

HOOSIER FIELD HOCKEY CAMP MANUAL

2018 Camp Manual

Hoosier Field Hockey Camp, Thursday – Saturday, June 28-30, 2018

Thank you for selecting Hoosier Field Hockey camp! On behalf of the Hoosier Field Hockey Camp staff, we welcome you to Bloomington, Indiana!

Our camp curriculum is designed to help you become a better field hockey player. Our Coaching staff will teach both basic skills and elite tactics. Camp sessions will include practices with fundamental drills and advanced game situations. Evening sessions will be focused around game play, so that you can apply the skills learned from the morning and afternoon skills sessions. Our Coaching staff will include NCAA Division 1 Coaches, Student-Athletes, and Alumni. Our Coaching Staff will teach team concepts such as leadership, on-field communication, and teamwork. Our Camp Coaches will also share their knowledge of attacking skills, defensive skills, and goal scoring. Goalkeepers will receive specialized training with our Goalkeeper Specialist Coach. Campers will learn many concepts that will prepare them for their upcoming season.

This Camp Manual contains Camp Rules and Information for Campers and Parents:

TUITION AND COST:

\$410.00 Individual Overnight Camper Fee

\$395.00 Team Overnight Camper Fee (\$15 discount for teams of 13 or more, if registered before May 1)

\$395.00 Individual Overnight Camper Fee (\$15 discount, if registered before May 1)

\$360.00 Individual Commuter Camper Fee

\$15 discount per camper for siblings (2 or more)

ENROLLMENT: Hoosier Field Hockey Camps are open to any and all entrants, limited only by number, age, grade level. Space will be limited for each camp.

CAMP SCHEDULE: Hoosier Field Hockey Camp will consist of 6 sessions at the IU Field Hockey Complex.

Thursday, June 28: 1-2pm Check In at McNutt Dorm

2:15pm All Camp Meeting in McNutt Dorm, Room 208 Classroom

3-5pm Afternoon Session 1

5-6pm Dinner, 6:30-9pm Evening Session 2

10pm Bed Check/Curfew

Friday, June 29: 7:30 Breakfast, 9-11am Morning Session 3,

11am Lunch, 1-3pm Afternoon Session 4,

5pm Dinner 6:30-9pm Evening Session 5

10pm Bed Check/Curfew

Saturday, June 30: 7:30 Breakfast, 9-12pm Morning Session 6,

11:45am Closing Ceremony

12:00 – 2:00 pm Check out

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REGISTRATION AND CHECK-IN LOCATION

McNutt Dormitory

Use this address on Google Maps: **1190 N Fee Ln, Bloomington, IN 47406**

Parking on the west side of McNutt for drop off and overnight parking.

Thursday, June 28: 1:00 – 2:00 pm Check In at McNutt Dorm

Registration: Campers will check in and receive their dorm room assignments, their meal card, a lanyard, a camp sack pack with a reversible Pinnie. The meal card is also the swipe to get into the dorm and into each dorm room. These swipe cards will only work on the floor of your assigned dorm room.

The Health Care Supervisor will be at check in. Please inform the Health Care Supervisor of all medical and dietary issues.

Upon checking into the dorm, please notify the camp staff immediately if there are any issues with the condition of the room. Both occupants of the room are responsible for any damage to the dorm room, unless one fully admits to the damage, and will be charged accordingly.

Each overnight camper can get one **Parking Pass**. Please bring your car's make and model information and license plate number to Registration to fill out the Parking Pass form.

Any camper who is a minor (under 18 years old) may not use their car during camp. Car keys will be held by the Camp Assistant Director during camp and will be returned at check out.

Thursday, June 28, 2:15pm All Camp Meeting in be in McNutt Dorm, Room 208

Bring your hockey gear as we will walk directly to our first camp session at approximately 2:45pm.

CHECK OUT: Saturday, June 30, 2018, 12:00 – 2:00 PM

Last camp session will be from 9:00 AM -12:00 PM at the IU Field Hockey Complex.

There will be a closing ceremony at the field at 11:45 AM. Parents are welcome to attend the closing ceremony at the field.

Campers may check out of their dorms between 12:00 PM – 2:00 PM.

