

*Subject to changes as CDC, state and local updates recommended guidelines.

1/18/22

THIS IS YOUR CAR PASS – REMEMBER WHERE YOU PLACE IT!!

MID-ATLANTIC FIELD HOCKEY CAMP

50 Frog Hollow Lane, Mohnton, PA 19540

484-332-3670 midatlanticfieldhockey@gmail.com

Dear _____,

Thank you for registering for the 2022 Mid-Atlantic Field Hockey Camp during the week:

July _____.

This unique camp is conducted at Cape Henlopen State Park, which is just a seashell's throw away from the Atlantic Ocean and the beautiful beach resort town of Lewes, Delaware.

We welcome you to arrive at camp between 3:00 and 5:00 p.m. on Sunday. Please check-in at Youth Camp 2, in Cape Henlopen State Park (registration will not begin any earlier than 3:00 on Sunday, so please do not arrive prior to this time). Each week of camp concludes at noon on Thursday. Please make arrangements for your ride home before you come to camp.

To keep your place reserved for camp your balance must be paid in full by June 15th. This balance of payment will automatically be applied to the credit card you registered for camp. Your balance due to the Mid-Atlantic Field Hockey Camp is _____.

If the balance is not paid by June 15th, your reservation is not guaranteed and could be filled by campers on the waiting list. *PLEASE EMAIL DIRECTOR IF LATE.

*** You will find several sheets of information enclosed, several of which need to be completed and returned along with your balance of payment by June 15th. These forms include the medical health history form and the legal consent form. If you need a hockey stick or other field hockey equipment, the equipment list will be available by June 1st. We sell the top of the line hockey equipment at reduced prices.**

The fee of \$495.00 per individual or \$485.00 per team/group member (at Sunday check in, a \$10 bank card will be available to campers who are part of a team/group of 12 or more campers) includes all meals, housing, instruction, and camp shirt. Campers are encouraged to bring spending money for the beach, state park concession stand, and the camp store, which will be selling drinks, snacks, field hockey shirts, shorts, and equipment.

The refund policy of the Mid-Atlantic Field Hockey Camp is as follows. If the cancellation occurs before June 1st, a full refund will be given, except for the \$100.00 non-refundable registration fee. If the cancellation occurs between June 1 and June 30, the camper will receive a half refund, except for the \$100.00 non-refundable registration fee. Any cancellation made after June 30 will result in no refund.

The Mid-Atlantic Field Hockey Camp offers an outstanding staff of coaches and college players to help you and your teammates become the best players possible. Each day of camp will involve instructional sessions full of drills and techniques geared to improving your individual field hockey skills, as well as team strategies, which will help mold your team and you into a competitive contender.

For you to get the most out of your experience at the Mid-Atlantic Field Hockey Camp, it is important that you arrive at camp in good physical condition. You should begin a conditioning program at least 4 weeks prior to camp.

Again, we are happy you have registered for the Mid-Atlantic Field Hockey Camp. We feel this year's camp will be the best ever, and you will be a very important part of it. If you have questions, check our website, FAQ'S or contact camp director.

Good Luck, Frannie Slabonik, Camp Director

PLEASE KEEP THIS INFORMATION WHERE YOU WON'T FORGET IT!

THIS IS YOUR CAR PASS – REMEMBER WHERE YOU PLACE IT

Page 1. Read Carefully, and be sure your balance of payment is correct, and the week you are attending is correct.

Page 2. Follow these helpful directions, and keep this information in a safe place.

Page 3. This Legal Consent Form needs to be signed, filled out completely and accurately, and upload via your registration portal by June 15th or as soon as completed.

Page 4. This Health History is extremely important to our camp medical staff.

This Health History Form needs to be signed, filled out completely and accurately, and upload via your registration portal by June 15th or as soon as completed. The parents or guardians may fill this information out. *The camper does need a recent physical examination (*each camper must have a completed physical within the calendar year of your camp session).

Page 5. This “ ITEMS TO BRING TO CAMP “ is a list of things you may need during the camp period. You are at the shore, the weather can be unpredictable. The dorms and dining hall are air-conditioned.

