

***We are excited for our summer camp next week!  
Monday, July 19 -Thursday, July 22nd  
9 am-12 noon at Canton High School turf field***

**DROP OFF/PICK UP Area** will be in 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

Spectators will NOT be allowed within field area. They can watch from the bleachers or outside the fence.

First day of camp please bring:

- \*copy of physical within the past 18 months
- \*Extreme FH medical history form
- \*Sunscreen waiver
- \*hand sanitizer waiver
- \*If player has Special Medical concerns or a medication list, please fill out additional waiver form

DAILY please bring:

- \*water bottle labeled with player's name
- \*healthy snack for our short break time
- \*shinguards, mouthguard, and stick
- \*goggles are recommended, NOT mandatory.
- \*sunscreen: please apply to player before camp

**Please remember:**

Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and, you are KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for your participation; and, you willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, you observe and any unusual or significant hazard during my presence or participation, you will remove yourself from participation and bring such to the attention of the nearest Extreme staff member immediately.

Our #1 goal is to keep you (and us) safe while still providing a competitive environment. While we will certainly adhere to the guidelines set forth by the state and our local Board of Health please understand that exposure to Covid-19 is always a possibility. We look forward to giving kids the opportunity to be playing field hockey!

Thank you for you cooperation while we do our best to run a safe and fun week of camp!

Chrissy O'Connor and Kelly McGowan  
Extreme Field Hockey