




elite FIELD HOCKEY CAMPS

Important Camp Contacts

Megan Cuthbertson – Director

Elite FH Camp Number: (914) 539-2747

Session 1: July 12-15
Session 2: July 19-22
Session 3: July 26-29

SITE: Bentley University

175 Forest St., Waltham, MA 02452

PLAYER INFORMATION PACKAGE



HIGH SCHOOL DAY & OVERNIGHT SCHEDULE

Sunday:

12:00-2:00pm	Registration	Fenway Hall
2:15-2:45pm	All Camp Meeting	FH Turf Field
	Welcome, Camp Rules, Staff Intros & Attendance	
2:45-4:30pm	Skills/Games	FH/FB Fields
4:30-6:00pm	Dinner	Student Center
6:30-6:45pm	All Camp Meeting	FH Field
6:45-8:45pm	Attendance Tournament Games	FH/FB Fields
8:45-9:15pm	High School Day Camper pick up/Check out	FH Field/Fenway Hall
9:00-10:00pm	Store Open	Fenway Hall
9:00-9:30pm	Optional Pick-up play	FH Field
10:30pm	Dorm Curfew & Room Checks	Fenway Hall

Monday and Tuesday

7:30-8:30am	Breakfast	Student Center
8:45-9:00am	All Day Camper Drop Off	FH Turf Field
9:00-9:15am	All Camp Meeting	FH Turf Field
9:15-11:30am	Skills/Games	FH/FB Fields
11:30-12:30pm	Lunch	Student Center
12:00-1:45pm	Camp Store Open	Fenway Hall
2:00-2:15pm	All Camp Meeting	FH Turf Field
2:15-4:30pm	Small Games	FH Turf Field
4:30-6:00pm	Dinner	Student Center
6:30-6:45pm	All Camp Meeting	FH Field
6:45-8:45pm	Tournament Games	FH/FB Fields
9:00-9:30pm	** Tuesday ONLY - All Star Game High	FH Field
8:45-9:15pm	School Day Camper pick up/Check out	FH Field/Fenway Hall
9:00-10:15pm	Store Open	Fenway Hall
9:00-9:30pm	Optional Pick-Up play	FH Field
10:30pm	Dorm Curfew & Room Checks	Fenway Hall

Wednesday:

7:30-8:30am	Breakfast	Student
8:45-9:00am	All Day Camper Drop Off	Center
9:00-9:15am	All Camp Meeting	FH Turf Field
9:15-11:15pm	Tournament Games	FH Turf Field
11:30-12:00pm	Camp Awards	FH/FB Fields
12:00pm	All Day Camper Pick Up	FH Field
12:00-1:00pm	Camp Store Open/Check out	FH Turf Field
1:00pm	Camp Closed!	Fenway Hall

MIDDLE SCHOOL DAY CAMP SCHEDULE

Monday

8:15-9:00am	MS Day Camper Registration	FH Turf Field
9:00-9:15am	All Camp Meeting	FH Turf Field
9:15-11:30am	Morning Session	FH/FB Fields
11:30-12:30pm	Lunch	Student Center
1:00-1:30pm	Group Activity	Fenway Hall
12:00-1:45pm	Camp Store Open	Fenway Hall
2:00-2:15pm	MS Day Camper Meeting	FH Turf Field
2:30-4:30pm	Afternoon Session	FH Turf Field
4:30pm	Middle School Pick Up	FH/FB Fields

Tuesday

8:30-9:00am	MS Day Camper Drop Off All	FH Turf Field
9:00-9:15am	Camp Meeting	FH Turf Field
9:15-11:30am	Morning Session	FH/FB Fields
11:30-12:30pm	Lunch	Student Center
1:00-1:30pm	Group Activity	Fenway Hall
12:00-1:45pm	Camp Store Open	Fenway Hall
2:00-2:15pm	MS Day Camper Meeting	FH Turf Field
2:15-4:30pm	Afternoon Session	FH Turf Field
4:30pm	Middle School Pick Up	FH/FB Fields