Page 6. This shows the “DAILY SCHEDULE” from Sunday thru Thursday. *Schedule subject to change.

Page 7. Please read carefully, “Guidelines to follow at camp”

Page 8. This is our 45th year for the Mid-Atlantic Field Hockey Camp in Lewes, DE.

It’s a wonderful place to visit, and vacation while your child is at camp.

Equipment: This will be available by June 1st, contact [Frannie](#) to request to order equipment.

We order our equipment at [Longstreth](#) Sporting Goods. MAFH prices are more reasonable than most sporting goods stores, as a service to our campers. *Before July 1st, you must preorder the stick or hockey equipment of your choice, you will pay for equipment at camp with cash or check only.

****Unfortunately, we will not be able to order from camp and have delivery in time.***

****CHECK-IN SUNDAY, BETWEEN 3:00–5:00 PM. AT THE CAMP STORE IN YOUTH CAMP 2, CAPE HENLOPEN STATE PARK, 15099 CAPE HENLOPEN DRIVE, LEWES, DE 19958.***

AS YOU ARE DRIVING INTO CAPE HENLOPEN STATE PARK, FOLLOW THE MAFH CAMP SIGNS,

****YOU MUST SHOW THIS PACKET OF PAPERS TO GET THROUGH THE FEE BOOTH.***

****You may be charged entrance fee, without this pass. Digital screen/copy is acceptable.***

**** CAMP BANK AND CONCESSION STORE: *Cash and/or check only accepted at camp.***

To prevent the loss of money at camp, you may purchase bankcards on Sunday at camp bank. These cards will keep your money safe and you may buy items in the store, and take money out for the beach, snacks, etc. anytime you wish. On Thursday, the camp will return any unspent money. This system eliminates the loss of money in the dorms, or on the fields.

**** CAMPERS ADDRESS AT CAMP:***

Please mail your letters/packages before Sunday, so the girls will receive the mail before they go home. They leave on Thursday before the mail arrives.

CAMPER’S NAME, MAFHC, CAPE HENLOPEN STATE PARK, 15099 CAPE HENLOPEN DRIVE, LEWES, DE. 19958

**** EMERGENCY PHONE NUMBER: Frannie Slabonik 484-332-3670***

This is my cell phone, available 24 hours during camp session.

Text available just be sure to identify camper and yourself.

****There is limited cell phone reception on campus. I will reply ASAP.***

**** DIRECTIONS TO CAMP: Located in the Cape Henlopen State Park, just past the Ferry in Lewes, DE.***

From Washington and No. Virginia: Take Rt. 50 to the Bay Bridge, Follow Rt. 50 to Rt. 404 to Georgetown, DE. Follow Rt. 9 east to Lewes, DE.

From New Jersey, Pennsylvania, and New York: Interstate 95 take Exit 4A; Follow map routes to Dover, DE. Take Rt. 1 South; Take the toll road around Dover. Follow Rt.1 south toward Rehoboth About 5 miles before you get to Rehoboth Beach, take Rt. 9 east into Lewes, DE.

From VA. Beach, No. Carolina, Take Rt. 13 to Rt.113 to Rt. 50 into Ocean City, MD. Follow Rt. 1 North to Rehoboth Beach, keep on Rt.1 to Lewes, take Rt. 9 East (right) into Lewes

Basic Directions – Look at your road map or GPS, and find the easiest drive to Lewes, Delaware.

Cape Henlopen State Park is located at 15099 Cape Henlopen Drive, Lewes, DE 19958.

One mile east of the Cape May/Lewes Ferry.

**MID-ATLANTIC FIELD HOCKEY CAMP
LEGAL CONSENT FORM**

(RETURN THIS BEFORE JUNE 15th)

**** BE SURE TO HAVE ALL SIGNATURES SIGNED CORRECTLY**

Dear Parent,

Your child has indicated the desire to participate in the Mid-Atlantic Field Hockey Camp athletic program for the week of July, 2022. We want to inform you that you will have to use your family insurance to cover all injuries and illnesses while your child is at camp, or for any camp related injury or illness.

RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT:

I hereby release and discharge Mid-Atlantic Field Hockey, LLC ("MAFH, LLC"), and Cape Henlopen State Park ("CHSP"), its agents, employees, staff members, directors, and officers from any claims, responsibilities or liabilities for injuries or harm incurred as a result of my participation and/or my child's participation as a player or spectator during her stay at camp.

I fully understand that: these activities involve risks and dangers of serious bodily injury, ("RISKS"); these Risks and dangers may be caused by my own actions or inaction's, the actions or inaction's of others participating in the activity, the condition in which the activity takes place, or the negligence of the "RELEASEES" named below; there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation or that of the minor in the activity.

I understand that it is my responsibility to comply with all posted and published procedures, including safety and hygiene procedures and protocols intended to lessen the likelihood of the spread of disease among participants and staff. I further understand that it is my responsibility to comply with all laws and other requirements imposed by federal, state, and local authorities.

I authorize MAFH, LLC, CHSP, its agents, employees, staff members, directors, and officers to take whatever action is necessary, in their best judgment, in an emergency and I hereby release and discharge MAFH, LLC, CHSP, its agents, employees, staff members, directors and officers from any responsibility or liability related thereto. I hereby certify that my child/camper, registrant, is covered by a personal insurance policy or is included in a policy which I have in force. Further, I hereby authorize routine medical dispensary care for the registrant, and I authorize treatment not considered routine to be referred to local physicians and medical facilities at my expense. I hereby grant permission for MAFH, LLC; CHSP; and local physicians and medical facilities to administer proper treatment for this registrant.

I certify that the participant is in good health and able to participate in all camp activities. (*each camper must have a completed physical within the calendar year of your camp session)

I give permission to use my child's name, picture or likeness in any printed media or any form of advertisement. I fully renounce any and all claims upon MAFH, LLC for reimbursement for use of this material.

Parent or Legal Guardian Signature (if minor) Date Name of Participant (Please Print)

****(ATTACH A PHOTO COPY OF YOUR INSURANCE CARD FOR EMERGENCIES)****

Primary Insurers Insurance Company - _____

Policy number - _____ Group# _____

Primary Insurers Name - _____ & Date of Birth- _____

Primary Insurers Employer's Name - _____

*Parent's Signature- _____, Date- _____

*Camper's Signature- _____, Date- _____

(Parent signature must be signed for the camper to attend camp.)

Please return this form before June 15th or as soon as completed. This can be uploaded to your online portal.

READ CAREFULLY – IMPORTANT INFORMATION – REMEMBER WHERE YOU PLACE IT!
HEALTH HISTORY FOR THE MID ATLANTIC FIELD HOCKEY CAMP
(RETURN THIS FORM BY JUNE 15th)

PLEASE HAVE THIS FORM COMPLETED BY A PARENT, GUARDIAN, OR FAMILY PHYSICIAN
(PLEASE PRINT NEATLY AND COMPLETE THIS FORM ACCURATLY)

NAME - _____ BEST PHONE # TO REACH PARENT () _____
(camper's name)

ADDRESS- _____
CITY - _____ STATE - _____ ZIP - _____

EMERG. CONTACT PHONE # () - _____

AGE - _____ GRADE THIS FALL - _____

CAMPERS DATE OF BIRTH- _____ & STATE OF BIRTH- _____

***NAME OF SCHOOL/GROUP ATTENDING WITH:** _____

Have you had?	Yes	Have you had?	Yes	Have you had?	Yes
*Allergy to:		Anemia		Cancer	
Bees, Wasps		Blood disorders		Chronic medical condition (specify)	
Peanuts		Headaches		Depression, anxiety	
Penicillin		Migraines		Heart Disease	
Sulfonamides		Hearing disabilities		Hepatitis B	
		Menstrual cycle disorders			
Other (specify)		Stomach or intestinal disorders		Kidney disease	
Asthma		Other:		Mobility disability	
Chicken pox/Varicella		Surgery or serious injury		Neurological disorder	
Diabetes, thyroid, endocrine problems		*Current non-prescription medicines (list)		Other psychological problem	
High blood pressure				Organ loss	
Infectious mononucleosis		*Current prescription medicines (list)		Seizure	
Respiratory disorders				Serious head injury	
Tropical disease (specify)		*Current vitamins or supplements (list)		Vision problems, corrective lens	
*Prescription inhaler and/or epipen should be with you at all times!		*Please attach list to this paper work if needed.			

