VASSAR COLLEGE
FIELD HOCKEY
ELITE CAMP
FOR HIGH SCHOOL
FIELD HOCKEY GIRLS
CLASSES OF 2018,
2019, 2020 AND 2021

Two Sessions: Saturday, April 14
and Sunday, April 15
Weinberg Field - Campus of
Vassar College, Poughkeepsie, NY
Cost: $150; $250 for both days
(non-refundable fee)
Space is filling up, so sign up now!
REGISTRATION FORM

Name: ______________________________
Height:____ Pos. _____
T-Shirt Size:  S  M  L  XL
Home Address:___________________________
City:_________________________________
Zip:__________________________________
Home Phone:____________________________
Cell Phone:_____________________________
Email:________________________________
School:_______________________________
Graduation Year:  2018    2019   2020   2021
Coach:_______________________________
Coach's Phone:__________________________
Coach's Email:__________________________
GPA: ________________________________
SAT Scores: ____________________________
ACT Scores ____________________________

Session: Apr. 14     Apr. 15     Both

--- Cost of the camp is $150 for 1 day, $250 for both days. Fee is non-refundable.
Free T-Shirt To Two-Day Attendees
Includes lunch.
--- Please make all checks payable to Vassar College Field Hockey
--- Please mail applications and check to: Vassar College Field Hockey
124 Raymond Ave. Box 750, Poughkeepsie, NY 12604
--- For those staying overnight, the Holiday Inn has a discounted price available daily, ask for Vassar rate when making reservations
--- Weinberg Field is located on Hooker Ave. and Brewer Lane at the Prentiss Sports Complex
--- For more information, contact Michael Warari at miwarari@vassar.edu or 845-437-7810.

DAILY SCHEDULES

CAMP REGISTRATION 9:00-9:30 AM
WELCOME/FOOTWORK & AGILITY 9:30-10:05 AM
STATIONS 10:10-10:40 AM
GAMES 10:45 AM-11:30 PM
LUNCH 11:45-12:30 PM
STRENGTH TRAINING LECTURE 12:30-1:30 PM
PARENT PANEL (SATURDAY ONLY) 2:00-3:00 PM - PROF. STEINHORN WILL ANSWER ?’s
STATIONS 2:00-3:00 PM
GK SHOOTING/SCORING DRILLS 3:00-3:30 PM
GAMES 3:30-4:30 PM
CAMP WRAP UP 4:45 PM
OPTIONAL CAMPUS TOUR 4:50 PM-5:50 PM

MEET THE COACHES

Michael Warari recently finished his fifth season as the head coach of the Vassar field hockey team in 2017, as Vassar found itself in the Liberty League Tournament for the fifth straight season.

In 2016, Warari and his team posted 14 wins, including four wins over regionally-ranked opponents and three against teams ranked in the National Field Hockey Coaches Association (NFHCA) Top 20 poll. Furthermore, Vassar received votes in the NFHCA poll for four consecutive weeks and also hosted a Liberty League Tournament contest for the first-time ever at the College. VC also won a program-best seven straight games mid-way through the year, and also broke school records in 2016 for shutouts, points, goals, and assists. So far, Warari has earned 48 wins as the head coach of the program, the second-most of any coach ever at Vassar.

Worari, who came to Vassar during the summer of 2013, wasted no time making a name for himself on the sidelines. During his first season with Vassar, Worari led the Brewers to a 11-win campaign, making the Liberty League Playoffs for the first time ever. For his efforts, Worari was named as 2013 Liberty League Coach of the Year.

Chrissy (Lewis) Summer, an ’08 Vassar Alumni, is coming off the 2017 season coaching with Vassar College. Chrissy owns a field hockey leadership organization, Beyond Sticks, which serves over 600 players every season between non-profit leagues, clinics, camps and an affiliate club team, Southeast Storm. Her 4 years of Head Varsity High School experience, a graduate assistant position at Georgetown in 2012, and 5 years of club and camp coaching, bring a wealth of experience to the Weinberg field. In 2015, Chrisy was honored by ESPNW with the Toyota Everyday Hero Award for her work to enrich the lives of young women through sport.

