

### Booking Conditions

1. You must book and pay for the full length of the course to receive the published course price.
2. A cancellation policy applies as follows:  
28 days or more - full refund  
14-28 days - loss of 50% of course fee  
1-14 days - loss of 75% of course fee
3. Southgate Hockey Centre reserves the rights to exclude or refuse entry to the Camp if we believe that any person is causing damage to the facilities, or is disruptive to the other attendees. No refund will be given under these circumstances.
4. Southgate Hockey Centre reserves the rights to cancel a course if there are insufficient numbers

Bookings should be made by 30 April 2009

If you have any queries, please contact:

Liz Moss  
Southgate Hockey Centre  
Office: 020 8440 7574  
Mobile: 0790 500 5168  
Email: [liz@shcentre.co.uk](mailto:liz@shcentre.co.uk)

Application forms can be downloaded from [www.southgatehc.org.uk](http://www.southgatehc.org.uk)

Comments from players and parents of the 2007 camps

“Excellent. Really good coaching.”

“Really hard work but fun too! I really enjoyed it.”

“The tents were fab!! There was plenty of space to scatter mess.”

“The food was very good, especially variety in the evenings and large choice in the mornings.”

“I really really really enjoyed my week and made some great friends!”

“Just a quick line to say thank you for a fantastic week - Emily had a most marvellous time and she commented that it was the some of the best hockey tuition she has received.”



## Summer 2009 Residential Hockey Camps Level - Advanced

**Lead by Ex GB international John Shaw**

Advanced Residential Hockey Camps  
For county and regional hockey players and above.  
Aged 14-18

**5 day Advanced Camp for Boys**  
Sunday 2 August - Friday 7 August 2009

**5 day Advanced Camp for Girls**  
Sunday 9 August - Friday 14 August 2009

Southgate Hockey Centre  
Trent Park, Snakes Lane, Oakwood, London EN4 0PS  
Tel 020 8440 7574

### High ability, High expectations

This is a high level hockey camp. To apply you will have played county or regional hockey or have been nominated by your coach as being capable of training and playing at this level. We will be bringing together dedicated and talented players and we will expect the work rate and ability to be high.



### Quality Coaching

The courses will be led by ex GB international John Shaw. Assisting John will be a team of high quality coaches. The player to coach ratio will be kept low (1:12) to ensure that all players benefit from individual attention. All coaches are fully insured, HA qualified and CRB checked.

### Learning and improvement

The camp will be focused on improving your hockey skills and your game play. We guarantee that you will have learnt new skills and be a better player at by the end of the week!



### There's more to playing hockey than working with a stick and ball!

As well as working with stick and ball we will also be looking at other aspects required to be a great hockey player. We will also have sessions on nutrition, strength training and speed, agility and quickness training.



### Looking after you

A physiotherapist and first aider will be on site during the course. Staff will be on site at night, in tents alongside you. And there is no point in working you hard if we do not feed you properly. Our kitchens will be providing a range of nutritionally balanced meals to keep you in top form during the week. And that doesn't mean cabbage! It means meals high in carbohydrates with some protein and plenty of fresh fruit and vegetables. (However, there will also be a snack shop in case you are still hungry!)



### Accommodation

Tents will be provided within a fenced area alongside the pitches and the club house. Access to the club house will be available at all times. Night coaches will be sleeping in tents alongside the players. You just need to bring a sleeping bag and mat.



### All work and no play makes Jack a dull boy!

A series of fun, but competitive events will be built into the schedule and there will be down time between training sessions. Plus there will be a special activity day on Wednesday.

### Places

There are 48 places available. 42 Field players and 6 goalkeepers.

### Welcome BBQ

Welcome BBQ for players and parents. We know many of you will have travelled a long way and so we open the camp with a welcome BBQ where parents and players will be able to relax after their journey, see the facilities and chat to coaches. We will also use this time to ensure that all the administration, form filling etc is completed.

### Timetable

Sunday		Daily Schedule Mon/Tues/Thurs		Wednesday	
14.00	Welcome BBQ	08.00	Breakfast	Activity Day	
15.30	Accommodation	09.30	Pitch	<b>Friday</b>	
18.00	Hockey	12.00	Lunch and rest	08.00	Breakfast
19.30	Shower	14.00	Pitch	09.30	Pitch
20.00	Dinner & free time	17.00	Shower & free time	12.00	Lunch and rest
22.30	In tents	<b>19.00</b>	Dinner	14.00	Pitch
		20.00	Activity	16.00	Awards Ceremony
		22.30	In tents	16.30	Camp Closes

### Cost

The cost will be £310 for the week. This will include:

- All coaching fees
- Equipment & pitch hire, balls, bibs, cones, rebound boards etc
- All meals, breakfast, lunch and dinner, which will be taken in the club house or in the BBQ area alongside.
- Qualified first aid and Physiotherapist on site each day
- Camp 2009 T-shirts

### Payment

Cheques should be made payable to 'Southgate Hockey Centre'. Please ensure the name of the child and cheque guarantee card number are written on the back of the cheque.



**Residential Hockey Camp 2009 Application Form**

Please complete and return **with a passport sized photo** to:  
**Hockey Camps, Southgate Hockey Centre,**  
**Trent Park, Snakes Lane, Oakwood, London. EN4 0PS Tel 020 8440 7574**

**Player Details**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Gender:     Male     Female

Position:     attack     midfield     defence     Goalkeeper

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Playing Experience**

Please tick the levels you have played at and name the school, club and county that you play for.

	Name of school/club etc	Level of Experience		
		U14/U15	U16	U18
School				
Club				
County				
Region				
Nation				

If you are not in a County or Regional squad, please let us know who has nominated you for to attend this course.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

How did you find out about SHC Hockey Camps? *(please tick)*

Southgate Hockey Centre       My own club       Website

Southgate Hockey Club       County/Regional Training     School

Other \_\_\_\_\_

**Health**

Do you have any health problems or dietary needs that we should know about? (asthma, allergies etc):

\_\_\_\_\_

\_\_\_\_\_

**Parent/Guardian Details**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address (if different from above): \_\_\_\_\_

\_\_\_\_\_

Phone Day : \_\_\_\_\_ Phone evening: \_\_\_\_\_

Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

**Declaration**

I agree that hockey is a contact sport and there is the possibility of injury. I therefore consent to first aid being carried out in the event of an injury. I agree that Southgate Hockey Centre reserve the right to remove any disruptive children from the course and that they accept no responsibility for loss or damage whether to person or property in connection with this camp. I also consent to my child being photographed/filmed for coaching purposes.

Signed : \_\_\_\_\_ (Parent/Guardian)

Date: \_\_\_\_\_

Signed: \_\_\_\_\_ (Hockey Player)

Date: \_\_\_\_\_