

Ridge Field Hockey Camp Philosophy

The philosophy of Ridge Field Hockey Camp is to provide young athletes with strong fundamentals, challenge them to execute new skills in a game setting, meet new friends, and enjoy the FUN of field hockey!

The camp is open to girls entering grades 2-9. Initially, campers will be grouped based on grade level. After skill evaluations on the first day, campers may be moved to more appropriate groups based on skill level.

The Ridge FH Camp curriculum is designed to help young athletes develop fundamental skills like dribbling, hitting, individual defense, goal scoring, and goal keeping!

Each athlete attending Ridge Field Hockey Camp will receive individual attention and instruction from head field hockey coach, Kim Clark. Varsity and collegiate players from Basking Ridge will also assist during instruction and game-play!



Ridge Field Hockey Camp 2017

JUNE 19th-June 22nd
4:30-8pm

Ridge Field Hockey Camp 2017

Kimberly Clark

1 Rosemary Lane

Lebanon, NJ 08833

Phone: 207-318-8327

E-mail: ridgefhcamp@gmail.com

JUNE 19th-June 22nd
4:30-8pm

Ridge High School
Bernards Township Rec
Department, Astor Field

Ridge Field Hockey Camp 2017

*The Future of Ridge
Field Hockey Starts
Here!*

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SAMPLE CAMP SCHEDULE:

Warm-Up & Skill Work, Tactical Drills, Small Game Play, Tournament Play, Cool Down & Dismissal

CAMP REMINDERS:

Bring your field hockey stick, shin guards, mouth guard, and water bottle!

There will be *SMALL* sticks for younger players to borrow

There will be water jugs to refill your bottles

CAMP REGISTRATION:

Registration on the first day of camp will require parents to check in with Coach Clark,

Athletes will receive a Camp Pack which includes a reversible jersey, a ball, a lanyard, and a draw string bag

CAMP AWARDS:

On the last day of camp, there will be a brief awards ceremony where campers will be recognized for their hard work throughout the week. Parents are encouraged to attend!

RAIN DATE:

Camp will be **Monday through Thursday in 2017**. Friday will be our RAIN DATE for any evening that we have to cancel due to unsafe weather conditions.

Head Coach & Camp Director Ridge High School Head Coach, Kim Clark

Kim begins her tenth year as head coach at Ridge High School. Ridge Field Hockey program has enjoyed several consecutive years of success, making multiple trips to the county semi-finals and final rounds and contending for the state sectional title. The success of the program continues to grow. The past seven years the team has finished competitively in the county and state tournament. Prior to Ridge, Kim was a 2-time All-American, and 4-time Academic All-American at Springfield College. She spent two years at her alma-mater as a Graduate Assistant with the Field Hockey program. Over her six year tenure at Springfield College, Kim traveled to the NCAA tournament three times, making two appearances at the elite-eight rounds! In addition, Kim has been involved in a multitude of clinics, summer camps, and coaching conventions. In 2010 Kim was named the Star ledger Field Hockey Coach of the Year and in 2013 she was Courier News Coach of the Year. Kim is a Health and Physical Education Teacher at Ridge High School and also coaches Girl's Basketball and Girls Golf.

Assistant Coaches

The Ridge Field Hockey Program produces confident, well-rounded, young women, many of whom will be assistant coaches at the Ridge Field Hockey Camp! These athletes are knowledgeable and passionate about the sport of field hockey and continue their field hockey career beyond the high school playing field. Current and past members of the field hockey program will assist campers as they develop & hone fundamentals,



Registration

Camp Registration will be through an online Google Form. Please enter the following URL into your browser to register for camp...

<https://goo.gl/forms/KDWnmBLzyxR58oje2>

Camp Pre-Registration and **Payments** should be received by **June 16, 2017**.

Pre-Registration.....\$200

Same-Day Registration.....\$250

Once you submit the online registration, please send payments to:

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