

SUMMER CAMPS: FIELD HOCKEY

40 Southlawn Terrace . Rockville, MD 20850



301.838.7403 www.championsfieldhouse.com

COACH JENNA RIES

COACH JENNA RIES: Founder of Champions of Tomorrow and Champions Field House. Currently the Athletic Director & Head Varsity Lacrosse coach at The Academy of the Holy Cross in Bethesda, MD. Ries is the first person to be named to the Washington Post All-Met team as both a player and a coach. Former Varsity Field Hockey and Lacrosse coach at Quince Orchard High School, Ries lead her teams to 12 division titles, seven Regional Championships and two state titles. She was named All-Met Coach of the Year in 2001 and was an All-County Coach's Selection for the 1998, 1999, 2000, 2001, and 2006 seasons. In 2009 she coached the U16 Jackals Field Hockey team to their first appearance in the D pool at the National Indoor Tournament, finishing in fourth place and earning a national ranking. Played Field Hockey for the University of Maryland.

HIGH SCHOOL FIELD HOCKEY CAMP

Come and play with some of the areas best coaches and players. At Champions of Tomorrow Field Hockey Camp players can expect the highest level of coaching and competition. You will be able to improve on your personal as well as your team skills. Camps will include a morning skills circuit and afternoon game play. If you want to take your game to the next level, sign up for CFH FH camp today.

Ages: Grades 9-12
Cost: \$200

JV
Date: June 21 - June 25, 2010
Time: 9am - 1pm

VARSIITY
Date: June 21 - June 25, 2010
Time: 9am - 1pm

MIDDLE SCHOOL CAMP

Ages: Grades 6-8
Cost: \$200

BEGINNER
Date: June 21 -
June 25, 2010
Time: 9am - 1pm

INTERMEDIATE
Date: June 21 -
June 25, 2010
Time: 9am - 1pm



ELEMENTARY CAMP

Ages: K-2 and Grades 3-5
Cost: \$175

BEGINNER
Date: August 9 - August 12, 2010
Time: 9am - 1pm

INTERMEDIATE
Date: August 9 - August 12, 2010
Time: 9am - 1pm

FIELD HOCKEY HIGH SCHOOL PREP CAMP

Get the skills and fitness you need to start off your high school season right! Seasoned high school coaches who know the game and what high school coaches will be looking for will give you the tools you need to excel at tryouts!

JV & VARSITY
Date: August 9 - August 12, 2010
Time: 9am - 1pm
Age: High School or Rising Freshman
Cost: \$175

FIELD HOCKEY ELEMENTARY/ MIDDLESCHOOL PREP CAMP

Skills training and game play for beginner players. A comfortable and fun setting to learn the basics of the game as well as new skills!

AGE: 8 - 14 yrs old
Date: August 9 - August 12, 2010
Time: 9am - 1pm
Cost: \$175

REGISTER TODAY TO
RESERVE YOUR SPOT

Register online by going to <https://secure.sports-it.com/mysam/?cid=champs> then search for your camps, select your age group then follow the instructions on the screen or complete the registration form on the back of this flyer and send with payment to Champions Fieldhouse, 40 Southlawn Terrace, Rockville, MD 20850.



Champions FieldHouse Registration/Waiver Form

Parent/Guardian Name:

Address:

City, State Zip:

Phone:

Email:

Birthdate: MM/DD/YYYY

Participant Name:

Participant Birthdate: MM/DD/YYYY

Camp/League/Clinic:

Camp/Clinic Name:

Age Group:

Check | VISA | MCard # Exp. AV Fee:

Notes:

RELEASE OF LIABILITY, AGREEMENT TO ARBITRATE—READ BEFORE SIGNING

INDEMNITY: PLAYERS SHALL PLAY AT THEIR OWN RISK. ANY BODILY INJURY OR DAMAGE TO PROPERTY OF OTHERS CAUSED BY CUSTOMER'S USE OF CHAMPIONS FIELD HOUSE IS THE SOLE RESPONSIBILITY OF THE CUSTOMER. AS AN EXPRESS CONDITION FOR RENTING OR UTILIZING THE DESIGNATED SPACE, THE CUSTOMER AGREES TO INDEMNIFY AND HOLD HARMLESS CFH, ITS OFFICERS, AGENTS, EMPLOYEES, OWNERS AND CONTRACTORS, FOR ANY AND ALL LOSSES, INJURIES, OR DAMAGES TO ANY PERSON OR THING THAT SHALL ARISE FROM CUSTOMER'S USE OF CHAMPIONS FIELD HOUSE.

In consideration of being allowed to utilize the CFH, its related events and activities, I, the undersigned, acknowledge, appreciate, and agree that:

- a. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE RELEASEES or others, and assume full responsibility for my OR MY CHILD'S participation; and,
- b. I, for myself and as agent for those who will utilize the space which I have rented and/or any user or participant in any related CFH clinic, practice, league or other event HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE CFH, their officers, official agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation, WHETHER ARISING FROM MY OWN NEGLIGENCE OR OTHERWISE to the fullest extent permitted by law.

ARBITRATION AND CLASS ACTION RESTRICTION: Customer hereby agrees to resolve any and all disputes arising out of this contract which through binding arbitration and further to handle each potential claim on an individual basis and not through class action. Any controversy less than \$2500 shall be limited to 2 hours or less by the ADR Representative. Said individual binding arbitration shall be administered by and under the rules of the "ADRMARYLAND" www.adrmaryland.com 1-888-88ADRMD under its Arbitration Rules and in Montgomery County, Maryland. Judgment on the award rendered by the Arbitrator(s) may be entered in any court having jurisdiction thereof. By agreeing to this the decision of the arbitrator is final the parties understand that they each waive their right to have such disputes resolved by trial by jury. The costs of arbitration shall be equally split by the parties pursuant to the rules of ADR Maryland.

Participant or Parent/Guardian of Participant

Dated: _____

Signature: _____

Printed Name: _____