



Field Hockey Day-Camp

July 14-16 @ George Mason U. Fairfax, VA

Under direction of 2016 NCAA DI National Champion Coaches Rolf van de Kerkhof & Jordan McKee

For Elite, Advanced, Intermediate & Novice Girls & Boys:
Grades 6–12 (6x sessions; morning & afternoon): \$450
Register Online: <https://fieldhockeyfun.sportssignup.com>

Coaches:

- International & NCAA D1, D2 and D3 College Coaches & Players
- With a **1:12 Coach–Player** ratio & **1:5 Coach–Goalkeeper** ratio, you receive **personal feedback** on technical and tactical skill – “It’s like having a personal coach.”



Curriculum:

Developed and directed by **NCAA DI National Champion coaches** who apply **international player development strategies** throughout the program.



Daily Program July 14-15-16:

Grades 6–12 in 2021-2022 school year

7:30am	Check-In & Hockey Free-Play
8am–11am	Hockey Session -AM
11am–12pm	Lunch-Break
12pm–3pm	Hockey Session -PM
3:00pm	Departure home

Goalkeeper-specific training included in all our Empower programming.



Empower - Rampage Contacts:

Name

Starr Karl
 Founder, Rampage Field Hockey Club
 Former Westfield HS Head Coach
 Email: starrdowningkarl@gmail.com

Mary van de Kerkhof

Empower Field Hockey
 Phone: 734-678-5726
 Email: info@empowerfieldhockey.com

Health & Safety:

All State of MD and CDC guidelines for health and safety (in sports participation) will be applied and enforced. Education will be given prior to and throughout the camp.



Westfield HS & Rampage Alumni
 Meghan Winesett & Sarah Horgan
 2016 NCAA National Champs