TO PARTICIPANT, PARENT, OR GUARDIAN: Is the participant able to swim? Yes No
Is this participant capable of carrying a full program of fitness activities, including sports of all kinds? Yes No
If "No", please state limitations below. (*each camper must have a completed physical within the calendar year of your camp session)

Is the participant now under treatment or medication for any medical or emotional condition? Yes No
If "Yes", explain below.

Have you had any recent injuries to bones, muscles, or joints? Yes No If "Yes", explain below.

Do you wear a brace for any injury? Yes No If "Yes", explain below.

Have you ever had a concussion? Yes No If "Yes", approximate date _____

Is there anything else about this participant that we should know? Yes No
If "Yes", explain below.

Date of Last Tetanus Shot _____ (WE RECOMMEND TETANUS SHOT BE CURRENT BEFORE CAMP)

NAME OF FAMILY PHYSICIAN - _____

PHYSICIAN'S PHONE NUMBER - () - _____

PRINT NAME OF PARENT OR GUARDIAN- _____

*SIGNATURE OF PARENT OR GUARDIAN - _____ DATE - _____

*SIGNATURE OF PARTICIPANT - _____ DATE - _____

*(parent & camper signatures must be signed for the camper to attend camp.)

NOTE TO PARENTS: THE MID ATLANTIC FIELD HOCKEY CAMP PRIDES ITS SELF IN HAVING QUALITY MEDICAL STAFF AT CAMP. WE ALSO HAVE GREAT COOPERATION WITH THE BEBEE HOSPITAL AND ASPIRA HEALTH IN LEWES, WHICH IS ONLY MINUTES AWAY FROM CAMP. PLEASE ATTACH ANY ADDITIONAL MEDICAL INFORMATION THAT WOULD BE HELPFUL IN MAKING THE CAMP WEEK A SAFER AND HEALTHFUL SITUATION FOR YOUR CHILD. IF ANY MATTER ARISES BEFORE CAMP BEGINS, THAT OUR STAFF SHOULD BE AWARE OF, PLEASE NOTIFY US PROMPTLY. PLEASE DON'T ALLOW YOUR CHILD TO ATTEND CAMP IF SICK OR INJURED, SO AS TO JEOPARDIZE THEIR FUTURE OR THE HEALTH OF OTHER CAMPERS. THANK YOU FOR YOUR COOPERATION.

MID-ATLANTIC FIELD HOCKEY CAMP "ITEMS TO BRING TO CAMP"

*For your safety, please do not bring **jewelry or glass** items to camp!

*Please refrain from bringing any product, snacks, foods, lotions, etc. containing peanut butter or nut ingredients.

*MASKS are required to be with you at all sessions and around camp. Wear when posted or as necessary.