Campers may keep their dorm swipe card.

Please clean your room and leave the door open so that we know you have checked out.

SITES AND FACILITIES

IU Field Hockey Complex: All sessions will take place on the AstroTurf playing surface of the Indiana University Field Hockey Complex. The field will be watered, so bring Field Hockey AstroTurf shoes.

Use this address on Google Maps: **1550 North Fee Lane, Bloomington, Indiana 47408**

IU Memorial Stadium: Night sessions will take place on the FieldTurf playing surface of the Indiana University Football gam field. The field will not be watered, so wear Turf shoes or sneakers.

Use this address on Google Maps: **1001 E. 17th Street, Bloomington, Indiana 47408**



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McNutt Dormitory on the Indiana University campus will house campers for the three days, two nights. Residence halls are air-conditioned.

Use this address for the parking lot south of McNutt Dorm: **1101 North Fee Lane, Bloomington, Indiana 47406**

MEALS

Meals will be provided in the McNutt Dorm Cafeteria. Five meals will be provided starting with dinner on the first day of camp and ending with breakfast on the last day of camp. Dinner on Friday will be served in Memorial Stadium.

Water and Gatorade will be available at camp sessions.

Gatorade specialists will also be present to provide Gatorade to all participants.

Note: Before camp, it is the camper's responsibility to alert the Camp Directors of any dietary and/or food allergies that exists.

Please email us before camp at HoosierFH@gmail.com with any food allergies, etc. Also remind the staff at check in.

The Camp Director will notify the Health Care Supervisor and Dorm's Registered Dietitian to help accommodate for any dietary needs or food allergies.

Nicole Volgraf, Camp Assistant Director, IU Assistant FH Coach, HoosierFH@gmail.com 215-840-6170 cell
Indiana University Registered Dietitian, Rachel Noirot, MS, RD, CD nutrinfo@indiana.edu, 812-856-5851 office

FIRST AID & HEALTH CARE SUPERVISOR

The Health Care Supervisor will be on site at all times to care for any minor injuries and to provide minor medical treatment. The Health Care Supervisor will be CPR/AED certified. Campers with EPI-pens and inhalers for asthma should bring extra medication to provide to the Health Care Supervisor during Registration & Check In.

Each participant must have her own medical insurance. The Parental Consent & Medical Waiver Form is required for all campers. **Please be sure to fill out the Parental Consent & Medical Waiver Form, which was part of the online registration on HoosierSportsCamps.com.** Campers will not be permitted to participate without this completed form.

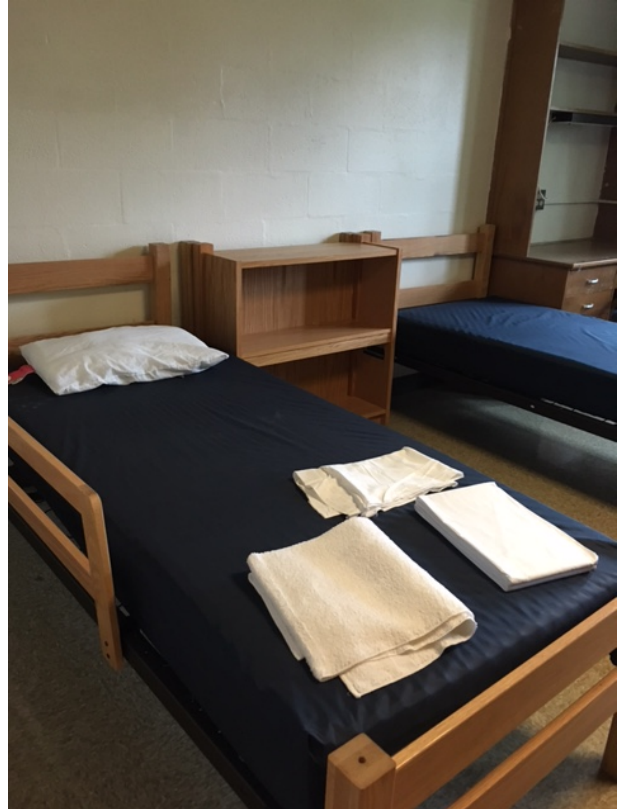
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WHAT TO BRING

Overnight campers will be provided with **BED LINENS ONLY**. (1 Pillow, 1 fitted sheet, 1 flat sheet, 1 towel.)
If you need an additional blanket, there are blankets available at the Front Desk.

