

MAKE 2021 A SUMMER TO REMEMBER

Team Discounts

5-9 Players
\$25 off

10 + Players
\$35 off



July 12 - 14

Catholic University
Washington, DC

COVID COMPLIANT PROTOCOLS



FHCamps.com 800-944-7112 Support@FHCamps.com

SINCE 2001, 45,000 CAMPERS AND COUNTING!



Camp Location

Catholic University

- Elite NCAA Coaches & Players on Staff
- Daily Scrimmage Opportunities
- Personal Evaluations
- 10:1 Training Ratio
- Developmental & Tactical Games
- Leadership & Fun!
- Grades 3 - 12, All Abilities

Director

Rachel Palumbo



- Catholic Univ. of Am. Head Coach
- Middlebury College Asst. '18 - '19
- 2x NCAA DIII Nat'l Champs
- USA Field Hockey Lvl. II Accredited
- Former Salisbury Univ. Asst. Coach & Club Coach (X-Calibur & Shore Byrds)
- James Madison Univ. '15 - D/ Mid

Why Us?



A top name in hockey in the United States, Revolution Field Hockey programs are designed to help players take their skills and knowledge to the next level. Our camps are just as much about keeping both the ball and player in consistent motion as they are a vehicle to teach deeper values.

The days will start with warm-ups moving into skill development drills, tactical games and then to scrimmages - get ready to move! Our unique drills and learning games help campers stay engaged in a fun way and have proven highly effective at developing an overall hockey IQ. We believe in and practice accountability, both with our staff to ensure our participants improve through positive reinforcement and repetition, as well as with our campers to bring the effort and desire. Learning is an evolving process and we aim to develop creative players who will love the process of learning field hockey.



Schedule

- 8:30 - 8:45 - Registration & Screening for Campers
- 8:45 - Daily Theme Workshop & Warm Up
- 9:15 Skills & Position Training
- 10:45 - Cool Down & Extra Help
- 11:00 - Strategy & Game Concept Training
- 12:00 Lunch & Down Time
- Spike Ball, Frisbee & Recess Games
- 1:00 pm - Half-Day Pick Up Line
- 1:00 - Leadership & Mindfulness Training
- 1:45 Skills Stations
- 3:00 - Games
- 4:00 - Camper Pick Up Line