



# Overnight Camp

A one of a kind Field Hockey Experience

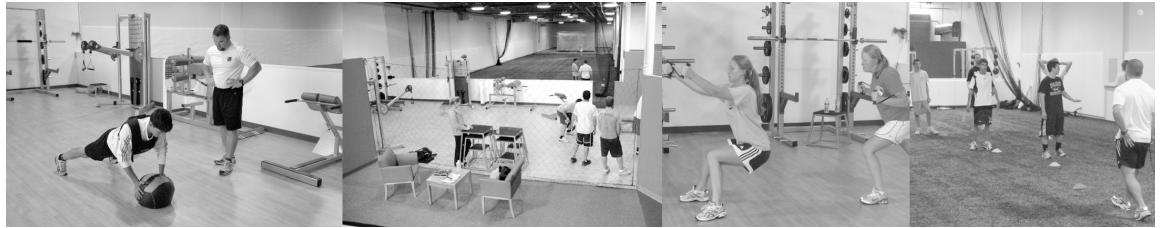
## Camp Staff

### Victor Ochieng

- Olympian
- Lead Coach and Technical Director Rapid Fire

### Leslie LaFronz

- Kean University Head Field Hockey Coach
- Owner -Rapid Fire



Thursday June 24 – Saturday June 26  
Athlete Development Institute - Morris County, NJ

## Program Highlights:

### Lodging, Meals and Hospitality

- Arrive Thursday afternoon – 1 pm check-in
- 2 nights luxury accommodations at Hyatt Summerfield Suites – Parsippany
- Daily Shuttle to ADI (½ mile away) from Hyatt Summerfield Suites
- Breakfast provided each day at Hyatt Summerfield Suites
- Lunch provided Friday and Saturday – Dinner Thursday and Friday
- Nightly social activity
- Depart Saturday afternoon – 2 pm

### Athlete Development Programs

- All sessions conducted by Rapid Fire and Athlete Development Institute Faculty
- Thursday afternoon skills and speed training sessions
- Sports Nutrition Workshop – Diet, timing, supplements for peak performance
- Friday – 4 hours of skills and strength training plus video analysis session
- Sports Psychology – Enlightened Warrior Workshop
- Saturday – 2 hours of skills training & workshops
- All sessions at ADI Training Facility (indoor climate controlled facility)
- College Planning Workshop for parents (student and career positioning, financing)
- Morning wake-up jog with Victor on Friday and Saturday

## Camp Benefits

- Skills Training
- Strength Training
- Speed Sessions
- Injury Prevention
- Video Analysis
- Sports Nutrition
- Sports Psychology
- College Planning
- Social Activities



Athlete  
Development  
Institute

4B Wing Drive  
Cedar Knolls, NJ

Limited to 20 participants

Cost - \$425

For information or to register  
973-998-5715 • [info@adisportstraining.com](mailto:info@adisportstraining.com)  
[www.adisportstraining.com](http://www.adisportstraining.com)