Bring your own blanket and/or sleeping bag.

AstroTurf Field Hockey shoes or Trail Running sneakers for wet Turf
Sneakers for FieldTurf
Sneakers to walk around in
Field Hockey Stick
Shin guards & long hockey socks
Mouth guard
Water bottle
Sunscreen, bug spray
Goalkeepers must bring full GK gear.
Toiletries, etc.
Flip flops for the shower
Additional towels for shower and bathroom.
Extra Snacks and drinks
Money for Camp Store
Change of clothes and socks for 6 camp sessions.



Please do not bring any valuables to camp.

Hoosier Field Hockey camp is not responsible for any lost or stolen items.

SPECTATORS

Parents and other spectators are welcome to observe camp. Please watch camp from designated spectator areas outside of the fence. Please use caution when walking around the facility and/or watching camp as balls may go over the fence.

REFUNDS

No refunds or cancellations will be accepted less than two weeks prior to the start of camp. Cancellations received two weeks prior to the start of camp will receive a refund of the registration fee minus a \$75 administrative fee. No refunds will be made if a camper is withdrawn within two weeks of the start of camp.

DISCOUNTS

\$15 discount for teams of 13 or more, if registered before May 1

\$15 discount for individuals that registered before May 1

\$15 discount for siblings (2 or more)

**Only one discount can be applied per registration.*

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CONFIRMATION

After your camp application has been processed, you will receive an email confirmation containing this Camp Manual and other important information.

TRANSPORTATION: Transportation to and from camp is the responsibility of the camper.

Campers who need transportation to and from the Indianapolis Airport will need to make their own arrangements. Hoosier Field Hockey Camp recommends campers to utilize the Airport Shuttle Services of GO Express Travel: https://goexpresstravel.com/airport_shuttle_schedule

Campers are not permitted use of their personal vehicle during camp. Campers will be required to give their keys to the Camp Director and the keys will be returned at the end of camp or in the event of an emergency. Campers may park their car behind McNutt to leave for the duration of camp. Campers must ask for a parking pass at the Front Desk during check in. Bring your car's information and license plate number.

During Camp, campers will walk to all locations. In case of weather emergencies, there are plans in place for each facility to insure safety. Campers will always be accompanied by a Camp Counselor.

DISMISSAL POLICY

Hoosier Field Hockey Camp will make every effort to provide a program where campers will have a safe and fun environment.

We do reserve the right to send any camper home, without refund, if she becomes sick and can not play or if she does not conduct themselves in a manner that will enhance proper and safe learning, good sportsmanship, and/or a willingness to follow directions.

CHILD SAFETY & PROTECTION

Hoosier Field Hockey Camp is committed to creating a safe environment that provides protection of all participants. Campers will receive 24 hours a day supervision. For an appropriate level of supervision, a Coach : Camper Ratio of 1 : 12 will be maintained. All members of the staff will have passed a legal and thorough background check before being allowed to work at camp in any capacity. In addition, all members of the staff will be identified and introduced to the campers. All staff will have been properly trained to handle emergency situations.

Should a camper suspect any illegal or inappropriate behavior from another camper or staff member, they must immediately report the activity to the Camp Director or a staff member. Hoosier Field Hockey will adhere to the Indiana University Public Safety & Institutional Assurance Policy on Programs Involving Children (this policy can be found online at <https://protect.iu.edu/police/pic>)

Responsibilities of camp staff members include, but are not limited to:

- Ensuring the safety of each camper.
- Creating an opportunity for each camper to have a positive experience by providing instruction that is appropriate for each camper's age and ability, and encouragement that enables each camper to gain confidence needed to learn new skills.
- Serving as an appropriate role model for all campers in your care.

