

Ridge Field Hockey Camp Philosophy

The philosophy of Ridge Field Hockey Camp is to provide young athletes with strong fundamentals, challenge them to execute new skills in a game setting, meet new friends, and enjoy the FUN of field hockey!

The camp is open to girls entering grades 2-9. Initially, campers will be grouped based on grade level. After skill evaluations on the first day, campers may be moved to more appropriate groups based on skill level.

The Ridge FH Camp curriculum is designed to help young athletes develop fundamental skills like dribbling, hitting, individual defense, goal scoring, and goal keeping!

Each athlete attending Ridge Field Hockey Camp will receive individual attention and instruction from head field hockey coach, Kim Clark. Varsity and collegiate players from Basking Ridge will also assist during instruction and game-play!



Ridge Field Hockey Camp

June 27th-July 1st
5-8pm

Ridge Field Hockey Camp 2016
Kimberly Clark
1 Rosemary Lane
Lebanon, NJ 08833

Phone: 207-318-8327
E-mail: ridgefhcamp@gmail.com



Ridge Field Hockey Camp 2016

*The Future of Ridge
field Hockey Starts
Here!*

June 27th-July 1st
5-8pm

Astor Field
Bernards
Township Rec

Facility Use Approved by Bernards Township P&R

Ridge Field Hockey Camp 2016

SAMPLE CAMP SCHEDULE

Warm-Up & Skill Work
Tactical Drills
Small Game Play
Tournament Play
Cool Down & Dismissal

CAMP REMINDERS!

Bring your field hockey stick, shinguards, mouthguard, and waterbottle!

At registration on the **first day of camp**, campers will receive a **CAMP PACK** which includes a reversible jersey, a ball, lanyard, and draw string bag!

On the **last day of camp**, there will be awards ceremony where campers will be recognized for their hard work throughout the week!



Former Ridge Field Hockey Camper and current Ridge Freshmen, Noor Kaur was named All-County and All-Conference in 2016!

Head Coach & Camp Director Ridge High School Head Coach, Kim Clark

Kim begins her tenth year as head coach at Ridge High School. Ridge Field Hockey program has enjoyed several consecutive years of success, making multiple trips to the county semi-finals and final rounds and contending for the state sectional title. The success of the program continues to grow. The past seven years the team has finished competitively in the county and state tournament. Prior to Ridge, Kim was a 2-time All-American, and 4-time Academic All-American at Springfield College. She spent two years at her alma-mater as a Graduate Assistant with the Field Hockey program. Over her six year tenure at Springfield College, Kim traveled to the NCAA tournament three times, making two appearances at the elite-eight rounds! In addition, Kim has been involved in a multitude of clinics, summer camps, and coaching conventions. In 2010 Kim was named the Star ledger Field Hockey Coach of the Year and in 2013 she was Courier News Coach of the Year. Kim is a Health and Physical Education Teacher at Ridge High School and also coaches Girl's Basketball and Girls Golf.

Assistant Coaches

The Ridge Field Hockey Program produces confident, well-rounded, young women, many of whom will be assistant coaches at the Ridge Field Hockey Camp! These athletes are knowledgeable and passionate about the sport of field hockey and continue their field hockey career beyond the high school playing field. Current and past members of the field hockey program will assist campers as they develop & hone fundamentals,

Registration

Camp Registration will be through an online Google Form. Please enter the following URL into your browser to register for camp...

<http://goo.gl/forms/cvRiwxLPfL>

Camp Pre-Registration and **Payments** should be received by **June 24th**.

Pre-Registration.....\$200
Same-Day Registration.....\$250

Payments should be mailed to:
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Astor Field, Basking Ridge, NJ

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