

WELCOME

to

WORLD CAMP USA

Your Room #: _____

After Registration:

Hockey Ready and Down at

9:30AM

Wear your sticker – includes your World Camp Team Name



Player Guide

This guide includes information for camp policies, procedures, special events and schedules. Please use this guide as a reference only – listen for instructions pre and post training sessions and activities.

First and foremost...

**If there is one thing you should know about World Camp USA...
...it's that we hold the belief that HOCKEY IS FUN!**

"Play for the Love of the Game"

1.800.803.1356

WELCOME TO WORLD CAMP USA. You are about to experience one of the best field hockey camps available to high school players in the USA. To get the most out of the camp, we ask that you come both mentally and physically prepared. Two things are going to happen for you at the camp. First – you'll become a better skilled hockey player – and second, you're going to have a lot of fun. In order to create the best environment to achieve these results, we need your help in following some basic rules.

CAMPERS' RULES

- All Campers **MUST** participate in ALL camp activities. If a camper is sick and unable to participate – we will call her parents so she can be brought home and cared for.
- Overnight campers must turn in their car *keys* upon check-in.
- You will need to have your own bedding – either sleeping bag or sheets & pillow.
- Attend all sessions; attendance will be taken at each session.
- Do not bring to camp what you cannot afford to lose, i.e jewelry, camera, walkman, money, etc.
- **BE ON TIME!**
- **Meet** outside Dorm Lobby/Quad area prior to each session.
- Be prepared for turf & grass each session. Bring turf shoes or sneakers & cleated shoes for grass.
- If you are injured or sick, contact appropriate staff immediately. Do not stay in your room during a session, if you are not feeling well. Sick campers must report to each meeting.
- You **MAY NOT LEAVE CAMPUS** for any reason.
- You must be in your **OWN ROOM BY 10:30pm** for room check & attendance.
- Any lost key or Dining Card is to be reported to your assistant coach immediately. The fee for a lost Key or Dining Card is \$75.
- **NO CLEATS** in dorm or dining hall

You will be **DISMISSED** from camp for any of the following:

- Alcohol/Drugs/Tobacco Use or Possession
- Smoking
- Missed Sessions
- Having visitors in dorm rooms
- Leaving campus (whether walking or in a vehicle)
- If you are out of the dorm after 10:30pm

DINING HALL HOURS

All campers **MUST** attend all meals. Meals are served at the Dining Hall. The following are the dining hall hours:

BREAKFAST: 8:00AM Attendance at Dorm :: 7:30AM Last Day / Morning

LUNCH: 12:30PM (Directly after Training)

DINNER: 5:00PM (Directly after Training)

Please note: YOU WILL BE DENIED ACCESS TO THE CAFETERIA IF YOU ATTEND MEALS OTHER THAN THE POSTED TIMES

Also – You must go to the Dining Hall with your assigned Group and Leader

NO CLEATS on artificial turf field or in dorm and dining hall.

INSTRUCTIONAL SESSION TIMES

You need to report for every and all camp sessions and activities. Before every morning, afternoon & evening session – meals and any and all Camp activities, you will meet your assigned Dorm Leader in the Dorm Lobby prior to departing to the fields or activity.

Every day at 9:25AM be dressed and ready to play. Meet your US coaches outside the Dorm Lobby to walk to the field. Training begins 9:45AM sharp.

The following are the daily meeting (and session) times for the week:

Days 2 / 3 / 4	Wake-up:	7:40 AM	
Days 2 / 3 / 4	BREAKFAST:	8:00 AM	– walk from Dorm
Days 1 / 2 / 3 / 4	MORNING:	9:25 AM	– to field – walk from Dorm
Days 1 / 2 / 3	LUNCH:	12:30 PM	– walk from Field
Days 1 / 2 / 3 / 4	AFTERNOON:	1:25 PM	– to field – walk from Dorm
Days 1 / 2 / 3	DINNER:	5:00 PM	– walk from Field
Days 1 / 2 / 3	EVENING:	7:30 PM	– walk to evening activity

Attendance is taken – BEFORE Breakfast each day - please be on time.

CHECK-OUT

Check out is following the camp tournament (no Lunch on last day – only breakfast). Checking out entails; leaving your room the way you found it upon check-in, returning your room keys and dining card. Assuming your keys are returned and everything is in order, your KEY DEPOSIT will be handed back to you. **Make arrangements to be picked up between 12:30 - 1:00 PM on the last day of Camp.**

EMERGENCY PHONE NUMBER:

The camp phone number should be used for emergencies ONLY! Please have friends and family call on the pay phones in the dorms. If you need to be reached by your family in an emergency – Check our Bulliten Board for the Camp Emergency Number. **ONLY URGENT MESSAGES WILL BE DEALT WITH AT THIS NUMBER. The Number will be posted clearly at Registration.**

- Store Hours Daily: Registration – Day 2&3 after Dinner – All Day 4
 - Sticks are available for demo & purchase anytime on request
- Items available: Sticks -T-shirts - Hats - Sweatshirts – plus more.