Wednesday

8:30-9:00am	MS Day Camper Drop Off All	FH Turf Field
9:00-9:15am	Camp Meeting	FH Turf Field
9:15-11:30am	Morning Session	FH/FB Fields
11:30-12:30pm	Lunch	Student Center
1:00-1:30pm	Group Activity	Fenway Hall
2:00-2:15pm	MS Day Camper Meeting	Fenway Hall
2:15-4:00pm	Afternoon Session	FH Turf Field
4:00-4:30pm	Camp Awards	FH Turf Field
4:30pm	MS Day Camper Pick Up	FH/FB Fields

IMPORTANT INFORMATION

PLAYER INFORMATION PACKAGE:

Please keep the daily schedule on your phone and SAVE this Player Information Package for your reference!

REGISTRATION: (MARKED ON THE MAP INCLUDED)

HS DAY & OVERNIGHT: 12:00-2:00pm on SUNDAY // **MIDDLE SCHOOL DAY:** 8:15-9:00am on MONDAY

** PLEASE NOTE: We encourage you to drop your child off

STEP 1: Grab your camper card and head to the appropriate line by last name. Pick up your camper pack and Elite FH t-shirt!

STEP 2: Choose either Athletic Trainer, hand in health form, drop off prescription medication, wellness screening & any concerns

STEP 3: Overnight Campers: Move into Assigned Dorm room

STEP 4: Proceed to the field and your designated area

PACKING LIST:

Check this for a suggested list of gear and supplies to bring to camp!

HEALTH FORM:

This is required to participate in the Elite FH Camp. ****NEW for 2026 - Please submit your health forms to our online portal AND bring a printed copy of all forms to Registration the first day of camp.**

1. Complete the demographic info on page 1 and sign/date on page 2.

2. Attach your 2025-2026 school health/sports form and immunizations.

3. Submit both via our online portal AND bring a hard copy to check in.

PROGRAM GUIDELINES & RULES:

- Campers that drive themselves, must park in the allocated lot and may NOT use their cars for the duration of camp.
- Attendance is taken at each session.
- ALL DAY CAMPERS must CHECK OUT each night.
- Please **BE PROMPT** to all meetings and sessions.
- Pre-session ALL Camp meetings will be on the Field Hockey Field
- Be prepared for turf and indoor seminars for each session. Bring turf AND indoor shoes in your bags so that you can go to ANY surface for practice/games/meetings.
- **NO cleats inside ANY of the buildings - please!**
- **ATTEND ALL MEALS:**
 - **Breakfast: 7:30am-8:30am**
 - **Lunch: 11:30-1:00pm**
 - **Dinner: 4:30pm – 6:00pm**
- If you are injured or sick please see the trainers or send someone to get them for you.
- You may **NOT** leave campus without written permission from your parents and permission from the camp director, MEG CUTHBERTSON.
- You will be **DISMISSED** and **SENT HOME** for:
 - Alcohol / Drugs / Hazing / Vaping/ Tobacco use or possession
 - Hazing or Initiations
 - Disrespectful behavior to players, coaches or campus staff
 - Leaving campus without the proper permission

CAMP STORE

Located on the ground floor of Fenway Hall: T-shirts, shorts, Sweatshirts & other apparel from YOLO will be available
Snacks, candy, bottled water & Gatorade also available to purchase

CAMP STORE HOURS:

