



ADK COACHING PHILOSOPHY

The ADK Field hockey camp is committed to developing strong basic skills, having a good understanding of the game and most of all to enjoy playing this great game. We do this by having a knowledgeable staff of coaches who teach the game in a fun and informative way. Our goal is to see a camper evolve each and every day and really grown to love the game more and more. We will cover position play, dribbling techniques, defensive tactics and attacking with an advantage (2 v 1, 3 v 2, etc...) For goalkeepers we will cover position play, basic techniques and how to improve your footwork and how to talk to you defense effectively.



The ADK individual skills camp will be held on the beautiful watered synthetic astro turf on the UAlbany campus.

The ADK team camp will be held at shen high school on the new state of the art field turf under the lights.

Please be sure that all participants have tennis/running shoes and/or turf shoes.



Jen Sykes : Coach and camp Director. Jen brings a wealth of experience as a coach, administrator and physical educator. A 1998 graduate of East Stroudsburg University with a degree in Health and Physical Education, she was a four year starter in both field hockey and lacrosse. Her top accolades included first team all-American, PSAC scholar athlete, ESU Scholar Athlete of the year, and NCAA women of the year nominee. Jen's coaching experience: 5 year assistant at Conestoga Valley High school (2003 Lancaster/ Lebanon league champions, district and state qualifier 2003/2004), 4 year assistant women's lacrosse coach university at Albany, and currently a physical educator and field hockey /lacrosse coach at Shenendehowa central school district. A native of Lancaster Pennsylvania, Jen moved to Albany area with her husband Phil.



Phil Sykes: Phil Sykes has just completed his 10th season as the University at Albany Head coach. He has transformed the Great Dane program to be a top program in the Nation. He has guided the Danes to 3 America east Championships and 3 NCAA berths. The Danes have also made the final of the championship in 2007, 2009, 2011 and 2013. He was the America east field hockey coach of the year in 2008 and 2009. He has guided and developed numerous all conference/ all regional and all Americans throughout his 10 year tenure. Phil is a former USA national team player and participated in the 1996 Atlanta Olympic games.



Andrew Thornton: Andrew Thornton (Jazzy) has also been with the UAlbany Program for 10 years. He is currently the associate head coach at UAlbany and has been an integral part of the transformation of the program. A long with coaching at Albany he was also the USA women's indoor head coach that won a silver medal at the Pan Am games in Argentina in 2008. Since then he has taken up the position of the head coach of the Men's USA indoor team. He led the men's team to a silver medal at the Pan Am's in Uruguay in April 14'. He hails from Dundee, Scotland and has represented club and country numerous times.



Michelle Simpson (Ginger): Michelle Simpson is the current assistant coach at the University at Albany. She joined the Great Dane program in fall 2006 and was apart of the first America east championship that UAlbany won. Within her playing career, she was a two time Conference player of the year, two time all American and finished her time as a UAlbany athlete as the UAlbany athlete of the year in 09'. She officially joined the staff in fall of 2010 after spending the 09 season as a volunteer coach.

REGISTRATION INFO

Please circle which applies to you:
Individual Skills camp before June 1st \$250
Individual Skills camp after June 1st \$275
Team Camp before June 1st \$200
Team Camp after June 1st \$225

NAME:

ADDRESS:

EMAIL:

DATE of BIRTH:

SCHOOL:

GRADE (Fall 14'):

PHONE #:

Upon receipt of your full camp fee, a confirmation email will be sent to you along with more detailed camp information. Please understand that personal injury insurance is NOT included in the camp fee. All campers must be covered by health insurance. Your signature below grants the ADK field hockey camp staff or their agents the full approval to have your child treated professionally in case of emergency or injury

Signature

Date

Insurer

Policy #

Please make checks payable to ADK field hockey and send application and payment to:

ADK FIELD HOCKEY CAMPS
Jen Sykes. 8 Aspen Lane
Clifton Park. NY. 12065

Individual Camp
July 7th-10th
9:30am-2:00pm

Held at UAlbany Turf



Team Camp: Aug. 3rd-6th
(5:00-8:00pm)

Held at Shen High School

Summer Camps 2014

Individual Skills Camp information :

ADK individual skills camp. Held at UAlbany Astro turf field.

Dates: July 7th- 10th (9:30am-2:00pm)

Times: Monday - Wednesday : 9:30am-2:00pm

Thursday : 9:00am – 12:00pm

It is for 6th Graders through 12th Graders. Price is \$275 per person or \$250 if you sign up prior to June 1st

Adk Team Camp information:

ADK team camp will be held at Shenedohowa High School

Dates: August 3rd-6th

Times: 5:00pm-8:00pm

This camp is for Varsity or JV/Varsity combo teams.

Teams of 10 or 11 with a Goalkeeper are preferred.

Price is \$225 per person but if you sign up prior to June 1st the price is \$200

Goalkeeper Camp

Goalkeeper camp will run from July 7th-10th (12:30pm-4:30pm)

See separate handout for more information.

For more information please email : adkfieldhockey@yahoo.com