**Camp Director**

Bertie Landes is the head coach at Shippensburg University. Coach Landes is the Former US National Field Hockey Squad, 2013 4U Field Hockey/NFHCA Division II National Coach of the Year, 2013 CaptainU Division II Field Hockey Coach of the Year, 2011 NFHCA Hall of Fame inductee, and PSAC Coach of the Year award five times.

**Coaching Staff**

Head coaches include current and former college and high school head coaches. Counselors and assistant coaches are top collegiate players.

**Facilities**

The SU Field Hockey Camp will be conducted on the beautiful Shippensburg University campus, which includes a turf field with lights and goalkeeping site equipped with cages. Due to our outstanding facilities, we have served in the past as the host of the Pennsylvania Interscholastic Athletic Association (PIAA) State High School Field Hockey Championships.

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**Camp Schedule**

**Check-in**

Sunday, July 26 from 1:30 to 2:30 pm, Robb Field

**Check-out**

Residence Hall Lobby

Thursday, July 30, approximately 12:00 NOON after tournament concludes

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**Field Hockey Camp**

**High School Team & Individual**

July 26 to 30, 2015

**Register NOW!**

**Shippensburg University**

2015 Summer Camps

**Swimming Camp**

Boys & Girls Ages 10 - 17

June 7 - 10

**Boys Basketball Camp**

Boys Ages 10 - 17

June 21 - 24

**Girls Softball Camp I**

Girls Ages 10 - 17

June 21 - 25

**STEM: An Environmental Mystery**

Boys & Girls Ages 12 - 15

June 22 - 26

**Girls Basketball Camp**

Girls Ages 10 - 15

June 28 - July 1

**Chemistry Camp I & II**

Boys & Girls Ages 8 - 10

July 6 - 10

**Girls Volleyball Camp II**

Girls Ages 12 - 18

July 12 - 15

**Girls Softball Camp II**

Girls Ages 10 - 17

July 12 - 16

**Sprints & Hurdles Camp**

Boys & Girls Grades 9 - 12

July 19 - 22

**Cross Country Camp**

Boys & Girls Grades 9 - 12

July 19 - 23

**Lacrosse Camp**

Girls Grades 6 - 12

July 20 - 23

**Jumps Camp**

Boys & Girls Grades 9 - 12

July 26 - 29

**Throws Camp**

Boys & Girls Grades 9 - 12

July 26 - 29

**Tennis Day Camp**

Boys & Girls Grades 3 - 8

July 27 - 30

**Tennis Camp**

Boys & Girls Grades 9 - 12

July 27 - 30

**Girls Volleyball Camp II**

Girls Ages 12 - 18

July 26 - 29

**Field Hockey Camp**

Girls Grades 9 - 12

July 26 - 30

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**Register NOW!**

**or visit our website at**

www.ship.edu/camps

**or e-mail your request to**

sucamps@ship.edu.

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Shippensburg University is an equal opportunity educational institution. Direct requests for disability accommodations and other inquiries to the Office of Disability Services, Horton Hall 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299. (717) 477-1329, od@ship.edu.
Credit card or e-check, full payment is required at the time of registration. Complete the registration application and mail it as soon as possible. Applications for Girls entering their freshman year of college (2014) will also be accepted. Please check the Conference Office’s website at www.ship.edu/camps as part of the registration process. If paying by credit card, you have the option of paying the entire amount or submitting at least a $75 deposit with the balance due one week prior to the start of camp. An administrative fee of $75 will be deducted from all payments. No refunds will be given after on-campus check-in. The Conference Office reserves the right to cancel any camp which has insufficient enrollment up to two weeks before the opening of camp. A full refund will be given if the camp is cancelled.

General Camp Information

Register early: Space is limited to facilitate individual attention. Housing: Campers will be housed in new suite-style residence halls. Amenities include air conditioning and a bathroom for every two campers. Two sheets, one pillowcase, and a pillow will be provided. No towels, washcloths, or blankets are provided. Please bring these items with you. Coin-operated washers and dryers are available on each floor in the residence hall.

A certificate of health must be presented by each participant at the camp’s registration. A standard form will be sent upon acceptance. This form does not require a physician’s examination or signature.

Required Sports Equipment:
- Field hockey stick, mouth guard and shin guards are mandatory for participation in all field hockey activities.
- Turf shoes may be cleats, multi-cleat, or sneakers. Goalkeepers must provide their own equipment, i.e. helmet, leg guards, kickers, pelvic protector, chest protector, gloves, throat protector, and stick.

Objectives

The objectives include instructing all campers regardless of ability level in the techniques and tactics currently used by the top high school and collegiate programs. Fundamental skills are emphasized combined with offensive and defensive drills and practices. Individual and team tactics are taught each session. Game competition in the evening concludes each day. Our goal is to provide a positive field hockey experience for EACH camper and EACH team. CAMPERS are invited to attend as INDIVIDUALS or as part of a TEAM.

Camper & team evaluation
- Evaluations will help campers/teams identify hockey specific strengths and weaknesses.
- Evaluations can be used to send to college coaches.

Corners
- Specialized sessions on offensive and defensive corners.

Goalkeeping session
- The goalkeepers will participate in specialized training sessions where they will work on footwork, conditioning, mental concentration, confidence building skills as well as specific defensive corner and penalty stroke sessions.

Camp Highlights
- College recruiting session
- Weight training instruction
- Speed, conditioning, and foot work training
- Swimming workouts in case of inclement weather
- Camp championship tournament
- Fun “team bonding” activities
- 11 v 11 and/or 7 v 7 games each day
- Evening games on field turf under the lights
- TV lounges and supervised off-field activities
- Laundry facilities in residence hall
- 24-hour security

What to bring:
- Personal Equipment: Shorts, shirts, sweat shirt, sweat pants, socks, sneakers, swimsuit, rain gear, sunscreen, and alarm clock are a few items we suggest that you bring. Water and ice will be available on the field. A water bottle will be given to each player.