_____ SHEETS, BLANKETS, & PILLOW (Standard twin bed)

_____ LAUNDRY BAG

_____ BEACH TOWELS

_____ WASHCLOTH & TOWELS

_____ TOOTHBRUSH & TOOTHPASTE; BODY WASH; SHAMPOO

_____ BATHING SUIT

_____ PAJAMAS

_____ BUCKET/BAG FOR PERSONAL HYGIENE ITEMS, TOILETRIES

_____ FLIP FLOPS OR SHOWER SANDALS

_____ SHORTS

_____ JACKET OR WINDBREAKER

_____ SNEAKERS and/or CLEATS

_____ SOCKS, 2 PAIR A DAY.

_____ UNDERWEAR

_____ SPORT BRAS

_____ JEANS

_____ TANK TOPS

_____ SHIRTS

_____ SWEAT SHIRTS/PANTS

_____ RAIN GEAR

_____ FLASH LIGHT & BATTERIES

_____ SPORT SUN SCREEN (30 or Higher)

_____ INSECT REPELLENT; HAND SANITIZER

_____ SUNGLASSES & SUN VISOR/HAT

_____ FIELD HOCKEY STICKS

_____ MOUTHGUARDS

_____ FIELD HOCKEY SHIN GUARDS

_____ GOALIES SHOULD BRING THEIR OWN EQUIPMENT (we have secure storage at the fields)

_____ WATER JUG TO TAKE OUT ON THE FIELD (PUT YOUR NAME ON IT)

_____ ALARM CLOCK

_____ FAN OPTIONAL (**DORMS DO HAVE AC**)

_____ LONG EXTENSION CORD (@20') and POWER STRIP

_____ (*CAMP PHONE AVAILABLE IN DINING HALL PLEASE SEE STAFF MEMBER FOR PHONE USE)

_____ CELL PHONE NOT RECOMMENDED

(Airplane Mode Recommended - Limited service area in state park, texting is best)

OPTIONAL ITEMS

_____ BOOKS OR MAGAZINES

_____ STATIONARY

_____ CAMERA

_____ CD/ RADIO

*If you bring cell/device, please have a secure place to store them.

*EMAIL FRANNIE FOR EQUIPMENT LIST to

order FH stick, shin guards, etc. (AVAILABLE AFTER JUNE 1ST)

*WE SELL THE FOLLOWING ITEMS AT OUR CAMP

SNACKS, DRINKS, CAMP SUPPLIES

GOGGLES, FIELD HOCKEY BALLS

MOUTH GUARDS, SHIN GUARDS

FIELD HOCKEY STICKS & STICKBAGS

FIELD HOCKEY T-SHIRTS

FIELD HOCKEY TANK TOPS

FIELD HOCKEY SHORTS

FIELD HOCKEY SWEAT SHIRTS

FIELD HOCKEY SWEAT PANTS

SOCKS, HEADBANDS, MASKS

* WE SELL ICE BY THE BAG OR SCOOPS

* INJURY ICE AVAILABLE THRU MEDICAL STAFF AT NO COST

* THE STATE PARK HAS A CONCESSION STAND AT THE BEACH

PLEASE USE A PERMANENT MARKER TO IDENTIFY YOUR CLOTHES & PERSONAL ITEMS

MID-ATLANTIC FIELD HOCKEY CAMP DAILY SCHEDULE

SUNDAY

3:00 – 5:00 PM CAMP CHECK- IN, AT YOUTH CAMP 2, CAPE HENLOPEN STATE PARK.
4:20 – 5:20 PM DINNER
6:00 BE ON THE FIELD (READY TO PLAY)
WELCOME TO MID ATLANTIC CAMP
COACHED GAMES
10:00 BE IN YOUR DORMS 11:00 PM - LIGHTS OUT

MONDAY - WEDNESDAY

7:00 WAKE UP
7:20 – 8:20 BREAKFAST & CLEAN YOUR DORMS
8:45 MONDAY *BEACH PATROL SAFETY CHAT ON HOCKEY FIELDS
9:00 (MONDAY – TUESDAY) - INSTRUCTIONAL SESSIONS, POSSESSION,
PASSING/RECEIVING & FIELD HOCKEY SKILLS CONTESTS - LONG DRIVE, AIR
DRIBBLE, PUSH-PASS
(WEDNESDAY) – AEROBICS, MARKING, COACHED PLAY, PENALTY STROKES
11:20 – 12:20 LUNCH
1:00 (MONDAY) – SKILLS SESSION, (TUESDAY) - SITUATION INSTRUCTION
CORNERS, CIRCLE PLAY, STROKES, INDIVIDUAL/TEAM DEFENSE, LONG HITS,
FREE HITS, SIDE-IN (WEDNESDAY) – SKILLS CIRCUIT AND FUTURES TESTING
3:00 – 4:30 RELAX, BEACH BREAK, MOVIE AT YOUTH CAMP 1 DHALL, AND/OR
INDIVIDUAL INSTRUCTION ON THE FIELD HOCKEY FIELDS
4:20 – 5:20 DINNER
6:00 MONDAY - PRACTICE GAMES, TUESDAY - CAMP CHAMPIONSHIP BEGINS
WEDNESDAY – CAMP CHAMPIONSHIP CONTINUES
8:15 EVENING EVENTS:
MONDAY - *OUTDOOR MOVIE NITE – WEATHER PERMITTING YC 1
TUESDAY - ICE CREAM SUNDAE NIGHT YC2 DINING HALL
WEDNESDAY – BRING YOUR TALENT AND DANCE MOVES YC 2
(talent participation optional, attendance required)
10:00 PM BE IN YOUR DORMS 11:00 PM - LIGHTS OUT

