

Name: \_\_\_\_\_

Age/Grade Level: \_\_\_\_\_

Will need to borrow a school stick:

Yes            or            NO

T-Shirt Size: (circle one)

S            M            L            XL

My daughter has my permission to participate in the LCHS summer field hockey camp. We will not hold Lakes Community High School, coaches, or Board of Ed. Responsible in case of accident or injury to our child while participating in this camp.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_



Community High School District 117  
Lakes Community High School

Tiana Song  
Head Field Hockey Coach  
Contact: [tsong@lakeseagles.com](mailto:tsong@lakeseagles.com)

## Girls Field Hockey Summer Camp 08

Community High School District 117  
Jim McKay, Principal  
1600 Eagle Way



[http://discover.d117.org/~tiana\\_song/Mad-Free-05\\_web/index.htm](http://discover.d117.org/~tiana_song/Mad-Free-05_web/index.htm)

**Dates: June 16th-20th**

## What is Field Hockey?

Field Hockey is a mix between soccer, lacrosse, and ice hockey. The game consists of two 30 minutes halves, with a 10 minute half-time. Eleven players on each team will spend the entirety of the game running up and down 100-yard grass field trying to score goals. The team that scores the most goals is considered the winner.

Equipment consists of a hockey stick, shin-guards, and a mouth-guard. All game uniforms are provided through the high school.

### Camp Information:

Camp will be held **Monday, June 16th thru Friday, June 20th**. Practices will be from **8:30am-11am** and will take place at the field hockey fields near the football stadium.

All girls need to have the following items in order to participate at camp:

- Mouth Guard
- Shin Guards
- Stick (if you have one, if not you can borrow one)
- Soccer shoes if possible, if not tennis/gym shoes will due.
- Clothes that are comfortable and able to workout in.



**Camp is for Grades 6th-12th.**

**Cost for camp is \$80.** Checks should be made out to Lakes Community High School. All payments are **due by May 24th**. (Water and Gatorade will be provided and a camp T-Shirt.)

**Please enclose check made out to LCHS: and mail by May 24th, 2008 to:**

Tiana Song, Girls Field Hockey Camp  
Lakes Community High School  
1600 Eagle Way  
Lake Villa, IL 60046

For additional information please contact,  
Tiana Song at [tsong@lakeseagles.com](mailto:tsong@lakeseagles.com)

Community High School District 117

Tiana Song: Head Coach

[tsong@lakeseagles.com](mailto:tsong@lakeseagles.com)