



## KAPOW MINI KAMP CONFIRMATION LETTER

### Welcome to KaPow Mini Kamp!

Thank you for choosing the KaPow Mini Kamp. We look forward to 2 days filled with fun, laughter, and learning. We are so excited to get sticks in the hands of youngsters. Throughout these 2 days we plan to introduce the basics of field hockey, while keep every player active and smiling. You are the new generation of field hockey stars, and we can't wait to be a part of your journey!

#### **Check In: Registration**

Date: June 29th, 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](http://www.kapowfh.com) under the "Register" tab, and then under the "Forms" tab.

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

#### **Check Out**

Date: July 30th, 2010

Time: 3:00 p.m.

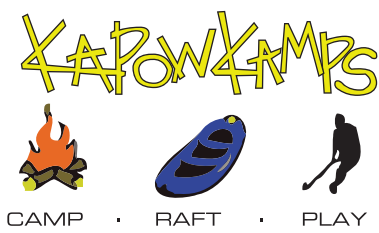
Where: Crestwood High School

#### **KaPow Kamp Goals**

- \* Expose each athlete to the basics of field hockey. We will be teaching everything from the ground up.
- \* Create a positive and motivating atmosphere throughout each session.
- \* Keep all of the athletes active and enjoying field hockey. We want each child to both learn and have fun!

#### **Athlete's Mission**

- \* Be ready to learn and try new hockey skills.
- \* Treat everyone with respect.
- \* Have a positive attitude and most importantly.....HAVE FUN!



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**Kamp Rules**

- \* Notify trainer of all medications and inhalers.
- \* Day campers are only permitted to leave for lunch with a guardian who has previously notified us in writing.

**General Kamp Schedule (Schedule will be very similar for Day 1 & 2)**

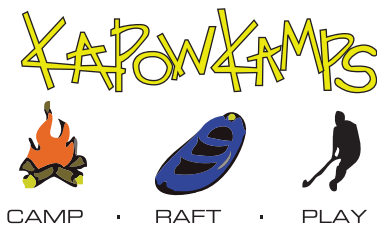
<b>Time</b>	<b>Activity</b>
8-9:00 AM	Check-In
9:00 AM	Introductions
9-11:30 AM	Hockey Session
11:30 -1:00 PM	Lunch
1-3:00 PM	Game Play
3:00 PM	Check-Out

- \* Campers should arrive at 8:45 a.m. on Day 2.
- \* Camper's ride should be at the field at 2:45 on both Day 1 & Day 2.

**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 MINI KAMP CONFIRMATION LETTER

### Contact Information

Camp Directors Phone: Kayla Bashore: 610.223.8451  
Lauren Powley: 301.928.2200

Email: [directors@kapowfh.com](mailto:directors@kapowfh.com)

### Important Information for Guardian

- 1) **Camp Payment Process:** All payments must be made in full at the end of your online registration process. You will automatically receive an invoice with your payment information after you have completed online registration.
- 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 2 weeks prior to the start date of camp, your refund will be granted. After 2 weeks before the camp start date, no refunds will be granted.
- 4) **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