AROUND THE DORM..

- Wear shoes at all times. Please do not walk around barefooted or in cleats.
- **NO CLEATS** in dorm
- Send all jewelry home with family. WORLD CAMP USA is not responsible for valuables left in the dorm room.
- Respect others. Please be considerate of other staff and campers in the dorm. Do not force your music on any one else.
- No running, jumping, playing field hockey in the halls, no screaming, yelling, fighting, or fooling around.
- Keep your room key with you at all times.
- Remember to lock your door when leaving for a meal or session.
- Clean up after yourself in the bathroom and in your dorm room. Keep it clean!
- Please do not move the furniture. Do not move your mattress into another room. Stay in
 - the room you were assigned.
- **NO SMOKING, NO ALCOHOL, NO DRUGS.** Campers caught or suspected of smoking, drinking alcohol or using drugs will be sent home.
- Room check starts at 10:30 pm. All campers must be in their assigned rooms. Lights out by 11:00 pm. Absolutely, **NO EXCEPTIONS!**
- Campers are not allowed to leave their assigned dormitory after 10:30 pm. Campers violating this rule will be warned the first time. After the first violation, your parents will be notified and you will be sent home.
- Check bulletin board for announcements, field assignments or change of schedule.
- Camp store will be open at designated times.

AROUND THE DINING HALL...

- Attend meals only during posted hours with your fellow campers.
- **NO CLEATS** in Dining Hall
- Please do not take water bottles into the cafeteria.
- Cafeteria is used by other groups and the management has requested that you keep all equipment in at your seat – under the table.
- Drink plenty of fluids and eat three meals a day.

AROUND THE FIELDS...

- Report to all sessions on time. Attendance will be taken.
- Wear your mouth guard and shin guards at all activities sessions.
- Remove all jewelry before reporting to the fields (in fact – don't bring it to camp).
- Help CLEAN the field at the end of each session.
- Be enthusiastic, energetic, pay attention and ask a lot of questions. Keep a notebook of all the drills and write down key points of the session.
- LEARN, BE PATIENT, HAVE FUN, WORK HARD AND DEVELOP YOUR SKILLS!
- Challenge yourself, Ask questions – and let us help you improve.
- HAVE FUN!!!!!!!

FANS (FRIENDS & FAMILY)...

- Fans can watch during the hours of 9:30AM to 5:00PM from the stands
- They cannot be on campus after 5:00PM
- They cannot come on the fields
- They cannot come into the Cafeteria
- They cannot come in the Dorm.
- Fans cannot interact with the players at anytime during the camp (equipment exchange is OK).
- Fan interference will not be tolerated.
- NOTE TO FANS: The Staff of World Camp USA are professionals and courteous in their daily interactions – but they are working, and working very hard at the camp. All of their energy is being put into our camper's experience. We ask that you limit any interaction with the Camp Staff to matters of necessity.
- Pictures and Autographs will be freely given at the end of Camp.

⇒ **Drink Plenty of WATER**

⇒ **Wear Sun Block**

⇒ **Clean-up Your Mess**

⇒ **Use a Mouth Guard**

⇒ **Listen to Schedule**

Typical Daily Program at World Camp USA

— Four Full Days

- Players are assigned to rotating Training Modules with approximately 12 – 15 players.
- Players are placed into Training Modules based on their playing ability.
- 9 Training Modules operating simultaneously on one artificial turf field.
- With over 1000 balls in use on one field - equals over 100 balls per training group.
- Which means many more repetitions – more practice – more playing time.
- This also allows us to increase or decrease the level of training intensity per module.
- Smaller group modules also allow for one-on-one coaching
- The above, along with our expert Dutch coaching staff - will take all players – regardless of their ability – to a new level of hockey.

Typical Daily Program

(Changes may occur)

07.40	Wake-up
08.00	Attendance & meet for Breakfast
09.25	Players Meet – walk to field – Hockey Ready
09.45	Warm Up
	Olympic Demo
10.00–12.15	Clinic Sessions
12.30 – 01.15	Lunch – relax
01.25	Players Meet – walk to field
01.45 – 5.00	Clinic Session
05.00	Clean-up & End camp day :: Dinner & Relax

Evenings for Overnight Campers

07.30 – 10.00	Night 1:	“Staff Tournament Challenge”
	Night 2:	“Game night”
	Night 3:	“Skit night” and Good-bye Party
10.00		End evening activity
11.00		Lights out