Field Hockey

2017 DATES

July 21-23
Shoot & Save Camp
(Field Players & Goal Keepers)

July 25-28
Champions Field Hockey Team Camp
(Individual Participants welcome)

This Summer We Train Like Spartans!

Resident and Commuter Camps

Directed by Head Field Hockey Coach Helen Knull and Assistant Coaches Tamara Durante and Georgia Holland, along with current and former Spartans, current Division I Coaches, Olympians and camp coaches from around the world!

*Must be 12 years old to spend the night.

Registration: Park at Spartan Stadium Lot 79 south off Shaw Lane and proceed to Munn Ice Arena.

Check-in: 10:00 - 11:00 a.m.
Check-out: 4:00 p.m. (Friday)

Camp fees: Resident Camp $495.00
Commuter Camp $425.00

Check-in: 11:30 a.m.- 12:30 p.m.
Check-out: 12:30 p.m.

Camp fees: Resident Camp $495.00
Commuter Camp $425.00

*$25 Discount if you enroll BEFORE May 1.
Both camps can be pro-rated at $150.00 per day.

Field Hockey

CAMP FEATURES

- Individualized camp sessions to benefit your hockey needs
- Team competitions
- More than 600 balls
- Newest techniques/tactics

Sport Specific Equipment To Bring To Camp

Players
- Stick and mouth guard
- Shin guards, water bottle and sunblock

Goal Keepers
- All Goal keeper equipment
- Water bottle and sunblock

www.sportcamps.msu.edu

@msufieldhockey  msufieldhockey
**CAMP INFORMATION**

**Refund Policy**
Campers unable to attend camp are entitled to a refund. A $55 administrative fee (only $30 if you enrolled online) will be deducted from all refunds, regardless of the reason. Refund requests must be submitted in writing PRIOR to the first day of the camp session in which the camper was originally enrolled. **No refunds for any reason (i.e. injury, illness) will be given once a camper is on campus.**

**Medical Policy**
Each participant should have his or her own medical insurance. A student trainer will always be available. Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance. No physicals are required.

**Meals**
- Breakfast 7:00 a.m. – 8:30 a.m.
- Lunch 11:30 a.m. – 1:30 p.m.
- Dinner 4:00 p.m. – 6:30 p.m.

**Check-In/Check-Out**
Time and location of check-in/check-out will be printed on your receipt and sent to you at time of payment.

**REGISTRATION INFORMATION**
Register online at [www.sportcamps.msu.edu](http://www.sportcamps.msu.edu) or complete the attached application. **Full payment by either check, MasterCard, VISA, Discover or American Express must accompany the application.** Make checks payable to Michigan State University. No applications will be accepted before February 1st. You will receive confirmation for receipt of enrollment by mail within 12–15 business days.

**MSU Sport Camp Policy**
Persons enrolled in MSU Sport Camps will be required to attend all sessions and to comply with the rules and regulations of Michigan State University governing the conduct of all students on the campus.

**CONTACT INFORMATION**

Sports specific questions contact: 517-432-1212

General, Registration and Roommate questions: [www.sportcamps.msu.edu](http://www.sportcamps.msu.edu)

**2017 DATES**

**July 21-23**
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**FIELD HOCKEY**
The Field Hockey Camp Application
REGISTER AT WWW.SPORTCAMPMS.US.EDU

PLEASE PRINT INFORMATION BELOW OR ENROLL ONLINE

Name ____________________________________________

Address __________________________________________

City________ State____ Zip ____________________________

Parent or Guardian __________________________________

Daytime Telephone _________________________________

Evening Telephone _________________________________

E-mail ____________________________________________

Grade in September: ______________________ Age: ______

Sex: _____ Date of Birth: ___________ Ht: ______ Wt: ______

Must be 12 years old to spend the night.

Roommate preference: _______________________________

Adult Shirt Size: □ Small □ Medium □ Large □ X-Large

Please enroll me in the following Field Hockey camp:

<table>
<thead>
<tr>
<th>Camp Date</th>
<th>Resident</th>
<th>Commuter</th>
</tr>
</thead>
<tbody>
<tr>
<td>JULY 21-23</td>
<td>$495.00</td>
<td>$425.00</td>
</tr>
<tr>
<td>JULY 25-28</td>
<td>$495.00</td>
<td>$425.00</td>
</tr>
</tbody>
</table>

*EARLY BIRD SPECIAL (enroll BEFORE May 1st for either camp) $25.00 off. Both camps can be pro-rated @ $150.00 per day.

U.S. FUNDS ONLY.

Please make checks payable to
MICHIGAN STATE UNIVERSITY

Check one:
□ Check □ Mastercard □ VISA □ Discover □ American Express

Card Number ____________________________

3 digit security code Exp. Date

Signature ____________________________

Amount of Check/Charge enclosed ____________________________________________

Send Application and Medical Treatment Form with payment in full to:
MICHIGAN STATE UNIVERSITY
Sports Camp Office
535 Chestnut Rd, W239
Spartan Way, East Lansing, MI 48824
Fax: 517-355-6891

Field Hockey

REGISTER AT WWW.SPORTCAMPMS.US.EDU

PLEASE PRINT INFORMATION BELOW OR ENROLL ONLINE

Participant’s Name ____________________________ DOB____/____/____

What Sport: ________________________________

Date of Camp: ______________________________

Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance.

1. List any medical conditions that camp personnel should be aware of (use additional pages if necessary): __________________________________________________________

2. List any medications currently taking: __________________________________________________________

3. List any allergies: ______________________________________________________________________

In case of emergency please contact:

Name ____________________________________________

Daytime Telephone _________________________________

Evening Telephone _________________________________

Insurance Information:

Name of Medical Insurance Company Insurance Company Telephone

Name of Insurance Policy Holder Policy Holder DOB

Medical Insurance Policy Number Medical Insurance Group# (if appl)

________________________________________, as parent or legal guardian of the participant named above, authorizes MSU to seek medical and/or surgical treatment which is reasonably necessary to care for the participant. I further authorize the medical facility that treats the participant to release all information needed to complete insurance claims. I acknowledge my responsibility to pay all costs associated with the participant’s medical care and authorize all insurance payments, if any, to be made directly to the medical facility.

Signature (Parent or Guardian) Date

U.S. FUNDS ONLY.

Please make checks payable to MICHIGAN STATE UNIVERSITY
WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

“IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON”
CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.