



Final Information for KAIZEN INSTRUCTIONAL TOURNAMENT

Any questions with regards to your registration or medical waiver status please email or call Wendy Stark 800-783-6594 or kaizenfieldhockey@yahoo.com

WHERE: COYNE FIELD, Syracuse NY – Comstock and Colvin Ave. Rain or Shine

SCHEDULE:

SATURDAY AUGUST 7, 2010

8:00-8:40 am: **REGISTRATION** at Coyne Field
8:45-9:00 am : **Introduction and Warm up**
9:00-12:00 am: **Session I – *skills and small game play***
12:00-1:30 pm: **Lunch – ON YOUR OWN** we will have a list of local restaurants
1:30 – 4:30 pm: **Session II – *Skills competitions, small game play 7v7***
4:30 pm **Camper Pick up COYNE FIELD**

****** OPTIONAL CAMPER/COACH CHALLENGE MATCHES******

6:30 – 7:30PM PLAY – Coyne Field

We will offer this as an optional session – weather permitting – one hour of pick up play either 11v11 or 7v7 based upon numbers

SUNDAY AUGUST 8, 2010

8:30 am: **Registration for NEW Campers**
8:45-9 am: **Warm Up**
9:00 – 12:00 pm: **Session III – *Skills, Team Practice, and Small Games***
12:00-1:30 pm: **Lunch**
1:30- 4:00 pm: **Session IV – *Skills Competition, 11v11***
4:00-4:30 pm: **Coaches vs Campers All Stars**
4:30 pm: **Camp Closure and Pick up**

WHAT TO BRING:

1. Registration Materials if needed – download from www.kaizenfieldhockey.com
2. Medical Waiver – download from www.kaizenfieldhockey.com
3. All equipment needed to play
 - a. Stick, **TURF** Shoes (no Nike Shocks), Gloves, Mouthguard, GK Equipment , socks, shinguards, sunscreen, an umbrella
 - b. Rain bag – have a change of clothes in the event of rain

- c. Tent (Optional – only if you want to set up a place outdoors – we will not have tents available only space inside)
- d. Notebook
- e. Water bottle
- f. DARK SHIRT and WHITE SHIRT
- g. DARK and WHITE SOCKS

CONTACT INFORMATION IF YOU HAVE ADDITIONAL QUESTIONS:

Wendy Stark kaizenfieldhockey@yahoo.com or 1-800-783-6594