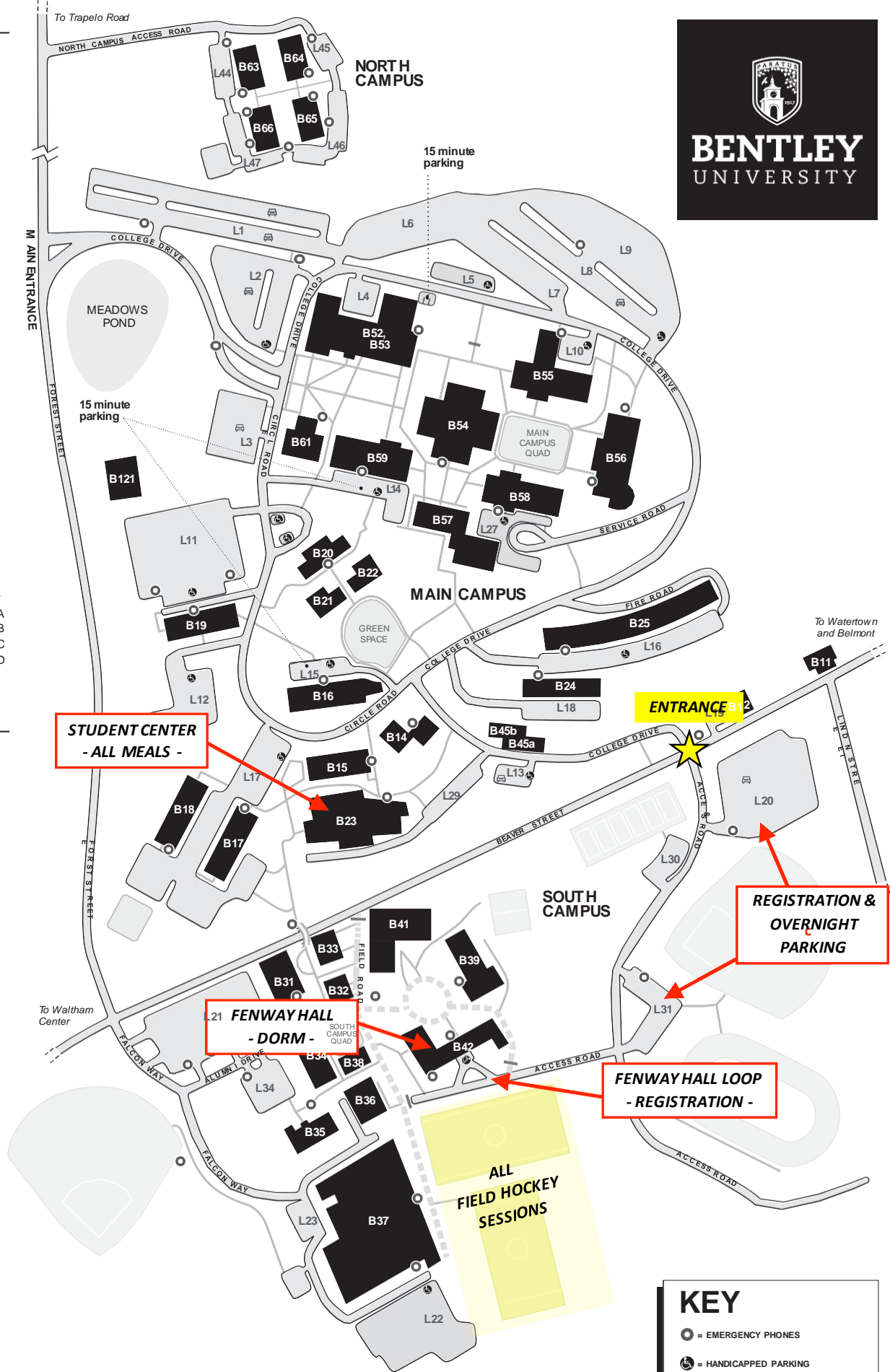
Sunday: 9pm -10pm
Mon/Tues: 12-2 & 9pm -10pm
Wed: 12-1pm

