Meet the Coaches

Caroline Gillich
Camp Director

Caroline Gillich, the head field hockey coach at Juniata College, will direct the camp. Coach Gillich completed her eighth season with the Eagles this past fall. She was an all-American field hockey player for NCAA Division II national champion Lock Haven. She has Division I coaching experience with William & Mary, has assisted with the Nike Sports Leadership camps and is a coach for the USFHA Futures program. Coach Gillich is a firm believer in teaching fundamentals, and is always informed with the newest techniques and skills of the game. In 2002 she was a Clinician for the NFHCA. In 2003 she spoke at the NFHCA Convention.

Lisa Voigt
Camp Head Coach

Voigt will serve as the head coach of the camp and brings with her an extensive field hockey coaching background. She completed her ninth year as an assistant coach for Juniata in 2005. Prior to coming to College Hill, Voigt registered 12 years of scholastic coaching experience, including 10 seasons at State College Area High School. She was a four-year member of the field hockey team at NCAA Division I power Old Dominion.

JCFH Program Accomplishments Under Coaches Gillich & Voigt

NCAA Sweet 16
2 ~ National All Americans
11 ~ Regional All Americans
1 ~ National Rookie of the Year
28 ~ All Conference Players
2 ~ Conference Rookies of the Year
2 ~ ECAC Tournaments
2 ~ Conference Tournaments

Things to Bring to Camp

- Athletic Apparel
- Shin guards / Mouthguard
- Hockey Stick
- Athletic shoes (indoor and grass)
- Swimming Gear (including towel)
- Fan
- Bed linens, pillow, blanket
- Snacks

Train and Play at...

...The Next Level
June 25–27
July 23–26
What Makes The Next Level Camp Special?

The objective of The Next Level Camp is to challenge each player of every ability level. All phases of field hockey skills will be covered emphasizing the development of strong basic skills, technique and understanding of the game. Specialized teaching is offered for goalkeepers, beginners, intermediate and elite field players. Small teaching ratios ensure an optimal learning environment.

Typical Daily Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30–8:15</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:45–11:15</td>
<td>Warm up/Skills Instruction</td>
</tr>
<tr>
<td>11:30–12:30</td>
<td>Swimming (Optional)</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00</td>
<td>Free Time</td>
</tr>
<tr>
<td>2:00–4:15</td>
<td>Warm up/Skills Instruction</td>
</tr>
<tr>
<td>4:30–5:15</td>
<td>Dinner</td>
</tr>
<tr>
<td>6:00–8:00</td>
<td>Warm up/Games</td>
</tr>
<tr>
<td>9:00–11:00</td>
<td>Movies/Special Program</td>
</tr>
<tr>
<td>11:00</td>
<td>Lights Out</td>
</tr>
</tbody>
</table>

Juniata College
Field Hockey Office
1700 Moore Street
Huntingdon, PA 16652

Any questions regarding camps should be directed to Coach Caroline Gillich at (814) 641-3519 or gillicc@juniata.edu.

*Please make a copy of this registration form for each player on your team that may be interested in the camp or visit http://services.juniata.edu/conferences/ to print out the form.

COST

<table>
<thead>
<tr>
<th>June 25–27</th>
<th>July 23–26</th>
</tr>
</thead>
<tbody>
<tr>
<td>$190 (Resident)</td>
<td>$260 (Resident)</td>
</tr>
<tr>
<td>$140 (Commuter with meals)</td>
<td>$190 (Commuter with meals)</td>
</tr>
</tbody>
</table>

Juniata College
Camp Facilities
Few colleges have a more attractive campus than Juniata. The 100 acres on College Hill provide a magnificent atmosphere and safe environment. Campers are housed in one of the residence halls on campus and have access to all of the amenities in the residence hall.

The Camp will utilize two fields for game play. The intramural gym and mezzanine areas will be available in case of inclement weather.

Additional facilities available include an indoor swimming pool and a state-of-the-art fitness center.