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Ensuring Camper Safety:

Camper safety is the paramount goal of Hoosier Field Hockey Camp. In order to promote a safe environment, the camp staff should:

- Read the Camp's Emergency Action Procedures and make sure you know how to act if an emergency occurs.
- Read the Camp Manual and review these rules and expectations with your assigned group of campers.
- Read Indiana University Programs Involving Children Policy (**This PIC policy will be provided to each staff member and reviewed**).
- Monitor camper behavior to ensure the campers are following rules.
- If you are staying the dorm, review fire alarm evacuation procedures with campers on your floors.
- Wear a name tag or a Hoosier Field Hockey Camp T-shirt while working camp.
- Maintain a watchful eye for any person who is in camp area but is not a camper or other camp staff member. If you suspect any illegal or inappropriate behavior, please report to the Camp Director immediately.
- Take attendance as required. You are responsible for everyone in your assigned group.
- When escorting campers by walking from one camp site to another, make sure they stay on the sidewalk and only cross the street at a designated crosswalk.
- Immediately report all injuries to the Health Care Supervisor and Camp Director.
- Carefully monitor hydration levels and mandate frequent water breaks.
- Never be alone with a camper behind closed doors. If you need to speak privately with a camper, bring another camp staff member along.

Creating an opportunity for a positive experience:

Creating a positive experience for our campers is an important goal for Hoosier Field Hockey Camp. Since camp staff have frequent, daily contact with campers, they play an important role in reaching this goal. Camp staff should:

- Look for the camper who may be having difficulty integrating into camp. Campers who attend camp on their own may need help meeting other campers.
- Start each instruction with an explanation of session's goals. Offer feedback and look for teachable moments.
- Remember that not all campers learn the same way and at the same pace.

Lost Camper Procedure:

- Camp Staff must account for their campers at all times.
- Upon determining that a camper is unaccounted for immediately notify the Camp Director.
- Camp Staff and the Camp Director should immediately meet to exchange information on the camper's possible whereabouts.

Camp Director should also check camp records to determine:

- Whether the camper reported to the camp session that day
- Whether the camper left early

At this initial meeting, the Camp Director should make note of the following information:

- Camper name and age
- Time and where camper was last seen
- Detailed camper description

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Lost Camper Procedure (cont.): The Camp Director and/or a designee will immediately search the area where the camper was last seen and then the entire camp area. This should include meal locations and the dormitory. **If the camper is still missing, then:**

- Call 911
- Contact parents
- Contact Indiana University Police

- Camp Director should direct other camp staff to continue search until police arrive.
- As soon as police arrive, police will assume control over the search of the camper. Camp Director will have cell phone accessible at all times.

EMERGENCY ACTION PROCEDURES AND WEATHER EMERGENCIES

The Camp Director and Health Care Supervisor may determine to clear the field in case of inclement weather.

Weather Forecasts and Severe Weather Monitoring: Prior to each day, the Camp Director and Health Care Supervisor will check local forecasts to determine whether severe weather is being anticipated. Throughout the day, the Camp Director and Health Care Supervisor will monitor local forecasts and radar systems.

In the case of potential severe weather and/or lightning, the Camp Staff will be instructed to keep campers inside and secure them until approval is provided to move between facilities.

Lightning Safety Procedure and Field Clearance: If it is determined that lightning is occurring within 15 miles of campus and is moving towards campus, the Camp Director will notify camp staff that all campers should be cleared from the field and they should seek shelter immediately. Transition between facilities may be delayed until conditions are deemed safe.

Managing Victims of Lightning Strike:

- Survey the scene for safety.
- Call 911 and contact the athletic trainer/Health Care Supervisor.
- If necessary, move victim to a safer location.
- Evaluate the victim and begin CPR if necessary.
- Evaluate and treat for shock, fractures, and/or burns.
- Notify Camp Director and the Health Care Supervisor

Tornado Procedure:

- In the event that severe weather is imminent or a warning has been issued, campers and camp staff should immediately take cover. The rule of thumb for safe cover is to find a substantial (concrete/brick) structure with a western exposure.
- Below is a list of athletics facilities and specific areas that could be utilized:
Field Hockey locker room or the Armstrong Stadium (soccer) locker rooms. Mellencamp Pavillion bathrooms. Gladstein Fieldhouse (indoor track) or Assembly Hall
Residence Dorms

Fire Procedure:

- In the rare event that a facility catches fire, Camp Staff will immediately direct campers out of the building using the nearest and safest facility exit in a calm and orderly manner. Camp Staff will take attendance and

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ensure all campers are accounted for. If a camper is deemed to be missing, contact the Camp Director immediately. Each facility has detailed fire routes posted and should be reviewed by all Hoosier Field Hockey Camp Staff.

