

Typical Day:

5-5:20pm Warm up

5:20-5:50pm Skills

5:50-6:50pm Stations

6:50-7:05 Water break

7:05-7:50pm Game Play

7:50-8:00pm Cool down

**See you 6/24/24 on
MHS turf field!!**

"These materials are neither sponsored by nor endorsed by the Board of Education of Frederick County, the superintendent, or this school.



Please send cash and check payments to:

**MHS Athletic Boosters
Attn: Michelle Buhrman
4861 Fox Tower Rd
Smithsburg, MD 21783**

2024 Middletown Field Hockey Camp

Sponsored by the MHS Sports Club



**June 24-June 27
Monday-Thursday
5-8pm
Grades 1-9
Price: \$75/Player**



What to Bring:

- Field Hockey stick (we will have some older ones if needed to borrow)
- Mouth guard (2)
- Shin guards
- Sneakers
- Cleats/turf shoes (if wanted)
- Goalkeeping equipment (can be loaned out)
- Sunscreen
- Water bottle
- Gatorade



2024 Field Hockey Camp Application

Name _____
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____
 Parent's Work/Cell Phone _____
 Entering Grade _____ Age _____
 School Attending (Fall 2024) _____
 Parent/Guardian Names _____
 Email address _____

Camp Fee due by 6/5/24

Make checks payable to:

MHS Athletic Boosters

No refunds after 6/10/24

T-shirt size: youth/adult (circle one)

Circle one:

YM YL AS AM AL AXL

Emergency Contact/Phone number

_____ / _____

Physicians Name/ Phone Number

_____ / _____

By signing below, I grant permission for my child to participate in the Middletown Field Hockey Camp sponsored by MHS Athletic Boosters. My child has no known medical conditions that would prevent her from participating in this camp. I release, the Middletown Field Hockey Camp, Middletown High School, FCPS, and The Middletown Athletic Boosters and its officers, coaches, and staff from any legal responsibility in the event of an accident, injury, or death involving my child while participating in this event. It is further understood that there is a \$25 returned check fee.

Signature _____ Date _____

Parent Guardian

Michelle Buhrman– Camp Director

MHS Varsity Field Hockey Coach

11 years of coaching experience

David Zeltwanger

3 years of coaching experience

Also featuring:

Current and graduating MHS Players

Field Hockey Alumni

Please return application to:

Michelle Buhrman

4861 Fox Tower Rd

Smithsburg, MD 21783

Please email questions to:

Michelle.buhrman@fcps.org