

2016 DI NATIONAL CHAMPIONS

HOCKEY FUN with Rolf van de Kerkhof

WHISE Guys Field Hockey Day Camps

WHISE GUYS Day Camp offers:

- Three days (8am-3pm each day) of fun and great hockey action.
- Innovative curriculum that goes beyond the “same old” drills.
- Developmental opportunities, including new skills and tricks in a player friendly environment.
- Sessions that provide a focus on *all* areas of field hockey – even those without the ball and stick (e.g., mind, body and athletic health & wellness).
- Quality playing time – “The best part about playing field hockey is actually playing field hockey, no worries about conditioning or fitness drills.”

Improve **Compete** Play
 FOCUS ON TEAM **TRAIN** Enjoy

The WHISE GUYS program includes specific coaching for goalkeepers.



WHISE Guys Model to Developing You:

- You receive personal feedback on technical and tactical skill – “It’s like having a personal coach.”
- You learn from passionate and successful coaches from around the country and world (coach–player ratio is 1:10; coach–goalkeeper ratio is 1:5).
- Effective practice time and a minimum of 750+ hockey balls allows for more touches on the ball and less stand-around time.

WHISE Guys
 Day Camp
 @ Oley Valley High School
 July 27–29, 2020



WHISE GUYS Registration Info:

- For Elite, Advanced, Intermediate & Novice players
- For Goalkeepers & Field Players
- Open to girls & boys
- Grades: 5th – 12th & college freshmen

WHISE Guys Day Camp Fee:
\$330 / player

Early Bird Discount: \$25
 (register by April 1)

Register at:
<https://fieldhockeyfun.sportssignup.com>

For more information, including our registration cancellation and refund policies, please go to our websites:

www.fieldhockeyfun.net
 &
www.whiseguys.com

Email: info@fieldhockeyfun.net

WHISE GUYS OLEY VALLEY Daily Program 7/27-29

7:30am	Check-In & Open Hockey
8am – 11am	Hockey Session AM
11am – 12noon	Lunch
12noon – 3pm	Hockey Session PM
3pm – 3:15pm	Departure home

WHISE GUYS Contact Information:

WHISE Ambassador & Local Contact
Tiffany Cappellano
 Oley Valley HS Coach
 Phone: 610-334-1779
 Email: tcappellano@gmail.com

Registration Questions?

Mary van de Kerkhof
 IMPACT Sports & Health Inc.
 PO Box 5753, Newark, DE 19714
 Phone: 734-678-5726
 Email: info@fieldhockeyfun.net

WHISE is pronounced with a silent ‘h’ (“Wise-Guys”)
Why Hockey Is So Exciting



Safety & Equipment Note:

- The WHISE GUYS program is developed to minimize the risk of injury and dangerous situations with a proactive philosophy, “better to prevent than to cure.”
- A Certified Athletic Trainer will be on site at all times during the camp.
- WHISE GUYS requires wearing sneakers or turf shoes, shin guards and mouth guards at all clinic sites.