THURSDAY

7:00 WAKE – UP & CLEAN - UP & PACK - UP:
7:20 – 8:20 BREAKFAST
8:30 DORMS WILL BE INSPECTED BY CAMP STAFF.
9:00 – 10:30 ALL STAR GAME/CHAMPIONSHIP ROUNDS CONTINUE
10:30 – 11:45 CHAMPIONSHIP SERIES *(ALL TEAMS PLAY AT LEAST 2 GAMES THURS.)
11:45 - AWARDS PRESENTATIONS: ALL STARS, TEAM CHAMPIONS, SKILL WINNERS,
NEATEST DORM FOR THE WEEK, MOST VALUABLE CAMPER/PLAYER .
12:00 - CHECK OUT TIME, SAY GOOD-BYE TO NEW FRIENDS

WE HOPE YOU ARE A BETTER FIELD HOCKEY PLAYER AND MORE IMPORTANTLY, A BETTER PERSON, BECAUSE OF THIS MID-ATLANTIC CAMP EXPERIENCE!

***IF YOU NEED TO SEE THE MEDICAL STAFF FOR ANY INJURIES, BE AT YC 2 CAMP STORE 30 MINUTES BEFORE EACH SESSION STARTS**

***THIS SCHEDULE IS SUBJECT TO CHANGE**

MID ATLANTIC FIELD HOCKEY CAMP

GUIDELINES TO FOLLOW AT CAMP

1. If you drove a car to camp, your car keys will be kept in the camp store until the last day.
*It is recommended that campers do not drive themselves to camp.
2. You are not to leave the camp session under any circumstances without prior written permission.
3. You may go to the beach only during the afternoon beach break. Do not drive to the beach.
(You should always go with another camper. The beach is a state, life guarded beach.)
*Every beach break a Mid-Atlantic Staff member is stationed directly behind the head lifeguard stand. *PLEASE MEET OUTSIDE AT YOUR YOUTH CAMP DINING HALL AT 3 PM TO DEPART TO BEACH WITH MAFH STAFF.
4. You are required to attend all field hockey sessions; the only people who can dismiss you from a session are the medical staff, and the director.
5. All medications should be reviewed with the medical staff, and should be listed on your medical form. If it is to be refrigerated, be sure to see the store staff.
6. There are to be no alcoholic beverages, illegal drugs, or smoking/vaping in camp.
*If you are involved in infractions of these rules, your parents will be called, and you will be sent home. If you drove, your parents must still come to camp and escort you home.
7. No guests/friends are to be in camp at anytime. Don't invite anyone to meet you during the camp without permission. *Visitors must report to the camp store in Youth Camp 2.
8. Jewelry is not allowed on the fields; we recommend you not bring valuables to camp. You should keep your spending money in the camp bank. You may withdraw money anytime the bank is open, which is 8AM – 10PM whenever you are not on the hockey fields. What ever amount you deposit, you will have bankcards made out in your name. When you withdraw money, it will be marked off, or if you purchase something in the camp store, it will also be marked off. The balance of your money will be paid to you at the end of the week. (Only cash and checks accepted at camp.)
9. The mail goes out once a day from the camp store. The mail is delivered once, in the afternoon.
10. If you need special medical attention, please check with the medical staff upon arrival at camp, and *include a special note on your medical form. If you have a special diet, please talk with the kitchen staff upon arrival, and **Please include a note (or email) in addition to your medical form.
11. The medical staff is on call during camp hours and in the camp store 30 minutes prior to each session and on field during each session, if you need any medical attention, (blisters, sprains, illness, sore throat, etc. see them right away. Be sure you sign injury logbook when checking with medical staff.
12. If you forget to bring something to camp, and it is a necessity, please let us know right away, and we will make arrangements to get it for you.
13. Be sure to bring sun block with you, and use it!!! *Some medications may be sun sensitive.
14. Our camp sells the highest quality field hockey equipment at reduced prices. Contact [Frannie](#) for equipment ordering (available June 1st). We also sell field hockey shorts, shirts and apparel.
15. Most of our camp coaches are high school, college, club coaches and college players, who played college field hockey, please respect their position, they want to help you, ask them questions about the sport, and in regard to your future, as a potential hockey player in college.
16. When you are arriving on Sunday/Thursday, at the state park tollbooth, present this packet as your car pass, and they will allow you and your family to enter without paying.
17. On Thursday, your parents are invited to watch you play at 9:00 am. Camp is over by noon.
18. Please see staff if you need assistance in accessing a phone to call home.
19. The inappropriate use of cameras, imaging, and digital devices is prohibited including use of such devices in showers, restrooms, or other areas where privacy is expected by participants.
20. This camp is a dedicated field hockey camp, if you are injured or sick just prior to camp, you should have a doctor's release form signed by the doctor and your parents before attending camp.
21. Please don't use profanity on the field, or around camp. Be the best person you can be.
22. When you are walking to and from the fields, be aware of the cars when crossing the roads.
23. When you are walking to and from the beach, use the paved walking paths, not the roads.
24. Help keep the area clean, throw your paper & bottles in the proper garbage containers.
25. Please do not ride in any motor vehicle while at camp without written parent permission.
(Don't accept rides going to and from the beach area, or anyplace in the camp)

