping, Grasso is also involved with all aspects of the program. Grasso graduated in 2002 from the University of Delaware with a degree in Communications. Grasso is one of the premiere goalkeeping coaches in the country. She is also on the staff for the High Performance Training Centers for PA/NJ where she primarily works with the goalkeepers. Grasso has also played on the Philadelphia Women's Team which is a part of the North American Premiere League.

At camp, Grasso is one of our Directors and oversees the Goalkeepers.

#### ASSISTANT DIRECTOR

#### RORY ROGERS

##### *Assistant Coach, Villanova University*

Former Wildcat standout and All-American, Rory Rogers returns to her alma mater after finishing her career in 2005 as one of the top field hockey players in the BIG EAST, as well as in the country. Rogers has been an Assistant Coach for the past two years. During her four years on the Main Line, Rogers left her mark in the field hockey record books. Rogers received 3<sup>rd</sup> Team All-American and 1<sup>st</sup> Team Regional All-American honors. She was also selected as the BIG EAST Offensive Player of the Year. In addition, Rogers was named to the All-BIG EAST First Team for the second time in her career, as well as being selected to play in the highly touted North/South Senior All-Star Game. She is currently tied for third on Villanova's all-time list for Career Goals with 46, while solely holding down the third spot for Career Points with 111.

#### ASSISTANT DIRECTOR

#### CATHERINE SOMITS

##### *Assistant Coach, Villanova University*

A former standout player at Villanova, Catherine Somits just completed her first season as an Assistant Coach. Somits started in every game in her four year career at the midfield position. She was a captain her senior year and played a key role in the success of the Villanova Field Hockey Program.

#### ADDITIONAL CAMP STAFF

- College Coaches
- International Players
- Current and former Villanova Field Hockey players
- Other Top Division I players
- Goalkeepers will have specialized instruction by the finest goalie coaches. We will also have certified athletic trainers at all times.
- Certified Athletic Trainers

### IMPORTANT CAMP INFORMATION

The Villanova Field Hockey Camp is designed for the serious field hockey player who wants to improve her skills. We will review fundamental skills and concepts as well as learn new and advanced techniques. There will be an emphasis on individual along with team strategies. The Villanova Field Hockey Camp will give you the confidence you need to succeed as a field hockey player. Our goal is to provide the best teaching and help you be the best player you can be.

#### A TYPICAL DAY AT CAMP

Morning Session focuses on individual skills and techniques including attack and defensive concepts. There will be fundamental and advanced skill instruction. After lunch we will have small games, team games, challenge tournaments as well as concentrated game situations. The evening session includes full field coached play. We also have evening pick-up where our campers get to challenge the coaches.

The Villanova Field Hockey Camp also has Guest speakers which include a Team Building Coach and a Strength & Conditioning Coach.

#### OVERNIGHT CAMP & COMMUTER CAMP

Both camps will begin on Saturday, July 11 and conclude on Tuesday, July 14 at 12:00 p.m.

Overnight Campers stay in a Villanova University dormitory and all meals are provided. They also get a chance to play against the coaching staff in night pick-up games.

Commuter Campers are dropped off at 8:45 a.m. each morning and will be picked up at 8:00 p.m. each evening. Lunch and dinner are provided for the commuter campers.

#### USFHA PARTNER CAMP

Villanova Field Hockey Camp is a USFHA Partner Camp. Villanova Field Hockey Camp has met USFHA criteria of curriculum and staffing standards. We recommend athletes into the USFHA Futures Program.

#### VILLANOVA UNIVERSITY

Villanova University enjoys a long and visible history of academic excellence, an outstanding athletic department, and a beautiful campus. Just 12 miles outside of Philadelphia, Villanova is committed to providing students with a well-rounded education; the majority of its programs are built upon a strong liberal arts foundation. The University offers 40 diverse undergraduate majors; more than 30 graduate programs in liberal arts and sciences, business, engineering, and nursing. US News and World Report has ranked Villanova University number one ten times within the past twelve years in the Northeast Regional University category. Educational experiences in the classroom are complimented by those in athletics, which promote discipline, teamwork, leadership and good sportsmanship.

#### REFUND REQUESTS

All requests for cancellation must be in writing. All monies paid, with the exception of \$100.00 administrative fee, will be refunded provided the notice of cancellation is received two weeks prior to the start date of camp. (No refunds will be provided less than two weeks prior to the start date of camp, regardless of circumstance).

**CAMP CONFIRMATIONS and detailed information will be emailed to each camper. If you register on-line, you will receive an automatic Confirmation and detailed information from Active.com. Make sure you clearly include your email address on the application form. ALL information and forms will be posted on the Villanova Field Hockey Camp Website at:**

[www.villanova.cstv.com/camps/fieldhockey-camp.html](http://www.villanova.cstv.com/camps/fieldhockey-camp.html)

**You can register by mail or**

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Villanova Field Hockey Camp  
800 Lancaster Avenue  
Villanova, PA 19085

web site: [www.villanova.com](http://www.villanova.com)  
email: [joanie.milhous@villanova.edu](mailto:joanie.milhous@villanova.edu)  
phone: 610.519-4132



**YOU ONLY LIVE ONCE**  
*Make it count*