

Room assignments are predominantly DOUBLE or SINGLE rooms. Bryn Mawr College has predominantly single rooms—therefore **doubles CANNOT be guaranteed in Pennsylvania.**

- Multiple, well-roomed grass playing fields and practice areas.
- Special practice area for goalkeepers.
- Gymnasiums for indoor play and inclement weather.
- Swimming pool for recreational swims.
- Campus dining hall for meals and dormitories for housing.
- Air conditioned dorms (except Vermont).

Each site provides:

All Merestead camp sites are located on school grounds.

FACILITIES

Day campers must arrive and be ready by 8:30 a.m. Day campers will receive lunch and dinner each day at the college and will have an air-conditioned area to relax in following sessions. Each evening, teams will play games against other teams that you may not see in your regular season. Parents are responsible for dropping off and picking up day campers. Campers must be signed out in the evenings by a parent or guardian.

Team camp creates a mini-camp for you to gear up for the season. Camp will be three days and two nights of coaching and games. Teams arrive at 8:30 a.m. and depart at 8:00 p.m. Tuesday evening following the camp tournament. Teams are comprised of 12 or more from a group and must register together. A head coach and two assistants will coach one team each session. Goalkeepers will have one session each day with a goalie coach, one with their team and one in game play. Off the field we will offer team building activities, strategy sessions, film, and pool times. Day campers must arrive and be ready by 8:30 a.m. Team rates are available at all other sites. Groups of 10 or more will receive a discount of \$50 for residential/\$30 for day campers when all team members register together.



Back for its third year!

FH TEAM CAMP "TUNE UP"

MERESTEAD 2010

Merestead, the oldest sports camp for girls in the United States, moves into its 65th consecutive season of summer camps for individual players, teams and coaches. Merestead offers camps with unique programs in field hockey, lacrosse, or both sports, which encourages players to grow and excel as athletes and team players.

From its beginnings in 1946, Merestead has emphasized the international ties that link players of these two great international sports. Merestead's coaching staff includes experienced U.S. high school and college coaches, many of whom have played or coached at the U.S. level. In addition, the staff includes experienced international coaches and players from England, Spain, Holland, and South Africa.

Merestead sets itself apart from other camps with our staff. Professional educators, who supervise the curriculum and daily program, also oversee this world class coaching staff. We don't make shoes or sticks, we teach the sport.

Programs are tailored for the beginner, the intermediate, and advanced players as well as teams. Among the options for the camper are:

- Resident or day camper options.
- Specialization as field player or goalie in field hockey, lacrosse or a combination.
- Wide range of evening activities for relaxation and FUN.
- U.S. Field Hockey Partner Camp
- Team Camp Tune-Up

Thousands of players have experienced world class coaching at Merestead. You can be one of them!



This program is available at all sites and sessions. We understand that goalies need specialized coaches and training. That's why we developed our special Goalkeeping Program emphasizing individual training and instruction in conditioning, mental concentration, confidence, drills in footwork, techniques, individual observation and evaluation in games each day. We stress the importance of full protection and the proper equipment essential to this important position. To participate, goalies are required to bring the full protective sport (i.e., helmet, throat protector, gloves, chest & hip pads and gloves). Players must provide their own equipment.



OUR SPECIAL GOALKEEPING PROGRAMS

Did you know camp tuition for day campers is tax deductible?

From 8:30 a.m. to 8:30 p.m., day campers may participate in a complete day and evening of instruction and team play. Lunch and dinner are included in the camp fee. Parents are responsible for dropping off and picking up day campers. Campers must be signed out in the evenings by a parent or guardian.

DAY CAMPERS

We tailor our adult coaching clinics to the needs of middle and high school coaches. During our daily sessions, participants can observe our coaches in action at our girls' camps (which run simultaneous to the adult coaching clinics) and share ideas with staff coaches. In addition, Merestead's staff offers participants extensive play analysis and theory. You have the option of signing up for single or combination sports packages. Options include: resident or day for hockey, lacrosse, and a hockey and lacrosse combination.