CAMPER EXPECTATIONS

At the camp's Orientation Meeting, a member of the camp staff will review these rules and may announce additional camp specific rules. Campers' adherence to these rules and expectations is critical to making our camp safe, rewarding, and fun for all participants.

Campers are not allowed to leave the dorm or field without permission from the Camp Director. The safety of our campers is our primary concern. There will be adult supervision at all times in the dorms and during all structured camp activities. Campers may have free time during which an adult is available but may not be directly monitoring all activities (e.g., when a camper is in her dorm room during a break or prior to lights out).

Campers will be housed on campus at McNutt Residence Center. All Indiana University dorms are substance free. For added security, Hoosier Field Hockey will have Camp Staff stay overnight in the dorm. The Camp Staff will escort the group to and from the dorm and field at all times. In addition, the camp's Health Care Supervisor will stay overnight in the dorm should a medical emergency arise. Campers are not allowed to leave the dorm after the 10pm Bed Check/Curfew for any reason.

Expectations for Camper's behavior:

- Follow all instructions of Camp Staff and immediately consult your Camp Coach if you are uncertain about any of the instructions.
- Notify a Camp Staff member as soon as any problem arises, big or small. Camp Staff are available to help you at all times.
- Follow the camp schedule and report on time for all sessions. Attendance will be taken.
- Campers should keep track of their personal room card and never loan it to another camper. There will be a charge for lost dorm card.
- Lock your room whenever you leave. When leaving their room, even if only for a small amount of time, campers should take the extra precaution of locking their door. If there is suspicion of theft, campers should contact the Camp Director immediately.
- Bring all equipment that is required to participate in each session.
- Visitors are not permitted in the camp dorm or dining area.
- Campers are not permitted to leave the residence hall without being accompanied by a member of the Camp's Staff. Campers are expected to be in their own room for 10pm Bed Check.
- Hazing is strictly forbidden.

While unacceptable conduct is not anticipated from our campers, violation of any law, any camp rule or expectation could result in disciplinary action, including dismissal from camp.

We expect that parents or guardians of campers will be available (by cell phone) during the duration of camp in the event that the Camp Director needs to speak with them.

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If you are locked out of your room, you can use your cell phone or the phone outside the dorms to call the 24 hour McNutt Dorm call line: 812-855-1183

Lost & Found: Please contact a Camp Coach if you lose something during camp. If you leave something after camp, we will try to return it, but must charge you for any shipping costs.

Thank you for taking the time to read our Camp Manual.

QUESTIONS: If you have any questions, please contact Camp Directors:

Amanda Janney, Camp Director and Owner of Sweet D Field Hockey, LLC
Indiana University Head Field Hockey Coach
HoosierFH@gmail.com
215-681-5614 cell phone

Health Care Supervisor:

Billy Means, Indiana Certified Athletic Trainer, 859-802-0987 cell

Logan Galezio, Indiana Certified Athletic Trainer, 262-224-3179 cell. Logan will be on call 24/7 and staying in the dormitory. Please call Logan at 262-224-3179 for any emergencies at night.

CAMP STAFF & CAMP COUNSELORS:

Amanda Janney, Camp Director, IU Head Field Hockey Coach, 215-681-5614 cell

Nicole Volgraf, Camp Assistant Director, IU Assistant FH Coach, 215-840-6170 cell

Pim van Paassen, Camp Assistant Director, IU Assistant FH Coach, GK specialist, 908-938-1389 cell

Indiana University Registered Dietitian, Rachel Noirot, MS, RD, CD nutrinfo@indiana.edu, 812-856-5851 office

SITES AND FACILITIES at Indiana University:

IU Field Hockey Complex: 1550 North Fee Lane, Bloomington, Indiana 47408

McNutt Quadrangle Dormitory: 1101 North Fee Lane, Bloomington, Indiana 47406



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Updated 5/29/2018 by Camp Director, Amanda Janney