We ask you to follow the rules as stated above for the welfare of all the participants at camp.

*These are guidelines for you and parents, so this camp experience will be extremely positive.

THE MID-ATLANTIC FIELD HOCKEY CAMP

“ A TRADITION SINCE 1978 “

THIS IS THE MID ATLANTIC FIELD HOCKEY CAMP'S 45th YEAR AT CAPE HENLOPEN STATE PARK. SEVERAL OF THE MORE EXPERIENCED STAFF HAVE BEEN HERE 30 PLUS YEARS. THE SUCCESS OF THE CAMP IS DUE TO THE DEDICATION OF THE STAFF, PARTICIPANTS AND THE UNIQUE AREA OF CAPE HENLOPEN STATE PARK.

BACK IN 1682, WILLIAM PENN PROCLAIMED THAT CAPE HENLOPEN AND ITS NATURAL RESOURCES WAS TO BE THE FIRST “ PUBLIC LANDS “, USED BY THE PEOPLE OF LEWES AND SUSSEX COUNTY. CAPE HENLOPEN IS STRATEGICLY LOCATED AT THE MOUTH OF THE DELAWARE BAY AND THE ATLANTIC OCEAN. THE TWO STONE 'BREAKWATER' BARRIERS BUILT IN 1869 AND 1901, STILL OFFER PROTECTION TO SHIPS DURING ROUGH SEAS.

IN 1941, THE CAPE BECAME A MILITARY BASE DURING WORLD WAR II. OBSERVATION TOWERS, BUNKERS, AND GUN EMPLACEMENTS WERE BUILT TO PROTECT THE EASTERN SEABOARD FROM ENEMY INVASIONS. IN 1964, THE STATE OF DELAWARE RECEIVED OVER 500 ACRES AND ESTABLISHED CAPE HENLOPEN STATE PARK. TODAY, THE PARK IS OVER 5000 ACRES OF NATURAL BEAUTY.

HIKING TRAILS, INTERPRETIVE DISPLAYS, A FISHING PIER, OBSERVATION TOWERS, CAMP GROUNDS, A NATURE CENTER, PICNIC AREAS, BIKE PATH, DISC GOLF AND THE BEAUTIFUL BEACH ON THE ATLANTIC OCEAN, ARE A FEW FEATURES OF THIS AREA CALLED CAPE HENLOPEN STATE PARK.

