



Dear Student!

Welcome to the Bermuda Sportsways Hockey Camp, this is your 'camp letter' with the information you need to experience an unforgettable camp!

If you have any additional questions after reading, the remainder of this letter please do not hesitate to call or email.

The hockey camp takes place from Monday July 1st through until Friday July 5th, 8:30AM until 5:30PM, all sessions will be held on the Hockey Field or on the bleachers, at the National Sports Centre.

The daily program for the week will generally be as follows:

8:30AM – 9:00AM Student Arrivals  
9:00AM – 9:30AM Hockey Demonstrations  
9:30AM – 10:45AM Technical Program  
10:45AM – 11:15AM Break  
11:15AM – 12:30PM Technical Program  
12:30PM – 1:15PM Lunch  
13:15PM – 14:00PM Social Program  
14:00PM – 15:30PM Technical Program  
15:30PM – 16:00PM Break  
16:00PM – 17:00PM Tournament  
17:00PM – 17:30PM Student Departures

*Please note that coaches reserve the right to amend this schedule without notice.*

What do you need to take with you?

- Sport outfit
- Hockey stick (only if you have your own. We have plenty!!)
- Drinking bottle
- Hockey shoes
- Shin pads
- Lunch and healthy snacks
- Mouth guard
- Swimsuit (We have the pool booked for 2 lunch time sessions)
- Towel
- Dry sport outfit
- Medications (inclusive of Asthma Pumps)
- Sunscreen
- Hat/Cap (not to be worn during games)

*We strongly advice you to wear a mouth guard and shin pads for your own health and safety.*

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### **SportWays B.V.**

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It is wise to make sure that you are in a good physical condition before the camp starts, also try to do some exercises (because for many it will be a while since they have last touched a hockey stick....).

\* We ask you to keep in mind that SportWays camps are 'sport'camps. This means smoking and/or drinking alcohol is NOT allowed.

\* Lost items can be collected at the end of the camp. Uncollected lost items will stay with the Bermuda Hockey Federation for later pick-ups, items not collected after 7 days will be disposed.

\* If you are on medication and need to take prescription medicine during the day please inform the staff about this.

**Special note for Goalies** - Goalies need to bring their own equipment, there are no hand protectors or body protectors at the camp. We advise to bring extra tape and straps.

We wish you a SUPER summer with a lot of hockey and fun!

And finally, our coaches Richard and Sake....

**Sake Hermans** is excited to travel and coach in Bermuda! Sake has been involved in SportWays from the ripe age of 9, 22 years ago!!! At the age of 18 Sake became a SportWays coach and has been a Technical Director at Sportways for 7 years. As a Technical Director Sake has travelled to beautiful places like Antwerp, Barcelona, Germany, South Africa and now Bermuda. Sake has spent the last 10 years playing in the Overgangsklasse(2nd level of Holland) and has been involved in coaching since he was 16 starting at reputable clubs like Bloemendaal.

**Thomas Immink** is currently the head coach of HBS 1 men's team. HBS 1 men's team belongs to the best 24 teams of the Netherlands. He coaches at junior level coaching the girls U16-1 team. With this age group he managed to get in three consecutive finals of the Dutch indoor championship, where we won twice silver and once gold.

Thomas and Sake are really looking forward to meeting our Bermuda Sportsways class of 2019 and making this a great camp!

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