

Postage



Field Hockey Camp at KEAN UNIVERSITY



*Featuring International
Guest Coaches*

Teams and Individuals Welcome

Week #1: July 12 - 15, 2012

Week #2: July 16-19, 2012

KEAN UNIVERSITY

**1000 Morris Avenue
Union, New Jersey**

RAPID FIRE'S MISSION

This camp will focus on teaching and improving basic skills and fundamentals of the game. Specialty drills created by our experienced international coaching staff guarantee player skill advancement through creative, fun and motivating coaching. All drills will be customized to challenge individual players.

www.rapidfirefh.com



TEAM CAMP –

**High School teams will be kept together
in training cells.**

**Individuals will be grouped together by
age and experience.**

LEVELS OF PLAY

Beginners

- 7th grade and up
- Campers who have had little or no previous field hockey experience

Intermediate

- Campers with club or High School experience

Advanced

- Elite High School Varsity Players
- Accomplished players looking to prepare for the College game

Rapid Fire, LLC

C/o Leslie LaFronz
1070 Morris Ave., Suite 1354
Union, NJ 07083



LESLIE LAFRONZ – Camp Director

Head Field Hockey Coach

Kean University

Owner Rapid Fire Field Hockey

Coach LaFronz has been coaching in the collegiate ranks for the past eight years. At Kean University, LaFronz has had only winning seasons and she has taken her Cougars to post-season every year.

As a player, LaFronz attended Northwestern on a full field hockey scholarship where she was selected 1st Team All Big Ten and made 4 NCAA - DI playoffs.



ANDREW EVERSDEN

International Coach

Eversden plays Elite field hockey in the Dutch Premier League -- the highest division of play in the Netherlands. A standout defender, Eversden has experience coaching in his Dutch club Den Bosch and he holds a youth hockey trainer degree plus a Trainer A degree.



JASPER CHRISTIAAN

MARIA COPPES –

International Coach –

Premier League Dutch Coach – Striker/Offensive Specialist



CLIFF ODENDO –

International Coach

– Kenya National Team – Team Captain - Over 200 International Caps



OLIVIA TRAINO –

First Team All-American -Kean

NJAC Midfielder of the Year-'10, '11



MANSOOR AHMED –

International Goalie Specialist

– Pakistan, Three Time Olympic Goalkeeper, Former World Champion, Member World Eleven, Goalie Coach - Kean University

Tentative Camp Schedule

	Breakfast
9:00 - 9:15 AM	Warm-up
9:15 - 11:15 AM	Basic Skills/Instruction
11:15 - 11:30 AM	Cool Down
	Lunch/Mini Break
2:00 - 2:15 PM	Warm-up
2:15 - 3:45 PM	Skills/Small Games
3:45 - 4:00 PM	Cool Down
	Dinner
7:00 - 8:30 PM	Games (First two nights)
	Group Activity (Third eve)
	All Meals are Mandatory

ATHLETIC FACILITIES:

All Coaching will take place on an Artificial Turf field with lights for evening play on campus at Kean University.



MEDICAL STAFF:

A Certified Athletic Trainer will be present at all times. Players will also be required to submit a medical history form and photocopy of current insurance ID cards.

CONTACT INFORMATION :

Leslie LaFronz leslielafronz@gmail.com
Cell Phone: 201-312-7125

WHAT TO BRING:

Linens, pillow, towel, toiletries, shirts, shorts, socks, sweats, pajamas, sneakers, turfs, mouth guard, shin guards and stick.



DORMS: Air Conditioned dorms with private bathrooms and refrigerators. Four campers to a suite.

**Rapid Fire Field Hockey
2012 CAMP APPLICATION**

At KEAN UNIVERSITY

NAME _____

STREET _____

CITY _____ ST _____ ZIP _____

PHONE _____

EMAIL _____

Age ____ Birthdate ____/____/____

Grade Entering September 2012 _____

POSITION: Field ____ GK ____

LEVEL: Beg. ____ Interm. ____ Adv. ____

OVERNIGHT: ____ DAY: ____

TEAM NAME: _____

ROOMMATE REQUEST _____

WEEK: #1 _____ WEEK: #2 _____

OVERNIGHT CAMPER FEE:

\$475.00

DAY CAMPER FEE:

\$295.00

EARLY BIRD: \$450.00/\$275.00

If deposit is received by March 1, 2012

TEAM DISCOUNT: \$460.00

If deposit is received by April 1, 2012

(For Groups of 8 or more).

Non-Refundable Deposit : \$100 Due with Registration

Balance Due: July 1, 2012

**Make checks payable and mail to:
Rapid Fire Field Hockey, LLC**

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Union, NJ 07083