ADULT COACHES' CLINIC

DAILY SCHEDULE

7:30 a.m.	Breakfast
8:30 - 11:30 a.m.	Session 1: Individual instruction by ability groups
11:30 a.m. - 12 p.m.	Optional session: Pick up skills session
11:30 a.m. - 2 p.m.	Lunch Break
2 - 4 p.m.	Session 2: Small games, positional coaching
4 - 4:30 p.m.	Optional session: Pick up games with coaches
4:30 - 6:30 p.m.	Dinner Break
6:30 - 8:15 p.m.	Session 3: Team coaching and games
8:30 - 9:15 p.m.	Session 4: Evening program various fun options
9:15 p.m.	Campers retire to dorms

At Merestead, we believe the camp experience should be an enjoyable one for all—from beginners to advanced players. The Merestead Program features FOUR DAYS—Team Camp Sunday through Tuesday). We emphasize a strong foundation in basic skills and build upon that foundation to challenge the more advanced player. We accomplish our goals through a vigorous program that includes:

- Grouping players by experience and ability.
- Instruction in techniques, related skills and positional play.
- Offensive and defensive strategies, skills and techniques.
- Opportunities for coached team play.
- Coached small games and match games.
- Discussion of rules, theory, and mental preparation.
- Instructional matches and videos.
- Participation in tournament competition.
- Player evaluations.
- College Night, finding the right college for you.

Merestead Sports Camps are U.S. Field Hockey Partner Camps and may recommend players to the Futures Program. Merestead is also a National Field Hockey Coaches Association Sponsor Camp.

THE MERESTEAD PROGRAM

FIELD HOCKEY & LACROSSE

MERESTEAD 2010

www.merestead.com

804-440-9551 • info@merestead.com

FIELD HOCKEY & LACROSSE FOR GIRLS SINCE 1946

2010 Merestead

FIELD HOCKEY AND LACROSSE CAMPS

Experienced U.S. and International Coaches
U.S. Field Hockey Partner Camp
NFHCA Sponsor Camp

Three Camps in One!
Field Hockey • Lacrosse • Combination

Five Great Locations

www.merestead.com
804-440-9551 • info@merestead.com

MERESTEAD SPORTS CAMPS

P.O. Box 9278
RICHMOND, VA 23227
PHONE: (804) 440-9551
FAX: (804) 767-1161
info@merestead.com

Our fees include full instruction for two sports or you can focus on one sport all for the same price!

WWW.MERESTEAD.COM

MERESTEAD 2010

SWEET BRIAR COLLEGE Sweet Briar, VA June 20-23	RANDOLPH-MACON COLLEGE Ashland, VA July TBA	BRYN MAWR COLLEGE Bryn Mawr, PA July 18-21 • July 25-28
COLLEGE OF St. BENEDICT St. Joseph, MN July 11-14 LAX ONLY	CASTLETON STATE COLLEGE Castleton, VT July 18-21	

Camp Location	Date(s)	Resident	Day
Castleton State College	July 18-23	\$550	\$375
Randolph-Macon College FH Team Camp Only	July TBA	\$375	\$295
Bryn Mawr College	July 18-23 • July 25-28	\$550	\$375
College of St. Benedict Lacrosse Only	July 11-14	\$550	\$375
Sweet Briar College	June 20-23	\$550	\$375

Team Fee: Team rates are available for all sessions, except FH for residential/\$30 for day campers when all team members register together.

Price includes daily instruction Sunday through Wednesday (FH Team camp Sunday through Tuesday), meals, lodging, insurance and camper pack (bag, shirt, ball, and water bottle).

Our fees include four days of instruction for two sports or focus on one sport, all for the same price.

FEES

Applications are accepted as space allows -- limited space for each sport. Sport(s) selected on application CANNOT be changed at camp.

AFTER May 15, 2010: NO REFUNDS. If the player begins camp, NO refunds. We no longer give refunds for medical issues after this date. Cancellation insurance is available upon request.

BEFORE May 15, 2010: full refund minus a \$100 processing fee.

REFUNDS and CANCELLATIONS

P.O. Box 9278, Richmond, VA 23227
Phone: (804) 440-9551 • Fax: (804) 767-1161
info@merestead.com • www.merestead.com

MERESTEAD SPORTS CAMPS

Registration Office: 9 a.m. - 5 p.m. • Monday - Friday

Upon receipt of your payment, a confirmation letter and a health examination form will be e-mailed to you unless a hard copy has been requested on your registration (please notify if not received). This e-mail, which will show your balance due (if any), is the only invoice you will receive and serves as your account statement.