CAPE HENLOPEN IS THE HOME OF THE MID ATLANTIC FIELD HOCKEY CAMP. THE CAMP IS HELD DURING TWO WEEKS IN JULY. FIELD HOCKEY PLAYERS ATTEND THE CAMP TO DEVELOP THEIR SKILLS AS THEY PREP FOR THE UPCOMING SEASON. THE MID ATLANTIC CAMP IS LOCATED IN THE YOUTH CAMP AREA OF THE STATE PARK. THIS AREA HAS DORMS, DINING HALLS, PLUS OTHER FACILITIES USED FOR YOUTH ACTIVITIES.

FAMILY AND FRIENDS OFTEN VACATION IN THE RESORT TOWN OF LEWES, A QUAINF FISHING VILLAGE, WITH A BEAUTIFUL BEACH, AND GREAT MARINA WITH FISHING BOATS OF ALL SIZES. LEWES IS LOCATED A FEW MILES NORTH OF REHOBOTH BEACH. BETWEEN LEWES AND REHOBOTH, IS ONE OF THE LARGEST OUTLET SHOPPING AREAS ON THE EAST COAST, A GREAT WAY TO SPEND THE EVENINGS AFTER A DAY ON THE BEACH.

MANY OF THE FAMILIES OF THE FIELD HOCKEY PARTICIPANTS STAY IN THE LEWES AREA FOR A WEEKEND, BEFORE OR AFTER THE CAMP WEEK. BECAUSE OF THE POPULAR VACATION AREA, ITS WISE TO PLAN AHEAD:

IF YOU ARE STAYING IN THE AREA, THE BEACON MOTEL HAS GREAT ACCOMMODATIONS.

CALL 1-800-735-4888, 1-302-645-4888, FAX- 302-645-8138, EMAIL - bconmotel@dmv.com

FOR RENTAL PROPERTIES: 1-800-331-4241, JACK LINGO REALTORS.

FOR CAMPING AT THE CAPE HENLOPEN STATE PARK, CALL 1-800-987-2757 or delaware.reserveworld.com.

CAMP GROUNDS: BIG OAKS, 302-645-6838; EAGLES NEST, 302-684-4031; 3 SEASONS CAMPING, 302-227-9418; TALL PINES, 302-684-0300; STEAMBOAT, 302-645-6500. THESE ARE LOCATED IN THE LEWES AREA.

FOR FISHING: ANGLER'S MARINA, 302- 645-7981; FISHERMAN'S WHARF, 800- 260-8909; LEWES HARBOUR MARINA, 302- 645-6227. FOR GOLF: OLD LANDING, 302- 227-3131; BAYWOOD GREENS, 888- 844-2254; THE ROOKERY, 302-684-3000.

FOR MORE INFORMATION, CALL THE LEWES CHAMBER OF COMMERCE, 302-645-8073.

THE CAMPERS, WHO ATTEND THE MID ATLANTIC FIELD HOCKEY CAMP, COME FROM A FIVE STATE AREA, DELAWARE, MARYLAND, NEW JERSEY, PENNSYLVANIA, AND VIRGINIA. THE GEOGRAPHIC AREA IS EXPANDING TO INCLUDE CAMPERS FROM THE NEW ENGLAND AREA, AND THE CAROLINAS. MANY OF OUR FORMER CAMPERS ARE NOW PLAYING AT THE COLLEGIATE LEVEL, AND RETURN TO CAMP AS JUNIOR COUNSELORS. MANY OF THE STAFF MEMBERS WERE FORMER JC'S, AND ARE NOW COACHES AND CAMP INSTRUCTORS. THIS IS WHAT MAKES THE MID-ATLANTIC FIELD HOCKEY CAMP SUCH A GREAT INSTITUTION. ALL ITS STAFF WORKS HARD TO MAKE EACH CAMPER THE BEST THAT THEY CAN BE AS A FIELD HOCKEY PLAYER, AND AS AN INDIVIDUAL, CONTRIBUTING TO OUR SOCIETY.