BUILDINGS

- B11 Harrington House
- B12 Stratton House
- B14 Boylston A and B
- B15 Rhodes Hall
- B16 Collins Hall
- B17 Kresge Hall
- B18 Forest Hall
- B19 Miller Hall
- B20 Falcone North
- B21 Falcone East
- B22 Falcone West
- B23 Student Center
- B24 Slade Hall
- B25 The Trees
- B31 Orchard North
- B32 The Castle
- B33 The Cape
- B34 Orchard South
- B35 Lewis Hall
- B36 Facilities/Receiving
- B37 Dana Athletic Center
- B38 Dovecote
- B39 Copley South
- B41 Copley North
- B42 Fenway Hall
- B45a University Police
- B45b Counseling Center
- B52/B53 LaCava Center
- B54 Bentley Library
- B55 Morison Hall
- B56 Adamian Academic Center
- B57 Smith Academic Technology Center
- B58 Lindsay Hall
- B59 Jennison Hall
- B61 Rauch Administration Center
- B63 North Campus Apartments A
- B64 North Campus Apartments B
- B65 North Campus Apartments C
- B66 North Campus Apartments D
- B121 President's House

PARKING

- GENERAL**
- L1 LaCava 1
 - L2 LaCava 2
 - L3 Rauch
 - L6 LaCava 3
 - L7 Morison 7
 - L8 Morison 8
 - L9 Morison 9
 - L10 Morison 10
 - L20 Athletics 1
 - L22 Dana 1
 - L30 Athletics 2
 - L31 Athletics 3
- RESIDENT**
- L11 Miller 1
 - L12 Miller 2
 - L16 Trees
 - L17 Forest
 - L19 Stratton
 - L21 Orchard Decks
 - L44 North Campus A
 - L45 North Campus B
 - L46 North Campus C
 - L47 North Campus D
- FACULTY AND STAFF**
- L13 Police
 - L18 Slade
 - L23 Dana 2
 - L26 Harrington
 - L29 Student Center
 - L34 Lewis
- FACULTY-ONLY PARKING**
- L5 Main Campus
- SERVICE AND VENDOR**
- L4 LaCava
 - L14 Jennison
 - L15 Collins (short term)
 - L27 Smith



CAMPUS MAP



KEY

- = EMERGENCY PHONES
- ♿ = HANDICAPPED PARKING
- 🚗 = VISITOR PARKING
- — — = AUTHORIZED VEHICLE ACCESS
- = VEHICLE GATE

CAMP PACKING LIST



PAPERWORK

- HEALTH FORM: PROOF OF MEDICAL PHYSICAL DONE IN THE LAST YEAR AND RECORD OF VACCINES**

**** USE the Health Form provided, sign page 2 and then attach your current physical**

PRACTICE CLOTHES

- T-SHIRT
- SHORTS
- SOCKS
- RAIN GEAR
- SWEATSHIRT
- SWEATPANTS
- ETC.

EQUIPMENT

- STICK
- SHINGUARDS
- TURFS
- SNEAKERS
- MOUTHGUARDS
- SUNBLOCK
- BUG SPRAY

GK EQUIPMENT

- KICKERS
- LEG GUARDS
- HELMET
- CHEST/PELVIC PROTECTOR
- STICK
- GK PANTS

DAILY

- WATER
- SNACKS
- SPENDING MONEY FOR CAMP STORE

OVERNIGHT

- SHEETS
- BLANKET
- PILLOW
- TOILETRIES
- BATH AND HAND TOWELS
- PERSONAL ITEMS
- SHOWER SUPPLIES

QUESTIONS? E-MAIL

meg.cuthbertson@performancesportevents.com



Elite Field Hockey HEALTH / PHYSICAL FORM

Sessions at Bentley University (circle session(s): WEEK 1 WEEK 2 WEEK 3

Elite FH Health Form must be submitted to our online portal AND hand carried to Registration

** If you wish to supply a valid 2025-2026 signed school health/sports physical form,
please complete the Elite FH information below and sign, date the form on the back by both
the participant & parent/guardian.

