

## KAPOW JUNIOR & ADVENTURE KAMP CONFIRMATION LETTER

### Welcome to KaPow Junior & Adventure Kamp!

Thank you for choosing the KaPow Junior & Adventure Kamp. We hope you're ready for a week filled with new field hockey concepts and experiences. As always, our goal for each athlete is positive growth both on and off the field. At night, take advantage of the various activities of your choice. We have assembled an amazing, knowledgeable staff eager to coach, and we promise plenty of campground fun, including your rafting trip down the river!

### Check In: Registration

**Important:** Please remember to bring your Medical Release Form and Waiver & Agreement Form to Registration. You will not be allowed to participate until we obtain them. You can obtain these at [www.kapowfh.com](http://www.kapowfh.com) under the "Register" tab, and then under the "Forms" tab.

#### \* Resident Athlete

Date: July 6th, 2010

Time: 9:00 a.m. to 10:00 a.m.

Where: Whitewater Challengers Campground 288 N. Stagecoach Road Weatherly, PA 18255

There will be a Resident Meeting at 12:00 Noon. Please bring your practice gear. Also, lunch will not be provided on the first day. You can either buy it at the campground or bring a lunch!

#### \* Day Athlete

Date: July 6th, 2010

Time: 12:00 p.m. to 1:00 p.m.

Where: Crestwood High School 281 S Mountain Blvd. Mountaintop, PA 18707

**Important:** Day campers are responsible to bring their own lunch. Snacks & drinks will be available to purchase.

### Check Out

#### \* Resident Athlete

Date: July 9th, 2010

Time: 5:30 p.m. to 6:30 p.m.

Where: Whitewater Challengers Campground

#### \* Day Athlete Rafters

Date: July 9th, 2010

Time: 5:30 p.m. to 6:30 p.m.

Where: Whitewater Challengers Campground

#### \* Day Athlete Non - Rafters

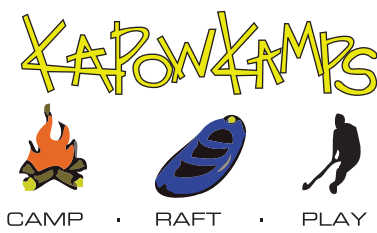
Date: July 9th, 2010

Time: 11:00 a.m.

Where: Crestwood High School

### KaPow Kamp Goals

- \* Expose each athlete to top level coaching in order to learn new and essential field hockey skills and concepts.
- \* Create a positive and motivating atmosphere throughout each session.
- \* Educate athletes on concepts such as: environmental awareness, proper nutrition, and being sun-safe.



**KAPOW JUNIOR & ADVENTURE KAMP CONFIRMATION LETTER**

**Athlete’s Mission**

- \* Have proper fitness level that allows you to compete in all sessions and prevent injury.
- \* Treat everyone with respect.
- \* Be ready to learn and push yourself to the next level.
- \* Have a positive attitude and most importantly.....HAVE FUN!

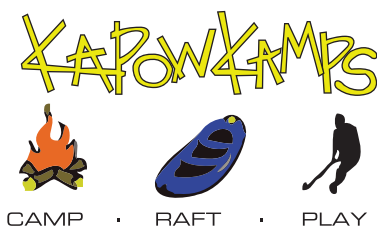
**Camp Rules**

- \* Use of alcoholic beverages, tobacco products, or drugs on any camp-related premises (field, campground, or rafting) is prohibited. This is grounds for dismissal.
- \* Visitors are not allowed past 10 PM.
- \* Campfires are only allowed during supervised times.
- \* No burning of candles or incense at the campground.
- \* Notify trainer of all medications and inhalers.
- \* Resident athletes are not allowed to use their vehicles during camp.
  - Day campers are permitted to use their vehicles if given permission by a parent or guardian. See Medical Release Form for appropriate signature.

**General Kamp Schedule (Complete Schedule will be Posted at Registration)**

<b>Time</b>	<b>Activity</b>
7- 8:00 AM	Breakfast
8:15 AM	Depart for Field
9 - 11:30 AM	Skill Session
11:30-1 PM	Lunch
*1-3:15 PM	Games
3:30 PM	Depart for Campground
5:30 PM	Dinner
7:00 PM	Fireside Chat/Activities
10:30 PM	Site Check
11:00 PM	Lanterns Out

- \* Day campers should arrive at least 15 minutes early to each Skill Session.
- \* Day camper’s ride should be at the field be 3:15 PM, except on the final day at 11 AM (if not rafting)
- \* Day campers are responsible to bring their own lunch. Snacks & drinks will be available to purchase



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### What to Bring

#### **Resident Athletes:**

- \* T-shirts/Tanktop
- \* Shorts
- \* Undergarments
- \* Short/Long Socks
- \* Sweatshirt/Sweatpants
- \* Toiletries
- \* Bug Spray

- \* Towels
- \* **Air Mattress or Bed Mat**
- \* Sleeping Bag
- \* Pillow
- \* Battery Alarm Clock
- \* Flashlight/Lantern

#### **Resident & Day Athletes:**

- \* Sunscreen
- \* Running Shoes
- \* Cleats/Turfs
- \* Sandals
- \* Mouthguard
- \* Stick
- \* Extra stick to donate (optional)
- \* Water Bottle (with name on it)
- \* Goal Keepers- Full Equipment
- \* Money for camp store/equipment/refreshments
- \* Pen & Notebook

### Contact Information

Camp Directors Phone: Kayla Bashore: 610.223.8451  
Lauren Powley: 301.928.2200  
Email: [directors@kapowfh.com](mailto:directors@kapowfh.com)

### Important Information for Guardian

- 1) **Camp Payment Process:** You will receive an invoice with your payment information. Please print a copy for your own records. If you have not paid in full, please do so before the payment deadline, which is two weeks prior to the camp start date. You can log back into your online account and complete the rest of your payment at any time. You also have the option to automatically bill your credit card on the final payment due date.
- 2) **Medical Release Form and Waiver & Agreement Form:** Each athlete is required to complete the Medical Release Form and Waiver & Agreement Form. Please submit these at Registration. Each player must hand them in before participation in any activity is allowed.
- 3) **Refund Policy:** Please submit any requests for cancellation in writing. If a cancellation is made prior to the final payment date, you will receive your payment, except the \$200.00 non-refundable deposit. After the final payment date, there will be no refunds granted.
- 4) **Day Campers:** If your child is a day camper you must sign the appropriate place on the Medical Release Form to allow your child to drive to and from the field during the break/lunch time.
- 5) **USFHA Futures Selection:** Every athlete is eligible to try out for the United States Field Hockey Association Futures Program at our camp. For more information go to [www.usfieldhockey.com](http://www.usfieldhockey.com)
- 6) **Share-a-Stick Program:** We are collecting lightly used field hockey sticks to donate to less fortunate schools. If your child donates a stick, she will receive a coupon for \$10.00. This can only be used to purchase KaPow merchandise. Players can donate multiple sticks, however only one \$10.00 credit will be granted.

We can't wait to see you at camp! Feel free to contact us with any questions.

Sincerely,  
Kayla Bashore & Lauren Powley  
Co-Directors of KaPow Field Hockey