This camp will focus on teaching and improving basic skills and fundamentals of the game. Specialty drills created by our experienced international coaching staff guarantee player skill advancement through creative, fun and motivating coaching. All drills will be customized to challenge individual players.

**www.rapidfirefh.com**

**TEAM CAMP** –  
Per request, High School teams will be kept together in training cells. Otherwise, individuals will be grouped together by age and experience.

**LEVELS OF PLAY -**

Beginners  
- 6th grade and up  
- Campers who have had little or no previous field hockey experience

Intermediate  
- Campers with club or High School experience

Advanced  
- Elite High School Varsity Players  
- Accomplished players looking to prepare for the College game
LESLIE LAFRONZ –
Camp Director
Head Coach - Kean University
Coach LaFronz has been coaching in the collegiate ranks for over ten years. At Kean University, LaFronz has had only winning seasons and she has taken her Cougars to post-season every year. As a player, LaFronz attended Northwestern on a hockey scholarship where she was 1st Team All-Big Ten and made 4 NCAA-Division I Tournament appearances.

ANDREW EVERSDEN
International Coach – Defense Specialist
Eversden played Elite field hockey in the Dutch Premier League -- the highest division of play in the Netherlands. A standout defender, Eversden has experience coaching in his Dutch club Den Bosch and he holds a youth hockey trainer degree plus a Trainer A degree. Most recently, Eversden, who has dual citizenship, returned to England where he now plays for Bath in their Premiere league.

TIM DAVENPORT –
International Coach – Offense Specialist –
Tim played Elite hockey in both England and Perth, Australia. One of England’s All-Time National League leading scorers, Tim has a great deal of technical knowledge on finishing, goal scoring and drag flicking. Tim is an experienced England Level II hockey coach with a degree in coaching science. He recently completed a diploma in Talented Athlete Lifestyle Support.

OLIVIA TRIANO
Assistant Coach - Kean University
Triano was a 1st Team All-American selection for the Kean University Cougars. She was also a three time 1st Team All – NJAC player and was twice named NJAC Midfielder of the Year. Triano recently received her Master’s Degree in Special Education in 2014.

MEDICAL STAFF:
A Certified Athletic Trainer will be present at all times. Players will also be required to submit a medical history form and photocopy of current insurance ID cards.

CONTACT INFORMATION:
Leslie LaFronz  leslielafronz@gmail.com
Cell Phone: (201) 312-7125

WHAT TO BRING:
Linens, pillow, towel, toiletries, shirts, shorts, socks, sweats, pajamas, sneakers, turfs, mouth guard, shin guards and stick.

DORMS: Air Conditioned dorms with private bathrooms, microwaves and refrigerators. There are four campers per suite. Each suite has two rooms.

TENTATIVE CAMP SCHEDULE
9:00 - 9:15 AM Breakfast
9:15 - 11:15 AM Basic Skills/Instruction
11:15 - 11:30 AM Cool Down
Lunch/Mini Break
2:00 - 2:15 PM Warm-up
2:15 - 3:45 PM Skills/Small Games
3:45 - 4:00 PM Cool Down
Dinner
7:00 - 8:30 PM Games (First two nights)
Group Activity (Third eve)
All Meals are Mandatory

ATHLETIC FACILITIES:
All Coaching will take place on an Artificial Turf field with lights for evening play on campus at Kean University.

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Air Conditioned dorms with private bathrooms, microwaves and refrigerators. There are four campers per suite. Each suite has two rooms.

OVERNIGHT CAMPER FEE: $495.00
DAY CAMPER FEE: $325.00

EARLY BIRD: $485.00/$310.00
If deposit is received by March 1, 2015

TEAM DISCOUNT: $485.00
If deposit is received by April 1, 2015
(For Groups of 8 or more)

Non-Refundable Deposit: $100 Due with Registration
Balance Due: July 1, 2015

Make checks payable and mail to: Rapid Fire Field Hockey, LLC
C/o Leslie LaFronz
1070 Morris Ave., Ste. 1354

At KEAN UNIVERSITY
NAME___________________________
STREET_________________________
CITY_____________ST____ZIP______
PHONE__________________________
EMAIL _________________________
Age ____ Birthdate ____/_____/_____ Grade Entering September 2015_______
POSITION: Field_____ GK_____ LEVEL: Beg.____ Interm._____ Adv._____
OVERNIGHT: _______ DAY: _______
TEAM NAME: _________________
ROOMMATE REQUEST ______________

Rapid Fire Field Hockey
2015 Camp Application

2015 CAMP APPLICATION
At KEAN UNIVERSITY

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