

## Daily Itinerary

- **8:45: Goalies Arrive**
- 9:00 -9:30am:  
Warm Up/Footwork
- 9:30-12:00:  
Stations:
  - Proper Technique
  - Skill Development
  - Transfer of Training
- BREAK 12:00-12:45  
GKs bring lunch
- **12:30: Field Players Arrive & Warm Up**
- 12:45—3:30: Live Action  
Various Offensive & Defensive Drills:
  - Scoring Drills,
  - Cross Balls,
  - Deflections, Aerials,
  - 1v1,2v1,3v2,
  - Circle Play; Strokes
- Field Players, regardless of ability level, will receive 3 hours of on field instruction.

### **ATTENTION ALL COACHES:**

Attend the morning session on June 29th and learn strategies to coach your GK and optimize her performance. Each attending coach will receive a packet containing GK specific drills and information on proper progression, coaching cues and the latest techniques.

**WATCH DRILLS LIVE!**



Jersey Girls Camp is hosted by the  
Bridgewater Recreation Department

## RESERVE NOW

Sign and submit with payment  
payable to:

Jersey Girls Hockey  
941 Spring Run Lane  
Martinsville, NJ 08836

Email questions or concerns to:  
[jerseygirlshockey@gmail.com](mailto:jerseygirlshockey@gmail.com)

## Jersey Girls Hockey

PRESENTS

FIELD HOCKEY  
GOALKEEPER  
TRAINING CAMP  
WITH  
FIELD PLAYER  
DEVELOPMENT  
&  
GK COACHES CLINIC



2018  
June 27th, 28th & 29th  
9:00-3:30 GKS  
12:30-3:30 Field Players

Bridgewater Raritan High School  
600 Garretson Rd  
Bridgewater, NJ 08807  
Field located behind the High School

# JERSEY GIRLS HOCKEY

Jersey Girls Field Hockey Goalkeeper Training is open to ALL goalies regardless of age or ability level. Get the coaching that you want and need!

Camp is designed to challenge each goalie to improve her skills. We will review fundamental skills and concepts as well as learn new and advanced techniques. Curriculum will include, but not limited to: footwork, clears, punch clears, aerials, strokes, diving & stacking, 1v1, 2v1, 3v2, circle play.

**ALL GKs must supply their own equipment: leg guards & kickers, GK girdle, chest protector, neck protector, gloves, helmet, mouth piece & stick.**

Field Players will gain the knowledge and repetitions needed to successfully attack and eliminate their opponents. Players will train with GKs to understand defensive fundamentals necessary to minimize opponent scoring opportunities and effectively transition to attack.

**Equipment needed: Stick, goggles, shin guards and mouth piece. No jewelry.**

**Build and Gain Confidence While Kicking Off Your Summer Training!**



## Camp Directors:

**Siobhan Devlin:** Siobhan has been involved with the sport of field hockey for over 40 years as a player, coach and official. Siobhan was a D1 scholarship GK at Eastern Kentucky University and 3 year starter. She captained & received the Sportsman of the Year award her senior year before moving on to coach at Ohio University. Siobhan was the Head FH Coach at Ridge High School from 1991-2003 where her teams won 3 Conference Championships, 4 Somerset County Championships; 3 Sectional Finalist. Siobhan's goalkeepers continuously received All Conference, All County and All State recognition. Siobhan has been named Coach of the Year 4 times and is currently an NJSIAA field hockey official.

**Louise van der Does:** Louise was a four year starting goalkeeper at Trinity College in Hartford, Ct., where she was captain and MVP her senior year. A two time First Team DIII All-Regional and First Team All American. She currently holds the Trinity College record for most saves in a season and in a career. Louise remained active in the annual National Hockey Festival where she was selected for Level 1 Futures. This Jersey Girl was inducted into the Morristown-Beard School Athletic Hall of Fame in 2003. Louise has coached goalkeepers at the high school and college level, including the Futures Olympic Development Program.

**Carol Mastroianni:** Former DI Scholarship Athlete as a Midfielder. Carol has over 22 years of coaching experience which includes the best win/loss record at Somerville High School while being named Coach of the Year twice. Carol traveled with her team to Holland, Germany and Belgium to receive coaching and training techniques from the top trainers in the sport. Carol has stayed involved with the game, mentoring her daughter, Ally who played for Bridgewater Raritan. Carol is now a certified NJSIAA official.

*Camp staff includes former collegiate GKs and field players for low camper-to-coach ratio.*

## RESERVE NOW! LIMITED SPOTS AVAILABLE

To reserve your spot, fill out the form below and submit with payment

payable to: Jersey Girls Hockey

941 Spring Run Lane Martinsville, NJ 08836.

OR

Enter the following URL into your browser to register

<https://goo.gl/forms/ZUMckaP1Oj3KrL542>

Registration and Payments should be received by June 1, 2018

Confirmation email will be sent.

**Note that 50% fee is non-refundable after May 15, 2018**

NAME: \_\_\_\_\_

PLAYER GRADE-FALL 2018: \_\_\_\_\_

GOALIE \_\_\_\_\_ FIELD PLAYER \_\_\_\_\_

SCHOOL: \_\_\_\_\_

PARENT NAME: \_\_\_\_\_

NUMBER: \_\_\_\_\_

PARENT EMAIL: \_\_\_\_\_

EMERGENCY CONTACT:

NAME: \_\_\_\_\_

NUMBER: \_\_\_\_\_

COACHING CLINIC:

COACH'S NAME: \_\_\_\_\_

COACH'S EMAIL: \_\_\_\_\_

Cost: GOALKEEPER: \$325 FIELD PLAYER: \$75 COACH: \$40

As the parent or legal guardian of the child named above, I understand that Bridgewater Raritan Recreation Department and Jersey Girls Hockey, does not provide medical coverage for its participants. Each participant will be covered under her family's medical policy. The Recreation Department & Jersey Girls Hockey, reserves the right to cancel, alter, limit registration or change any other information. I understand that there are certain injury inherent in the practice and play of this sport, as well as related activities incidental to my child's participation and I assume these risks on behalf of my child. I do hereby waive release and hold harmless the organizations above, its coaches and sponsors for injury that may be suffered by my child in the normal course of participation in the designated sport. I do hereby certify that my daughter is in good physical health and may participate in all camp activities..

Parent Signature \_\_\_\_\_ Date: \_\_\_\_\_

List any physical limitations (allergies, hearing, asthma, etc.)

If the participant has individualized needs due to disability, please indicate below and someone will contact you regarding reasonable accommodations.

\_\_\_\_\_ Yes, I will need to be notified regarding special considerations for my child.