



# Sparta Field Hockey Summer Camp 2023



**July 31st - August 3rd**

**9:00 AM to 12:00 PM**

Any girls entering grades **3-9** will be able to register.

All ability levels are welcome!

Camp will be held at **Cassels Turf Field** across from Sparta High School (70 W Mountain Rd, Sparta)

## **Camp focuses will be:**

- Instruction and development of basic fundamentals including: dribbling, passing, hitting, shooting, defense, offense, and goalkeeping
- Individual improvement as well as team play
- Each day will consist of drills, small sided games, and other competitions

## **Cost:**

**\$160 - Per Camper**

**\$140 - for each additional sibling**

Make checks payable to: Amy Tripold **OR** Venmo: @Amy-Tripold (please provide the name of the camper in the text box)

**Send payment in full OR pay upon arrival at 8:30 am on July 31st**

## **What Campers Need to Bring:**

- Water bottles
- Sunscreen
- Snacks
- Sneakers/turf shoes
- Field hockey shin guards
- Mouth guards (bring more than 1 in case it's misplaced)
- Field hockey stick (We have a limited number of used sticks that campers can borrow if they are not ready to purchase their own stick)
  - Please fill out the stick rental form on our website to secure one for your camper by 7/24.

Field Hockey Camp will be led by **Coach Amy Tripold** (SMS Field Hockey Coach) and **Coach Corinne Bright** (SHS Field Hockey Coach).



**Other Camp Staff will include:** current high school field hockey players, alumni players, and the high school assistant coaches.

For more information and to register please visit our website:  
<https://sites.google.com/sparta.org/sparta-field-hockey-camp/home>

Registration is open up until the first day of camp (July 31st)

Each registered camper will receive a reversible pinnie similar to the picture below!



If you have any questions please contact:  
**Amy Tripold - amy.tripold@sparta.org**