

## Central Maine Field Hockey Academy

### Director



Amy Bernatchez, Head Field Hockey coach at Colby College. Amy is a 1992 Graduate of the University of Maine and 1997 inductee into the

Sports Hall of Fame at the university. Bernatchez was a Division I Regional All-American in 1990, and a named to the US Field Hockey squad in 1991.

Amy's 15 years of coaching experience is predominantly at the high school and youth levels. Coach Bernatchez has coached 3 High School teams to State Championships, and the Colby Mules to their first ever NESCAC Semi-Final Game in 2004. Many former players have gone on to successful playing careers in College and many are now coaching. One of Amy's passions in life is teaching eager young players the game of field hockey. So many lessons about life can be learned on the field, and it is a coaches responsibility to pass that information along to her players.

### Staff

Area high school coaches as well as College coaches and college players will be hired to coach at the camp. Staff to camper ratio will be at least 1:7. All staff members will be friendly and positive with the players.

### Location

We are very proud to be offering the campers the use of the new Bill Alfond Field on the campus of Colby College. Players will practice on both grass and artificial turf. Inside facilities will be available to play indoor field hockey every evening. Campers will also have the use of the Olympic size indoor pool, as well as other recreational facilities, including the fitness center at Colby College.

### FYI:

The "All-Star" game will be held at 2 pm on July 27th on the Bill Alfond Field. Parents are invited to attend.

- Each player will receive a camp t-shirt and water bottle.
- Each player must have a stick, sneakers, shin guards, and a mouth guard to play. Goalkeepers are expected to bring all of the appropriate equipment.
- All campers need to bring bedding, towels and toiletries and an alarm clock.
- Campers need to bring rain gear and appropriate practice clothes.
- There will be a "camp store" for the campers to buy extra drinks, food and equipment (including sticks and shin guards).
- Pizza and ice cream will be available for purchase every evening.
- Every player will receive a written evaluation at the conclusion of the week.
- All fields will be supplied with cold drinking water.
- Athletic trainers will be on site all week.

*A confirmation letter with all of the camp specifics will be mailed out to you upon our receipt of your application.*

For more information please call:  
**Amy Bernatchez**  
207-859-4914 or 207-495-2493  
by e-mail at:  
[acbernat@colby.edu](mailto:acbernat@colby.edu)

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## Central Maine Field Hockey Academy

at

# COLBY COLLEGE

**Session 1** - July 23rd – 27th

**Session 2**

Mini Skills & Conditioning Camp

August 1st, 3rd, 8th & 10th