CONFIRMATIONS and MAILINGS—IMPORTANT

Camp fees are payable by check or credit card (Visa, MasterCard, American Express, or Discover). Make checks payable to Merestead Sports Camps. \$30 returned check fee.

A \$25 late fee will be charged for registrations received after June 15, 2010.

JUNE 1, 2010: ALL Outstanding Balances Due

Registration is also available online.

Send completed and signed camp application, along with a \$200.00 deposit or full fee as listed below.

Rising grades 5 through 12, fall of 2010

Graduating seniors may attend (allowed by the NCAA)

REGISTRATION, PAYMENTS & DEPOSITS

Please mail registration form to the Camp Office - P.O. Box 9278, Richmond, VA 23227 Fax: 804-767-1161 - It is recommended that you keep a copy for your records.

2010 CAMP REGISTRATION

Please use a permanent marker.

CAMPER INFORMATION (Please Print)

NAME _____ BIRTHDAY _____ AGE AT CAMP _____ ENTERING GRADE _____

PARENTS/GUARDIANS NAME(S) _____

STREET ADDRESS _____ CITY _____ STATE _____ ZIP _____

HOME PHONE _____ FATHER'S WORK PHONE _____ MOTHER'S WORK PHONE _____

PARENTS' EMAIL _____ CAMPER'S EMAIL _____

SCHOOL _____ ROOMMATE REQUEST _____ ROOMMATE'S SCHOOL _____

CAMP SHIRT SIZE

Small Medium Large XL

CAMP INFO

Camp Location	Date(s)	FH	Combo	Resident (\$550)	Day (\$375)
Sweet Briar Sweet Briar, VA	June 20-23	<input type="checkbox"/> FH	<input type="checkbox"/> Combo	<input type="checkbox"/> Resident (\$550)	<input type="checkbox"/> Day (\$375)
St. Benedict St. Joseph, MN	July 11-14	<input type="checkbox"/> Lax	<input type="checkbox"/> Lax	<input type="checkbox"/> Resident (\$550)	<input type="checkbox"/> Day (\$375)
Bryn Mawr Bryn Mawr, PA	July 18-23	<input type="checkbox"/> FH	<input type="checkbox"/> Combo	<input type="checkbox"/> Resident (\$555)	<input type="checkbox"/> Day (\$375)
Randolph-Macon Ashland, VA	July 25-28	<input type="checkbox"/> Lax	<input type="checkbox"/> Lax	<input type="checkbox"/> Resident (\$555)	<input type="checkbox"/> Day (\$375)
Castleton State Castleton, VT	July 18-23	<input type="checkbox"/> FH	<input type="checkbox"/> Combo	<input type="checkbox"/> Resident (\$550)	<input type="checkbox"/> Day (\$375)

I approve my daughter's attendance at Merestead Camp and certify she is in good health and able to participate in the program activities. If medical attention is required for illness or injury while she is attending camp, I hereby authorize the directors to act for me according to their best judgment. I also understand Merestead Sports Camps, Bryn Mawr College, College of St. Benedict, Castleton State College, Randolph-Macon College, and Sweet Briar College, along with their staffs are NOT responsible for any injuries or accidents occurring at camp. Any damage caused by my daughter to the camp or school property will be her responsibility. Camp will not be responsible for lost property.

INSURANCE POLICY NAME AND NUMBER _____

PARENT/GUARDIAN SIGNATURE _____

PLAYING EXPERIENCE

Indicate personal awards, MVP, All-Conference: _____

FH Level: LX Beginner 7th Grade 8th Grade Freshman JV Varsity

FH Position: A M D GK

LX Position: A M D GK

FEES (Listed to Left)

MUST BE PAID IN FULL BY 6/1/10
NO REFUNDS AFTER 5/15/10
\$25 LATE FEE FOR REGISTRATIONS RECEIVED AFTER 6/15/10

Team rates are available for all sessions, except the FH team camp. Groups of 10 or more will receive a discount of \$50 for residential/\$30 for day campers when all team members register together.

PAY DEPOSIT OR FULL FEE

pay deposit (\$200) pay full amount

check enclosed

MasterCard Visa American Ex. Discover

CREDIT CARD NUMBER _____ \$ AMOUNT CHARGED _____

EXP. DATE: --

SIGNATURE (required for credit cards) _____

OFFICE USE ONLY:

Dep _____ CC _____ CK _____ E _____ P _____ I _____

LOCATIONS AND TRANSPORTATION

Parents are responsible for transportation to and from camp. Campers traveling by air or train should contact the registration office regarding transportation to the campus. There is a transportation fee for each location.

