



Falcon Athletics
Field Hockey Camp
@ Montclair State
July 25-28, 2022

2022 Camp Confirmation Packet

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Dear Camp Families,

Thank you for registering for our 2022 Falcon Athletics Field Hockey Camp at Montclair State University! We hope that this camp will be an unforgettable and exciting opportunity for your camper to improve their skills and work with some of the top coaches and players in the game!

This packet is designed to help you prepare for your upcoming camp. Please read this entire packet carefully, as it contains all the forms, important information, and tips you need to set your camper up for a smooth, successful camp experience.

If you have any questions after reviewing this packet, please feel free to contact us via email at falconathleticsnj@gmail.com, oreillye@montclair.edu, or phone: 973-865-0214 [Eileen]; 201-572-3870 [Jen].

We look forward to seeing you all at camp this summer!

Best Regards,

Jen & Eileen

Falcon Athletics Field Hockey Camp Co-Directors



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OUR MISSION

Falcon Athletics Field Hockey Camps were developed to provide young athletes with the opportunity to become better hockey players by providing instruction from the top coaches in a positive and fun atmosphere.

CORE VALUES

EXCELLENCE – We inspire our campers by providing an unforgettable experience that is the result of a dedicated staff, a progressive instructional curriculum and superior customer service.

FUN – We create lasting memories and friendships at camp by surrounding the campers with a passionate camp staff and a creative daily schedule that fosters meaningful interaction with all campers. We always remember that, after all, this is camp!

IMPROVEMENT – We provide a unique opportunity for campers to improve their game through personal attention, setting goals and an energetic staff that is committed to the individual development of each camper.

SAFETY – We promote a safe and healthy camp environment by providing a responsible staff that supervises all camp activities and who are trained to be role models for our campers both on and off the field.

SPORTSMANSHIP – We practice teamwork through leadership opportunities that lead to on-field lessons of integrity, honesty and mutual encouragement.

HEALTHY & SAFETY

We want to ensure your child has a safe and positive environment during their time at camp. Campers are expected to abide by the camp rules and live by our core values. Drugs, alcohol and tobacco products are strictly forbidden and constitute, along with general misconduct, grounds for dismissal from camp without a refund.

REFUND POLICY

There are no refunds awarded for any reason once a player is registered. This includes, but is not limited to, all clinics, leagues, camps, practices, tournaments, etc. Coaches are subject to change based on availability. Dates & times are subject to change based on facility availability.

CAMP INSURANCE

It is highly suggested that insurance is purchased for all athletes attending any training, camp, clinic, league, tournament, etc.

[RegSaver](#) is a youth sports insurance that comes recommended by SportsEngine. You may choose to research your own sports camp insurance as well. **RegSaver policies are subject to change, please read their terms & conditions carefully if you are going to purchase insurance. ** RegSaver insurance must be purchased at least 2 weeks prior to the start of camp. To learn more visit <https://registrationsaver.com/>

Falcon Athletics LLC is in no way affiliated with RegSaver. All questions & claims must be directed solely with the company.



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PRE-CAMP CHECKLIST

Overnight campers:

- Upload your COVID vaccine card to [Med+Proctor](#)
- Schedule your pre-camp PCR test for between **7/20-7/24** [we strongly recommend scheduling your PCR test for 7/20]. *Reminder: rapid, at-home or self-administered tests will not be accepted.
- Upload your pre-camp Negative PCR test results to [Med+Proctor](#) by 7/25
- Complete the [health history and release form](#) and bring a printed copy with you to check in on 7/25.
- Complete [COVID waiver](#) and bring a printed copy with you to check in on 7/25
- Review [Overnight Camp items checklist](#)
- Review our Dorm damage [waiver](#)
- Remember to complete daily health survey [Hawk Check](#) each day of camp

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PRE-CAMP CHECKLIST

Extended Day Campers:

- Complete the [health history and release form](#) and bring a printed copy with you to check in on 7/25.
- Complete [COVID waiver](#) and bring a printed copy with you to check in on 7/25
- Please plan to arrive at check-in around 1:00pm on 7/25.
- Review our [Day camper information](#) guide
- Remember to complete daily health survey [Hawk Check](#) each day of camp

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ADDITIONAL CAMP DETAILS:

CHECK-IN: Monday July 25th 2022

Check in on the first day of camp [Monday, July 25th 2022] will be between 12:00 - 1:00pm. Dinner will be the first meal served. All campers should arrive dressed and ready for their first session. Check-in will be held at Machuga Hall. Please refer to this [map and directions](#) to assist you! You may temporarily stop in front of the building to drop off your child. If you need to come inside, please park in the lot with the signs designating the area as **“Falcon Athletics Field Hockey Camp”** (Lot #22; see circled lot on the [map](#)). Prior to entering the building all campers and family members must complete the Montclair State daily health survey, [Hawk Check](#).

