

We are excited for our summer field hockey camp next week!

Monday, August 7th-Thursday, August 10th

9 am-12 noon at Canton High School turf field

DROP OFF/PICK UP Area will be in the lot next to the turf field.

On day 1 please check in at our registration table at 9 AM

**Camp will begin at 9 AM each morning and end at 12
noon each day**

First day of camp please bring:

1. If you have not emailed a copy of your physical form, please bring a copy of physical (including immunizations) done within the past 18 months
2. Extreme FH medical history form
3. *ONLY If player has Special Medical concerns or a medication list,* please fill out additional Authorization to Administer Medications form (Documents are attached below.)

Each day of camp please bring:

- *water bottle labeled with player's name
- *healthy snack, if desired, for our short break time
- *shin guards, mouth guard, and stick
- *goggles are recommended, NOT mandatory.
- *sunscreen: please apply to players before camp.

We look forward to a great week of practicing our field hockey skills and preparing for the Fall Field Hockey season ahead.

Thank you and see you Monday morning.

Kelly and Chrissy
Extreme Field Hockey