Staple the school form to the back of this health form and **HAND-CARRY to check-in.**

Last Name _____ First Name _____ DOB _____

Health Insurance _____ Membership Number: _____

Emergency Contact: _____ Cell Phone Number: _____

APPLICANT HAS HAD (please provide dates below or attach separate sheet)

DISEASE	VACCINATION	IMMUNIZATION
Measles	_____	_____
Hepatitis B (for children born after 1/1/92)	_____	_____
Mumps	_____	_____
Whooping Cough	_____	_____
Chicken Pox	_____	_____
Tetanus	_____	_____
Diphtheria	_____	_____
Polio	_____	_____
TB Test	_____	_____

PLEASE CHECK ANY OF THE APPLICANT'S HEALTH PROBLEMS IN THE PAST OR PRESENT AND GIVE THE YEAR. Have you ever had, or now have, any of the following?

General	Yes	No	Briefly Explain
Asthma	_____	_____	_____
Tuberculosis	_____	_____	_____
Polio	_____	_____	_____
Diabetes	_____	_____	_____
Allergies:	_____	_____	_____
Medications	_____	_____	_____
Food	_____	_____	_____
Bee Stings	_____	_____	_____
Fungus	_____	_____	_____
Herpes	_____	_____	_____
Staph (Boils)	_____	_____	_____
Cyst or Lumps	_____	_____	_____
Spleen Injury	_____	_____	_____
Contact Lenses	_____	_____	_____

Are you currently taking any medications, prescribed or otherwise? _____ Yes _____ No

If yes, please explain: _____

Neurological	Yes	No	Briefly Explain
Head Injury:	_____	_____	_____
Concussion	_____	_____	_____
Nose Fracture	_____	_____	_____
Neck Injury	_____	_____	_____
Heat Problems	_____	_____	_____

Cardiopulmonary	Yes	No	Briefly Explain
Chest Pains	_____	_____	_____
Palpitations	_____	_____	_____
Shortness of Breath	_____	_____	_____
High Blood Pressure	_____	_____	_____
Heart Murmur	_____	_____	_____
Fainting	_____	_____	_____

Orthopedic	Yes	No	Briefly Explain
Foot/Ankle	_____	_____	_____
Lower Leg/Knee	_____	_____	_____
Thigh/Hip/Groin	_____	_____	_____
Back/Ribs	_____	_____	_____
Neck/Shoulder	_____	_____	_____
Arm/Elbow/Wrist	_____	_____	_____
Hand/Fingers	_____	_____	_____
Other	_____	_____	_____

Please list any other pertinent medical history: _____

Current Vitals: Height: _____ Weight: _____ Pulse: _____ B.P. _____

The above named individual has had a physical examination and is cleared for activity at the Elite Field Hockey Camp.

*Health Care Provider Signature: _____ Date: _____

*** If a signed school form is **NOT** attached, this document **must be signed/stamped to be valid**

HCP Printed Name: _____

HCP Address: _____ HCP Phone: _____

** **Participant:** The responses to the questions on this form are correct to the best of my knowledge.

Participant's Signature: _____ Date: _____

Must be signed to be valid

*** **Parent/Guardian:**

I understand and accept that risk of injury is possible while playing or practicing the sport of field hockey. I authorize the directors to act for me according to their best judgment in any emergency requiring medical attention.

Parent and/or Guardian's Signature: _____ Date: _____

Must be signed to be valid

HEALTH FORM MUST BE SUBMITTED TO OUR ONLINE PORTAL AND HAND CARRIED TO CHECK-IN

Please DO NOT mail, fax or email this form

CAMPER PICK-UP AUTHORIZATION

Mandated by Massachusetts State Law 105 CMR 430.190 (B), please provide a list of the individuals who will be authorized to pick-up the named camper. No camper will be released to an individual who is not listed. In case a change is needed, a phone call must be made to *Meg Cuthbertson @ (914) 539-2747 by 2pm day of.*

Camper's Name:			Date:
Parent/Guardian's Signature:			
Authorized Individuals	Authorized Individuals' Contact Number		
1			
2			
3			
4			