CHECK-OUT

Please review our [check-out guide](#) for all details for Thursday July 28th ! Campers will check out at 12pm at the check-in location in Machuga Hall. Parents are encouraged to attend the morning session of games on the last day starting at 9am! All games will take place on Dioguardi Field. Check-out will occur immediately after the closing ceremony. If you need to come inside to assist with check out, please park in the lot with the signs designating the area as “Falcon Athletics Field Hockey Camp” (Lot #22; see circled lot on the [map](#)). Prior to entering the building, all campers and family members must complete the Montclair State daily health survey, [Hawk Check](#).

[Sample Camp Schedule](#) [****subject to change!**]

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ADDITIONAL CAMP DETAILS:

EXTENDED DAY CAMPERS

Please refer to our [day camper information guide](#) for all details about your camp experience! Please arrive dressed and ready to play on the first day.

Tip: the length of registration is for campers to move into their dorms; therefore you can arrive closer to 1:00pm- the first meeting is at 1:30pm. Check in with staff at check-in for the appropriate pick up and drop off location for the consecutive days.

PARKING

Advanced notice is mandatory if you plan to drive yourself to camp. You must call Eileen at 973-865-0214 or email Eileen at oreillye@montclair.edu to make your reservation.

DORM DAMAGE

Falcon Athletics Field Hockey reserves the right to charge camper families the cost of replacement or repair of missing, damaged, or broken items, caused by the deliberate, negligent or reckless act of guests to the dorm property or structure. Preview our waiver [here](#). You are prohibited from moving any beds and fees will incur if beds are moved. Should this damage come to light after the guests have departed, we reserve the right to make a charge to Guest's credit card or send an invoice for the amount to the Guest's registered address. We will however make every effort to keep any costs that the Guest would incur to a minimum.

During the check in process, all overnight campers will be required to complete and sign our dorm damage/ lost key waiver. Please review our dorm damage waiver [here](#). You must complete and sign a hard copy during check in.

HEALTH FORMS

Every camper must have the [attached health history and release form](#) filled out in order to attend camp. This form must be printed and brought to camp to be handed in at check in- **please do not mail ahead.**

COVID WAIVER

Every camper must complete the [COVID waiver](#). This waiver must be printed and brought to camp to be handed in at check in- **please do not mail ahead.**

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Additional Tips!

- 1) An Athlete's Healthy Diet:** Think Color. Think Energy Sustaining. Think Whole Foods. Reduce Sugar. Increase Water.
- 2) Sleep is Critical to Success.** Arrive to camp well rested. Take advantage of the nights leading up to camp as pre-game rest. Don't stay up beyond curfew. You can only maximize the day with ample time for rest and recovery.
- 3) Begin Your Hydration Focus** 3 - 4 days before arriving at camp.
- 4) Keep Track of Time:** Wear a watch or bring an alarm clock. We expect athletes to arrive at meeting places on time.
- 5) Self- Advocate:** Questions are always welcome. The knee-jerk reaction can be to text home, but we encourage the message for the camper to be "speak to one of the many adults in person at camp". Please empower your athlete to practice this skill.
- 6) Electronics and Phones:** We do not encourage devices, laptops or gaming consoles at camp. We cannot be responsible if they are damaged or stolen. Cell phones are not permitted for use during on field sessions. There will be ample time between sessions to catch up with family and friends.
- 7) Athletes are not permitted to leave campus without permission.**
- 8) Snacks & Water:**
 - Granola Type Bars (Offer Slow release energy)
 - Whole Fruit (Apple, Banana, Orange)
 - Pretzels – Great Source of Carbs
 - Don't bring items that require refrigeration.
- 9) Your Morning Routine** will include packing up sports equipment for practice, eating breakfast, and personal hygiene.
- 10) Free Time:** Downtime honors an athlete's preferences. Our staff will put out group play, ground type games like frisbee and spike ball, play elite game-film footage in the dorm lounge, socialize by the camp store, play music in the halls and/or give campers space to rest and connect with loved ones.
- 11) Arrival Day:** Dinner is often the first meal of the day, so bring a lunch or eat before arrival. Come to camp dressed for the sports session. Once settled in the dorm room, take note of the bathroom location, common room/ lounge, the nearest staff room. Inventory the state of the room (blinds, doors, closet, etc.) and report anything broken.
- 12) Money:** we recommend campers bring \$20 - \$30 for the occasional pizza order or camp store item.
- 13) Bring the Fun:** Think simple ways to engage with a new roommate or hallway teammate: Deck of cards, Dice, Portable Bluetooth speaker, Magazines.