Arrival: noon Sunday, NO LUNCH (play begins at 2 p.m.)
Departure: 5:00 p.m. Wednesday*

*Departure for Field Hockey Team Camp at Randolph-Macon College is 8:00 pm on Tuesday.

Parents are invited to attend play on last day.

Minnesota

The College of St. Benedict is located 75 miles north of the Twin Cities and 15 minutes north of St. Cloud.

www.csbsju.edu
Airport: Minneapolis-St. Paul

Pennsylvania

Bryn Mawr College is conveniently located 11 miles west of Philadelphia.

www.bmc.edu
Airport: Philadelphia

Vermont

Castleton State College is located 12 miles west of Rutland.

www.castleton.edu
Airport: Burlington

Virginia

Sweet Briar College is located 45 minutes south of Charlottesville and 15 minutes north of Lynchburg.

www.sbc.edu
Airport: Roanoke or Lynchburg

Randolph-Macon College is 15 miles north of Richmond.

www.rmc.edu
Airport: Richmond

Charter Bus Service: Merestead will assist groups to organize charter bus services at an additional cost. Groups are responsible for providing chaperones. Call the registration office for information.



HEALTH SERVICE

Our staff includes certified athletic trainers, available at all times to our players. Players should arrive healthy for camp. If an illness or injury occurs to a player the parent will be contacted. If a severe illness or injury occurs the parent may need to travel to camp and transport their daughter home.

THE MERESTEAD STAFF

Merestead's dedicated coaching staff hales from the United States, England, Spain, South Africa, Wales, Australia, Holland, and Germany. All of our coaching staff are former players -- some currently playing on club, district and national level teams.

All coaches have completed college and are professional educators. Assistant coaches are current college players and are also dorm counselors.

This makes us uniquely qualified to provide an exceptional environment for athletes to learn and grow. Each Merestead Camp location has a site director, and a head coach and coaching staff for each sport.

SITE DIRECTORS:

Missy Ackerman

- Director, Merestead Sports Camps
- Virginia and Minnesota site director
- Head coach, Longwood University
- Former head lacrosse coach, Sweet Briar College; head field hockey and lacrosse coach, Randolph-Macon College and Earlham College
- Two NCAA tournament appearances in lacrosse

Margie Snead

- Pennsylvania site director
- Head field hockey and lacrosse coach, Trinity Episcopal School
- Former U.S. squad player lacrosse
- Graduate of the College of William & Mary

FIELD HOCKEY CAMP STAFF:

Sherrell Chuter

Head hockey coach, Ipswich, UK • U-16 coach and selector of high school field hockey players, Suffolk County, UK

Andi Berstien

Assistant coach, South Africa U-18 team

Enza Steele

Head field hockey coach, Lynchburg College • Over 400 career wins

Crystal Carper

Head field hockey coach, Randolph-Macon College • Former assistant coach, Longwood University and James Madison University • Old Dominion University Alumni

LACROSSE CAMP STAFF:

Abby Burbank

Head lacrosse coach, Skidmore College • Former coach Denver, U.S. Lacrosse Coaches Education Program



Suzie Friedrich

Assistant lacrosse coach Cornell University • Former athletic director and lacrosse coach, St. Paul's School for Girls • Former U.S. squad player lacrosse

Lynz Keys

U-19 coach for Team Canada • Assistant lacrosse coach, Virginia Tech University

WHAT TO BRING

Required Sports Equipment:

- Cleated or turf shoes for the fields
- SNEAKERS for indoor play
- Hockey stick and/or lacrosse stick*
- Mouthguard (both sports) and Shinguards (Field Hockey) and protective goggles (Lacrosse) MANDATORY *
- Goalies must bring full protective equipment— i.e. helmet, throat protector, gloves, chest & hip pads, and gloves.

* Available for purchase at CAMP STORE.

Required Personal Equipment:

- Sheets or sleeping bag, pillow, and towels
- Room key deposit (refunded upon returning your key at camp)

DO NOT BRING VALUABLES

Cell phones are for evening use only.