

Full Name: _____
Parent/Guardian Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Camper's Cell Phone:(_____) _____
Parent's Cell Phone:(_____) _____
Home Telephone:(_____) _____
E-Mail: _____
Date of Birth: _____ Age at Camp: _____
Grade Entering Fall 2010: _____
School You Will Attend Fall 2010: _____

Please circle one:

Overnight Camper Commuter Camper

Preferred Roommate (not guaranteed):

Reversible Jersey (Circle one): S M L

Position: _____

Fill in Number of Years played:

High School Varsity _____ J.V. _____

Junior High School _____ Beginner _____

I agree to assume complete financial responsibility for any personal injury or property damage created as a result of intentional or negligent act of my child or ward while she is enrolled at VCU Field Hockey Camp and while participating in any activities of same.

Signed: _____

Date: _____ (Parent or Guardian)

I hereby give my permission for my child to be medically treated for injuries or illness during her participation time at VCU Field Hockey Camp. I will be sent a medical form that must be completed and returned prior to registration.

Signed: _____

Date: _____ (Parent or Guardian)

VCU Field Hockey
Sports Medicine Building
1300 W. Broad St.
P.O. Box 842003
Richmond, Va.
23284-2003

2010 Kelly McQuade Field Hockey Camp at Virginia Commonwealth University

Wed. July 7th – Sat. July 10th
Overnight & Commuters



Camp Philosophy

The 2010 VCU Field Hockey Camp will feature top-level skill instruction from various enthusiastic Division 1 head and assistant coaches from all over the east coast. VCU players will assist as counselors. Our camp philosophy is to teach top-level skills to each camper, while providing enthusiastic knowledge of the game. Bottom line, we hope to provide each camper a fun-filled experience while at camp at Virginia Commonwealth University.

Payments and Deposits:

Camp Fee:

- \$450.00 (Overnight)
- \$425.00 (Teams with over 8 campers)
- \$390.00 (Commuter)

Online Registration:

Can be found at vcuathletics.com/fh.php

Make checks payable to:

Kelly McQuade
 Sports Medicine Building
 1300 West Broad Street
 PO Box 842003
 Richmond, VA 23284-2003

Fees include daily instruction, one speed training session with staff from Elkin Sports Performance, meals (commuters will receive both lunch & dinner), lodging (for overnight campers), and a reversible jersey. Campers will receive an email confirming their registration.

Playing Facility:

Skill sessions and game play will take place on Cary Street Field, which is located at the intersection of Harrison Street & Cary Street.

Dorm:

Overnight campers will be housed Brandt Dormitory located close to Cary Street field. The address of Brandt Hall is 710 West Franklin Street, Richmond, VA www.housing.vcu.edu/halls_villages/Brandt.html

Meals:

All meals will be in Shafer Dining Court located a block from Brandt Hall

**Meet Our Staff:
Camp Director**



Kelly McQuade

Kelly McQuade just completed her third year as head coach of the VCU field hockey program. McQuade's Rams received votes in the NFHCA Top 20 poll this past season and have started turning heads in the CAA and NCAA. Before her time at Virginia Commonwealth, McQuade spent two years as an assistant coach for both the hockey and lacrosse teams at the College of William and Mary. Previous to her coaching career, McQuade was a standout dual-sport athlete at the College of William and Mary. While a member of the Tribe field hockey team, McQuade earned First Team All-CAA and Region honors and was named to the North/South Senior All-Star Game. As a lacrosse standout, she finished her collegiate career

Assistant Camp Director



Shannon Karl

Shannon Karl is in her third year as an assistant coach at Virginia Commonwealth University. Additionally, she serves as the head coach for the Region 8 Futures site at VCU. Before joining McQuade's staff, Karl was a four-year starter for the College of William and Mary from 2002-2005. She currently sits second in the record books for the Tribe at games started, and is third in career assists. In 2004, Karl was selected as an alternate to the USA under 19 and 21 national teams. Karl ended her career as a selection for the NFHCA North/South All-Star Game at the final four in Louisville, Ky.

7:30-8:30 AM	Breakfast
8:45-11:00 AM	Skills Session 1
11:15-2:00 PM	Lunch Break
2:15-4:15 PM	Skills Session 2
4:30-5:45 PM	Dinner Break
6:00-8:00 PM	Night Games
8:00-9:00 PM	Optional Pick-Up Games
8:45-10:00 PM	Camp Store Open
11:00 PM	Lights Out
Day 1	Registration 12:00-2:00 PM Brandt Dorm (Tentative)
Day 4	Morning Tournament Check Out by Noon Brandt Dorm

- Commuter check-in will be between 8:15-8:30 AM on days 2, 3, and 4 at Cary Street Field
- Commuter pick-up will be at 7:10 PM and 8:30PM on days 1, 2, and 3 on Cary Street Field.