



## Cougar Field Hockey Camp

**Ages 7-16**

**Dates:** June 24– 28, 2019

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

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

**Cost:** \$145 Individual per week  
\$125 each additional 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

11:30 am Lunch (Bring your own)

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
- State-of-the-art-facilities

**Things to Bring:**

- A bagged lunch each day
- 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 more information and to register, contact Robyn Fedor Stahovic at (570) 674-6491, e-mail [rstahovic@misericordia.edu](mailto:rstahovic@misericordia.edu)**

### Sport Camps Registration ONLY!

**Fill out the registration form and return by mail or in person to:**

**Robyn Fedor Stahovic  
Misericordia University  
Anderson Sports Center  
301 Lake Street, Dallas, PA 18612-1090**

**(Please note the camp you are registering for on the mailing envelope.)**

**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 18th season as head coach of field hockey at Misericordia where she also serves as Senior Women's Administrator.

In 2017 she guided the Cougars to their second MAC Freedom championship and NCAA Tournament appearance in the last three years.

She led MU to the MAC Freedom title game in 2013 and 2014 and an ECAC appearance in 2014.

Stahovic guided Misericordia to its winningest season ever (18-4) in 2002 and owns a career record of 163-153.

Stahovic spent 10 seasons as the MU women's lacrosse coach and led the team to Pennsylvania Athletic Conference playoff appearances in 2003, 2007 and 2008.

She was an all-conference player and a three-year starter while helping the Cougars to three consecutive PAC championships in the mid-1990s.

A graduate of Misericordia, Fedor Stahovic holds a master's degree in physical therapy.

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

