

KAPOW ELITE KAMP CONFIRMATION LETTER

Welcome to KaPow Elite Kamp!

Thank you for choosing the KaPow Elite Kamp. We look forward to two days of hockey training and helping you in your college quest! We will be pushing you throughout every session in order to get your best hockey skills and fitness. Please come into this camp in proper shape and condition as we want to compose the best possible highlight DVD for each athlete. See you soon!!

Check In: Registration

Date: July 1st, 2010

Time: 8:00 a.m. to 9:00 a.m.

Where: Crestwood High School 281 S Mountain Blvd. Mountaintop, PA 18707

Important: Please remember to bring your Medical Release Form and Waiver & Agreement Form to Registration. You will not be allowed to participate until we obtain them. You can obtain these at www.kapowfh.com under the "Register" tab, and then under the "Forms" tab.

Also, please remember to bring your own lunch on Day 1. We will have snacks and merchandise for sale at the Kamp Store.

Check Out

Date: July 2nd, 2010

Time: 12:00 p.m.

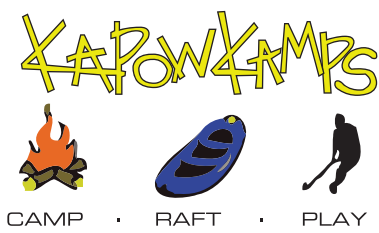
Where: Crestwood High School

KaPow Kamp Goals

- * Expose each athlete to top level coaching in order to learn new and essential field hockey skills and concepts.
- * Create a positive and motivating atmosphere throughout each session.
- * Educate athletes on the college recruiting process and provide proper guidance.

Athlete's Mission

- * Have proper fitness level that allows you to compete in all sessions and prevent injury.
- * Treat everyone with respect.
- * Be ready to learn and push yourself to the next level.
- * Have a positive attitude and most importantly.....HAVE FUN!



KAPOW ELITE KAMP CONFIRMATION LETTER

Camp Rules

- * Notify trainer of all medications and inhalers.
- * Day campers are only permitted to use their vehicles if given permission by a parent or guardian. See Medical Release Form for appropriate signature.

General Kamp Schedule (Complete Schedule will be Posted at Registration)

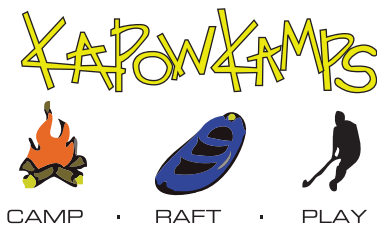
Time	Activity
Day 1	
8-9:00 AM	Check-In
9:00 AM	Introductions
9-11:30 AM	Agilities & Skill Session
11:30-1:00 PM	Lunch
1-3:30PM	Practice Drills
Day 2	
9-11:30 AM	Game Play
12:00 PM	Check - Out

- * Campers should arrive at least 15 minutes early to each session.
- * Camper's ride should be at the field 15 minutes prior to the end of the skill session.

What to Bring

Elite Athletes:

- * Sunscreen
- * Athletic Clothes
- * Running Shoes
- * Cleats/Turfs
- * Sandals
- * Mouthguard
- * Stick
- * Extra stick to donate (optional)
- * Water Bottle (with name on it)
- * Goal Keepers- Full Equipment
- * Money for camp store/ equipment
- * Pen & Notebook
- * Lunch for Day 1
- * Money for Kamp Store



KAPOW ELITE KAMP CONFIRMATION LETTER

Contact Information

Camp Directors Phone: Kayla Bashore: 610.223.8451
Lauren Powley: 301.928.2200
Email: directors@kapowfh.com

Important Information for Guardian

- 1) **Camp Payment Process:** You will receive an invoice with your payment information. Please print a copy for your own records. If you have not paid in full, please do so before the payment deadline, which is two weeks prior to the camp start date. You can log back into your online account and complete the rest of your payment at any time. You also have the option to automatically bill your credit card on the final payment due date.
- 2) **Medical Release Form and Waiver & Agreement Form:** Each athlete is required to complete the Medical Release Form and Waiver & Agreement Form. Please submit these at Registration. Each player must hand them in before participation in any activity is allowed.
- 3) **Refund Policy:** Please submit any requests for cancellation in writing. If a cancellation is made prior to the final payment date, you will receive your payment, except the \$200.00 non-refundable deposit. After the final payment date, there will be no refunds granted.
- 4) **Day Campers:** If your child is a day camper you must sign the appropriate place on the Medical Release Form to allow your child to drive to and from the field during the break/lunch time.
- 5) **Share-a-Stick Program:** We are collecting lightly used field hockey sticks to donate to less fortunate schools. If your child donates a stick, she will receive a coupon for \$10.00. This can only be used to purchase KaPow merchandise. Players can donate multiple sticks, however only one \$10.00 credit will be granted.

We can't wait to see you at camp! Please feel free to contact us with any questions.

Sincerely,
Kayla Bashore & Lauren Powley
Co-Directors of KaPow Field Hockey