



MISERICORDIA  
UNIVERSITY

## Cougar Field Hockey Camp

**Ages 7-17**

**Date:** June 26 – 30, 2017

**Location:** Anderson Outdoor Athletic Complex and Facilities

**Camp Hours:** 9:00 am – 2:00 pm  
Report 8:30 am first day only.  
Optional swim each day from 2:00 – 3:00 pm.

**Cost:** \$125 Individual per week  
\$115 second child in same family

**Other discounts do not apply.**

### Agenda:

9:00 am Attendance, warm-up and stretching

9:30 am Agility/footwork, stickwork, and fundamentals

11:15 am Lunch (provided)

12:15 pm Offensive and defensive strategies

1:00 pm Scrimmage

2:00 pm Dismissal and/or optional swim

3:00 pm End of optional swim

### Fee Includes:

- Individualized instruction – for goalies and field players
- Team and individual play

- Specialized station training including but not limited to: agility/footwork; stickwork (dribbling, dodges, passing, drives, strokes); offense; defense; teamwork; scrimmaging; sportsmanship
- Expert coaches/players from various colleges and universities
- End-of-week evaluations and state-of-the-art-facilities

### Things to Bring:

- Shirts, shorts, sneakers, cleats/turf shoes, mouth guard, shin guards, stick, baseball hat or visor, sunscreen, and personalized water bottle marked with your name
- Wear comfortable shorts and sneakers
- Goalies must bring their own equipment (purchased or borrowed from their school)
- Swim suit and towel for Optional Swim

**For those students who may have a conflict with their academic schedule, please contact Coach Fedor-Stahovic about attending the afternoon portion of the camp.**

**For more information and to register, contact Robyn Fedor Stahovic at (570) 674-6491 or e-mail [rfedor@misericordia.edu](mailto:rfedor@misericordia.edu)**

### Sport Camps Registration ONLY!

**Fill out and return by mail or in person to:**  
Misericordia University, Anderson Sports Center  
301 Lake Street, Dallas, PA 18612-1090

**Questions and general inquiries see information listed for each camp for phone and e-mail addresses. Make checks payable to Misericordia University.**



**Head Coach**  
**Robyn L. Fedor Stahovic**

Robyn Fedor Stahovic is in her 15th season as head coach of the field hockey team at Misericordia. The Cougars won the 2015 MAC Freedom Conference Championships and advanced to the first round of the NCAA Playoffs. The MU Field Hockey Team has advanced to the MAC Freedom Conference Championship the past two years.

Coach Fedor Stahovic was selected to coach the East Squad of the 2015 and 2012 National Field Hockey Coaches Association Senior All-Star game at Lexington, VA, and William Smith College, respectively.

She went over the 100-win mark for her career in field hockey in 2010 with a 5-0 win over Manhattenville and guided Misericordia to its winningest season ever (18-4) in 2002.

A graduate of Misericordia, Fedor Stahovic holds a master's degree in physical therapy. She was an all-conference player and a three-year starter while helping the Cougars to three consecutive PAC championships in the mid-1990s.

She received the ECAC Award of Valor following her senior season and was inducted into the Plains (PA) Sports Hall of Fame in 2001.

