



**Jen Sykes
Coach
and Camp Director**

As the director of the Adirondack (ADK) field hockey club, Jen brings a wealth of experience as a coach, administrator and physical educator. A 1998 graduate of East Stroudsburg University with a degree in Health and Physical Education, she was a four year starter in both field hockey

and lacrosse. Her top accolades included First Team All-American, PSAC Scholar Athlete, ESU Scholar Athlete of the Year, and NCAA Women of the Year Nominee. Jen's coaching experience: 5 year assistant coach at Conestoga Valley High School (2003 Lancaster/Lebanon League Champions, District and State qualifier 2003/2004), 4 year Assistant Women's Lacrosse Coach University at Albany, and currently a Physical Educator and Field Hockey/Lacrosse Coach at Shenendehowa Central School District. A native of Lancaster Pennsylvania, Jen moved to the Albany NY area with husband Phil Sykes who is the Head Women's Field Hockey Coach for the University at Albany.



**Phil Sykes
Coach**

Phil Sykes just completed his 7th year as the University at Albany Head Coach. The Great Danes won the America East conference championship in 2008 and 2010 and earned a spot to the NCAA tournament both years. The Great Danes have earned a trip to the America East tournament the last five years, including the final in 2007 & 2009 and Championship in 2008 and 2010. Sykes was named the America East Field Hockey Coach of the year in both 2008 and 2009. Sykes is a former USA National team player, highlighted by participating in the 1996 Atlanta Olympic Games. He was a member of the US team that won a Bronze medal in the 1995 Pan American games. Sykes also competed on the US Indoor national team that qualified for the 2003 Inaugural Indoor World Cup in Germany. Sykes earned his BS Degree in Kinesiology from California State University Hayward in 1999.



**Andrew Thornton
Coach**

Andrew Thornton (Jazzy) recently completed his 6th full season as the Assistant Field Hockey Coach at UAlbany. Currently, he is also the USA Women's Indoor coach that won a silver medal at the Pan American Games, Argentina, November 2008. His team

is training to qualify for the Indoor World Cup, Poland 2011. Thornton has played for the Scotland Senior Men's team both at the indoor and outdoor level. He also captained the indoor side in a 4 game tournament against England and Australia last December. Andy has won 8 National titles and was named coach



**Michelle Simpson
Coach**

Michelle "Ginger" Simpson assistant coach at UAlbany. Two time All-American selection and America East Player of the Year.

ADK FIELD HOCKEY CAMPS
8 Aspen Lane
Clifton Park, NY 12065



**Field Hockey
Summer
Camps
2011**



**July 11-14 (9:30 - 2:00pm)
ADK Individual Skills Camp**

**August 7-11 (5pm - 8:00pm)
ADK Team Camp**

ADK Field Hockey Philosophy

The ADK Field Hockey camp is committed to developing strong basic skills, having a good understanding of the game and most of all to enjoy playing this great game. We do this by having a knowledgeable staff of coaches who teach the game in a fun and informative way. Our goal is to see a camper evolve each and every day and really grow to love the game more and more. We will cover position play, dribbling techniques, defensive tactics and attacking with an advantage (2 v 1, 3 v 2, etc...) For goalkeepers we will cover position play, basic techniques and how to improve your footwork and how to talk to your defense effectively.



The ADK Individual Skills Camp will be held on the beautiful watered synthetic astro-turf field on the UAlbany campus.

The ADK Team Camp will be @ Shenendehowa High School on the New State of the Art Field Turf Stadium Fields under the lights

Please be sure that all participants have tennis/running shoes and turf shoes.

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July 11-14 (9:30 - 2:00pm) - ADK Individuals Skills Camp.

This is an individual camp at UALBANY. It is for 6th graders through 12th graders. Price is \$200 per person or \$185 if you sign up before June 1st.

August 7-11 (5pm - 8:00pm) ADK Team Camp -

This is at Shenendehowa High School. This is for Varsity or JV/Varsity combo teams. Teams of 10 or 11 with a goalkeeper are preferred. Price is \$190 per person but if your team signs up prior to June 15th the price is \$175.

*Goal Keeper training only available at ADK TEAM CAMP



**For more information
please contact:**

Head Coach: Jen Sykes

518-429-0637

jenfluck@yahoo.com



Field Hockey Camp Application

Please complete the following:

Individual Skills Camp before June 15th	\$185.00**
Individual Skill Camp after June 15th	\$200.00**
Team Camp before June 15th	\$175.00**
Team Camp after June 15th	\$190.00**

Name: _____

Address: _____

Date of Birth: _____ Age: _____

School _____

Email _____

Phone _____

Upon receipt of your full camp fee, a confirmation letter will be sent to you along with more detailed camp information. Please understand that personal injury insurance is NOT included in the camp fee. All campers must be covered by health insurance. Your signature below grants the ADK Field Hockey Camp Staff or their agents the full approval to have your child treated professionally in case of emergency or injury.

Signature _____

Date _____

Insurer _____

Policy # _____

Please make checks payable to **ADK Field Hockey** and send application and payment to:

ADK FIELD HOCKEY CAMPS

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