Abby Seward, joined the Vassar College field hockey coaching staff for her first season with the Brewers in 2013, rejoining VC in 2015 after the birth of her first son. Seward was welcomed to the staff after serving a two-year stint as an assistant coach at nearby SUNY-New Paltz back in 2012. Seward was in charge of recruiting, while also leading the Hawks to their first SUNYAC championship in 2012. While at New Paltz, Seward was in charge of recruiting, while also leading the Hawks to their first SUNYAC championship in 2012.

ABOUT VASSAR

Founded in 1861, Vassar College is a highly selective, residential, coeducational liberal arts college. Consistently ranked among the top liberal arts colleges in the country, Vassar is renowned for pioneering achievements in education, for its long history of curricular innovation, and for the beauty of its campus. We are located in the scenic Hudson Valley, 75 miles north of New York City, in Poughkeepsie (area population, about 100,000). Vassar is in a residential area three miles from the city center and is home to 2,400 undergraduate students with a student-faculty ratio of 8:1; average class size is 17 students.
PERSONAL INFORMATION & MEDICAL HISTORY
PLEASE RETURN TO CLINIC HEAD COACH BEFORE PARTICIPATION

Name ___________________________________________ Birth Date __________ Age at Clinic ___________

Last Name ___________________________ First Name ___________________________ Middle Initial ___________________________

Gender: ☐ Male ☐ Female

Parent/guardian ___________________________ Home Ph. ___________________________ Cell Ph. ___________________________

Emergency contact (if other than parent or guardian):
Name/Relationship ___________________________ Home Ph. ___________________________ Cell Ph. ___________________________

HEALTH HISTORY
The following information must be completed by the parent/guardian of the participant. The intent of this information is to provide clinic supervisors with health history background to provide appropriate care if needed. Any changes to this form should be provided, in writing, to the Clinic’s Head Coach upon participant’s arrival. Please provide complete, accurate information to ensure the clinic is aware of your child’s needs.

GENERAL QUESTIONS: (Please explain all “Yes” answers below.)

1. Had any recent injury, illness or infectious disease? ☐ Yes ☐ No
2. Have a chronic or recurring illness/condition? ☐ Yes ☐ No
3. Been hospitalized within the last year? ☐ Yes ☐ No
4. Had surgery within the last year? ☐ Yes ☐ No
5. Been restricted from activity within the last year? ☐ Yes ☐ No
6. Ever had a head injury/concussion? ☐ Yes ☐ No
7. Ever been knocked unconscious? ☐ Yes ☐ No
8. Ever passed out during or after exercise? ☐ Yes ☐ No
9. Ever passed out during or after exercise? ☐ Yes ☐ No
10. Ever had seizures? ☐ Yes ☐ No
11. Have asthma and/or use an inhaler? ☐ Yes ☐ No
12. Have severe allergies/require an Epi-Pen? ☐ Yes ☐ No
13. Have diabetes? ☐ Yes ☐ No
14. Ever had issues exercising in the heat (heat cramps, exhaustion, stroke)? ☐ Yes ☐ No
15. Have a current joint pain? ☐ Yes ☐ No
16. Have a current muscle strain? ☐ Yes ☐ No
17. Currently wear any protective braces/taping? ☐ Yes ☐ No
18. Absence of a painful organ? ☐ Yes ☐ No
19. Seen a physical therapist in the last year? ☐ Yes ☐ No
20. Had problems with diabetes/insulin? ☐ Yes ☐ No
21. Diagnosed with a learning/emotional disorder? ☐ Yes ☐ No

Please explain any yes answers, noting the number of the question:
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________ 

ALLERGIES: List all known. Describe reaction and management of the reaction.
(medications, food, other)
1. ___________________________ ___________________________
2. ___________________________ ___________________________
3. ___________________________ ___________________________

Is there any reason why this participant’s activity at this clinic should be restricted in any way?
_____________________________________________________________________________________ 
_____________________________________________________________________________________ 
_____________________________________________________________________________________ 

Department of Athletics & Physical Education, Box 750, Poughkeepsie, NY 12604
Phone 845-437-7460 Fax 845-437-7033
Website www.vassarathletics.com