

## Queen's Field Hockey – Training Camp 2006

Ladies, Training Camp is almost upon, and included below are the final details.

For Rookies, I'd stress the importance of not being intimidated by what lies ahead – camp can be tough, but at the same time we work hard to ensure that it is a fun and enjoyable experience, where everyone has the opportunity to learn and develop. If any of you have concerns regarding the schedule and your availability, please let me know – we'd rather have you attend part of camp, than not come out at all!

Finally, having been through many training camps as an athlete and as a coach I think the most important advice I can give you is "be confident, prepared and ready to work hard".

Good Luck to all of you, and look forward to seeing you next week.

Cheers, Chris

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### General Info

- What you will need to bring:
  - Water bottle
  - Stick
  - Shin pads
  - Mouth guard
  - Appropriate shoes - for gym, turf and grass
  - Appropriate clothing – for both indoor and outdoor
  - White and dark t-shirt for inter-squad games
  - Notepad and pen
  
- Physio:
  - During camp all athletes will have access to physiotherapy and athletic trainer services
  
- Selections:
  - 18 positions available on Varsity Roster
  - Final Squad will announced at the end of Training Camp
  
- Coaching Staff:
  - Chris McArdle – Head Coach
  - Sean Smith – Assistant Coach
  - Erin Mitchell – Team Trainer
  - Rodney Wilson – Fitness and Conditioning

Schedule**Thursday August 31<sup>st</sup>**

- 5.30-6.30pm, Classroom 226, Physical Education Centre (PEC)
  - Training Camp Opens
  - Introductory meeting (welcome & orientation) session
  - Veterans: Please arrive for 5.30pm
  - Rookies: Please arrive for 6pm
  - No sports gear required – this is a classroom session
- 6.30pm-onwards
  - Training Camp social & dinner

**Friday September 1<sup>st</sup>**

- 8.00-10.00am, Front Entrance, Physical Education Centre (PEC)
  - Fitness & Conditioning Session 1
  - Running shoes, no sticks
- 12.00-2.00pm, Front Entrance, Physical Education Centre (PEC)
  - Fitness & Conditioning Session 2
  - Grass shoes, sticks and gear required
- 4.30-6.30pm, Ross Gym, Physical Education Centre (PEC)
  - Fitness & Conditioning Session 3
  - Gym shoes, no sticks

**Saturday September 2<sup>nd</sup>** (note: each athlete will attend 2 of 3 sessions)

- 9.00-11.00am, McArthur Gym, West Campus
  - Skills Session 1
  - Gym shoes, sticks and gear required
- 2.00-4.00pm, McArthur Gym, West Campus
  - Skills Session 2
  - Gym shoes, sticks and gear required
- 6.00-8.00pm, McArthur Gym, West Campus
  - Skills Session 3
  - Gym shoes, sticks and gear required

**Sunday September 3<sup>rd</sup>**

- 6.30am, Front Entrance, Physical Education Centre (PEC)
    - Bus departs for Ottawa
    - Anyone not on bus by 6.30am is left behind!!
    - Turf shoes, sticks and gear required
    - Full day trip; bring anything/everything you might need!!
  - 9.00-11.00am, Minto Field, Nepean
    - Turf Session 1
  - 2.00-4.00pm, Minto Field, Nepean
    - Turf Session 2
  - 6.30pm, Front Entrance, Physical Education Centre (PEC)
    - Bus arrives back in Kingston
    - End of Training Camp
    - Varsity Squad selected and announced
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Varsity Squad Only**Monday September 4<sup>th</sup>**

- 12.00-5.00pm, Front Entrance, Physical Education Centre (PEC)
  - Varsity Team fundraising event

**Tuesday, Wednesday, Thursday September 6-8<sup>th</sup>**

- 5.30-7.00pm, McArthur Gym, West Campus
  - Regular Training
  - Gym shoes, sticks and gear required

**Friday September 9<sup>th</sup>**

- Late Afternoon (time TBA), Front Entrance, Physical Education Centre (PEC)
  - Bus departs for UofT invitational tournament

*Note: Allowances will be made for Rookies, for any Frosh week activities*