



**PRESENTS
A DEVELOPMENTAL**

Summer Day Camp



*Featuring Guest Coach
Christopher Pothier
US Men's National Team Player*

**Tuesday, Wednesday, Thursday
August 4-6, 2009
9:00 a.m. - 2:30 p.m.**

Indoor Sports Pavilion

16 West Hanover Avenue
Randolph, NJ 07869
Complex (973) 895-4007

www.indoorsportspavilion.com

RAPID FIRE'S MISSION

Our Field Hockey Summer Camp focuses on teaching and improving upon basic skills. Specialty drills created by our experienced coaching staff guarantee player skill advancement through creative, fun and motivating coaching.



LEVELS OF PLAY

Campers will be grouped by age, skill levels, player experience and ability for drills and game play, and continually assessed by our coaches.

The camp is open to:

Beginners

- 4th grade and up
- Campers who have had little or no previous field hockey experience

Intermediate

- Campers who have played on a team
- #### Advanced
- High School Varsity Players
 - Campers with prior Varsity experience

Indoor Sports Pavilion along with Rapid Fire Offer:

- ✓ Indoor Climate Controlled Synthetic Turf Facility
- ✓ Year Round Training
- ✓ Coaching Clinics
- ✓ Specialty Camps
- ✓ Winter League
- ✓ Elite Training
- ✓ Developmental Clinics/Tournaments

Rapid Fire, LLC
C/o Leslie LaFronz
200 Shadyside Road
Ramsey, NJ 07446

Field Hockey Summer Camp 2009

Lead Coaches

LESLIE LAFRONZ

Owner – Rapid Fire

Lead Field Hockey Coach

With over 25 years of coaching experience, Coach LaFronz began Rapid Fire in 2006. She is also credited with starting an inaugural field hockey program at Ramapo College in 2003 where she coached for five years. She received collegiate Coach of the Year honors in 2004. Coach LaFronz began her playing career at Demarest High School, where she received All-State Honors. She attended Northwestern University on a full field hockey scholarship where she was selected 1st Team All Big Ten and made 4 NCAA appearances. She started her career coaching in 1987 where LaFronz accumulated multiple County Championships and earned repeated Coach of the Year honors. Coach LaFronz also has international coaching experience.



VICTOR OCHIENG

Olympian/FIH Certified Level II Coach

Lead Rapid Fire Coach

Coach Ochieng competed for the Kenyan National Hockey Team in the 1988 Seoul Olympics and has played in several international tournaments in Europe, Asia and Africa (1986-92). He started coaching in 1992, leading the Sliders Ladies Hockey Club to win the Tour de Paris Hockey Tournament in 1994. As coach, his team earned two gold medals and one bronze medal in the African Continental Club Championships between 1993 and 1996. He then became the Tournament Coach for the Men's Kenya Armed Forces from 1996-1998 winning continental titles for two years. In 1997, Victor was the Kenya Men's National Under 21 Coach before becoming Full National Team Coach from 1998-2003.



VICTOR MACHOKA

Lead Rapid Fire Coach/GK Specialist

Victor's hockey career spans over 30 years. As a player he has captained all the teams that he played for; junior school, High School, University & Wazalendo Hockey Club. He is also a National Team trialist and ex-2nd Vice Chairman of the Nairobi Hockey Association. He captained the Varsity team to the National Premier League (Div I) qualification after winning the

Provincial League (Div II) in 1990 and won the intersarsity national hockey championships for 2 consecutive years. Victor's coaching resume stretches back to 1989 when he began a 14 year stint as a Head Coach at Kenya High School while pursuing his degree at the University of Nairobi. He coached this team to several Kenya Association Provincial (8) & National Championship finals (4). His high school team also won several trophies in major national tournaments organized by the Kenya Ladies Hockey Association. Victor is a graduate of the University of Nairobi (BA Economics), Kenya & Webster University (MBA), and is currently an employee of the United Nations in NY.

Guest Coach

CHRISTOPHER POTHIER

Chris is a native of Sandwich, Massachusetts. A rarity to the game, Chris began his playing career as a prep on the girls' field hockey team in his hometown in Massachusetts. With few opportunities for boys to compete in the United States, Coach Pothier trained overseas with Sport Euro Tour at the School of Excellence in Paris, France and also another elite camp in Barcelona, Spain. Making the U21 United States National Men's Team took much hard work and perseverance. Eventually in 2006-2007, Chris made the United States Senior Men's National Squad for the first time. Currently Chris is enrolled at Southern Maine University and is a lead coach for the Cape Ann Coalition.



Camp Schedule

9:00-9:15	Warm-up
9:15-11:15	Skills/Instruction
11:15-11:30	Cool Down
11:30-12:30	Lunch
12:30-12:45	Warm-up
12:45- 2:20	Small Games
2:20 -2:30	Cool Down

What to Bring

- ✓ Lunch
- ✓ Water/Beverages
- ✓ Hockey Stick, Shin Guard and Mouth Guard
- ✓

FOR INFORMATION :

Leslie LaFronz

llafronz@verizon.net

Rapid Fire Field Hockey SUMMER CAMP APPLICATION

NAME _____

STREET _____

CITY _____ ST _____ ZIP _____

PHONE _____

Emergency Contact (Name) _____

Emergency Phone # _____

EMAIL _____

Age ____ Birthdate ____/____/____

Grade Entering September 2009 _____

POSITION: Field _____ GK _____

LEVEL: Beg. _____ Inter. _____ Adv. _____

CAMPER FEE:

\$275.00 Per Camper

Early Bird Special: \$240.00
(If deposit is paid by April 15th)

Deposit : \$100. Due with Registration

Balance Due: July 15, 2009

Make checks payable and mail to:

Rapid Fire, LLC

Leslie LaFronz

200 Shadyside Road

Ramsey, NJ 07446

I hereby release Rapid Fire, LLC from any liability.

(Parent/Guardian Signature)

Date