



NORTHWESTERN FIELD HOCKEY SUMMER CAMPS

Led by instructors:

TRACEY FUCHS
Northwestern Head Coach
USA National Team Assistant Coach
USA Level III accredited coach
Two-time Olympian
NCAA champion as player and coach

ALI JOHNSTONE
Northwestern Assistant Coach
Two-time All-American
Nine-year member of Canadian
National Team
USA Level II accredited coach

ZOE ALMQUIST
Northwestern Assistant Coach
Three-year starter for Northwestern
NU team captain
USA Level II accredited coach

• WHEN:

*Please circle
your choice
at right*

TEAM / INDIVIDUAL CAMP I

July 15-18, 2012
Grades 4-12
Resident Price: \$500
Commuter Price: \$450
Check-in: July 15 @ Noon
Check-out: July 18 @ 11:30 a.m.
** Nine-session camp*

ELITE CAMP II

July 18-21, 2012
Grades 8-12
Resident Price: \$500
Commuter Price: \$450
Check-in: July 18 @ 2 p.m.
Check-out: July 21 @ 11:30 a.m.
** Eight-session camp*

• WHERE:

Lakeside Field
2311 N. Campus Drive • Evanston, IL • 60208

• TO REGISTER:

Please complete this flyer and return with check payment to:
Northwestern Field Hockey
1501 Central St.
Evanston, IL 60208
Attn: Zoe Almquist

*Additional questions should be
directed to assistant director
Zoe Almquist, 847-491-2604
(z-almquist@northwestern.edu)*

Checks should be made payable to Niner Sports* • *Or Register Online at NUFIELDHOCKEYCAMP.COM

Name: _____

E-mail: _____ Emergency Phone #: _____

Address: _____

School: _____ Age & Grade: _____

Position (circle one): F / M / B / GK Level You Played Last Fall (circle one): Varsity / JV / Junior High / Beginner

Number of Years You Have Played Field Hockey: _____ Roommate Preference: _____

****All camps are open to all interested players and
are restricted only by age.****

2012 Northwestern Field Hockey Camps will include but not be limited to:

- 1) Basic and advanced skill instruction—Focus will be on teaching and fine-tuning basic skills while exposing athletes to advanced techniques. A few areas covered include passing, receiving and ball control.
- 2) Small-sided games—The athletes will compete in various small games with emphasis on small-space tactics.
- 3) Shooting—Emphasis will be placed on both basic and advanced shooting techniques. Instruction will focus on technique and exposure to a variety of shooting skills.