



DINING

Campers dine in Dansbury Commons, the university student dining room. Nutritious all-you-can-eat meals are served, with salad and dessert bars.

CAMP CARE SERVICES

Our ESU Summer Camp Care Staff are first aid and CPR/AED certified. Summer Camp Care Staff will provide routine first aid services to the participants during the hours that camp is in session and will refer medical emergencies and illnesses to the Lehigh Valley Health Network-Pocono, located one block from campus.

MEDICAL INSURANCE

ESU does not provide individuals with medical insurance. Campers must provide their own medical insurance plans. ESU is not responsible for paying medical deductibles or hospital costs for any camper.

Register Online at: esu.edu/camps

DAILY SCHEDULE

CAMP FEATURES

- **7:00 a.m.** - Breakfast
- **9:00 a.m.** - Skill Work & Competition
- **11:30 a.m.** - Lunch
- **12:45 a.m.** - Free Time
- **2:00 p.m.** - Small Games & Strategies with Team
 - Defensive Strategies – Monday
 - Offensive Strategies – Tuesday
- **4:45 p.m.** - Dinner
- **6:30 p.m.** - Evening Tournament Games
- **8:45 p.m.** - Games under the lights
- **10:30 p.m.** - Room Check
- **11:00 p.m.** - Lights Out

SANDY MILLER
smiller@esu.edu
 570-422-3101

East Stroudsburg University of Pennsylvania is located in the beautiful Pocono Mountains in East Stroudsburg, Pennsylvania. ESU is 90 minutes west of New York City and two hours north of Philadelphia. You may also find directions through our website at esu.edu.

East Stroudsburg University of Pennsylvania is committed to equal opportunity for its students, employees and applicants. The university is committed to providing equal educational and employment rights to all persons without regard to race, color, sex, religion, national origin, age, disability, sexual orientation, gender identity or veteran's status. Each member of the university committee has a right to study and work in an environment free from any form of racial, ethnic and sexual discrimination including sexual harassment, sexual violence and sexual assault. (Further information, including contact information, can be found on the university's website at esu.edu/titleix).

In accordance with federal and state laws, the university will not tolerate discrimination. This policy is placed in this document in accordance with state and federal laws including Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, Sections 503 and 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and the Civil Rights Act of 1991 as well as all applicable federal and state executive orders.



For more information, assistance or special accommodations, please call 570-422-3061.

**EAST STROUDSBURG
WARRIORS**

Office of Conference Services
 200 Prospect St
 East Stroudsburg PA 18301-2999



**EAST STROUDSBURG
WARRIORS**



ESU
FIELD HOCKEY

2015 NCAA DII Champions
 2018 NCAA DII Runner-up
 5 Straight NCAA Tournament Appearances
 2015 & 2019 PSAC Champions

2020 SUMMER CAMP

July 19-22 | July 26-29

esu.edu/camps

PHILOSOPHY

ESU's camp will provide expert teaching in the fundamental and high performance skills in the game of field hockey. Athlete to coach ratio is 12 to 1. Each camper will be grouped according to ability for the morning skill sessions. During the afternoon and evening sessions, campers will be with their school teams or placed on a team. The ESU camp is for serious field hockey players and designed for teams, individuals and goalkeepers.

GENERAL INFORMATION

- FOUR days of learning and fun at camp
- USFHA sanctioned camp
- 7th-12th graders accepted
- One coach for every 10-12 campers
- Air conditioned residence halls with 2 to a suite and private bathroom facilities
- Play on 2 state-of-the-art turf fields
- Specialty goalkeeping school
- Free camp T-shirt
- Individual and Team awards
- Top-notch coaching staff including high school and college coaches, and college players
- Swim time
- All-you-can-eat meals at campus dining hall and snacks nightly
- 24-hour on-campus police coverage
- Camp store with discounted field hockey clothes and equipment
- **Check-in: Sunday from 11 a.m.-1 p.m.**
- **Check-out: Wednesday from 4:30-5:15 p.m.**



CAMP STAFF



SANDY MILLER

Field Hockey Head Coach

- 443 wins in 36 seasons at ESU
- 86-21 record in last 5 seasons
- 2015 and 2019 PSAC champions
- 2015 NCAA DII champion
- 2018 NCAA DII runner-up
- 11 NCAA Tournament appearances (1987, 1988, 1990, 2001, 2009, 2010, 2015, 2016, 2017, 2018 & 2019)
- All-PSAC, All-America and Hall of Fame player at Lock Haven University
- NFHCA DII Coach of the Year in 1993, 1994, 2001 & 2015
- Level II USFHA certified coach

STAFF

KATIE ORD

- ESU assistant coach for 9 years
- All-America player at ESU
- Level II USFHA certified coach
- Future's Coach

ROBERT WOUTERS

- International player/coach from Holland
- Level II USFHA certified coach
- ESU assistant coach
- Owner and coach of Warrior Field Hockey Club

SHANNON MCCracken

- All-America player at ESU,
- Head coach at North Penn HS

MAUREEN ORDNUNG

- ESU Camp goalkeeper coach
- Assistant coach at Ithaca College

NIKKI TRUNZO

- All-America player at ESU
- Head coach in Maryland

RACHEL MILLER

- All-America player at ESU
- Coaches at collegiate school in Virginia

KARLEIGH SUGDEN

- All-America player at ESU

CAITLIN BROWNLEY

- All-America player at ESU
- Level I USFHA certified coach
- Assistant coach at West Chester

MORGAN FIRESTINE

- All-America player at ESU
- Assistant coach at Kutztown

BRIELLE KESSEL

- All-PSAC player at ESU

EMILY HOWELL

- All-America player at ESU
- 2016 Honda Broderick Award recipient
- NCAA DII Defensive Player of the Year

JANE KOENIGES

- Former ESU and Ramapo assistant coach

JANE DORN-WILSON

- Head coach at Liberty HS

COST

Register Online at: esu.edu/camps

OVERNIGHT: \$445/PLAYER

COMMUTER: \$335/PLAYER

TEAM DISCOUNT

\$10 TEAM DISCOUNT FOR 15 (OR MORE) PLAYERS FROM THE SAME TEAM

To receive the team discount, a coupon **MUST** be included on your initial registration form. No discounts will be given thereafter. Please contact coach for current codes

**Make Checks Payable to:
ESU WARRIOR FIELD HOCKEY CAMP**

**Mail to: Office of Conference Services
200 Prospect Street, E. Stroudsburg, PA 18301**

DEPOSIT/PAYMENT/CANCELLATIONS/REFUNDS

Please enclose a \$100 non-refundable deposit with all applications. Camp balance is due two weeks prior to the start of camp. Campers who leave during the course of the camp will receive a refund based on the number of days services were rendered.

All refund requests must be submitted in writing to the Office of Conference Services within 14 days of the last day of camp. No refunds will be issued to campers who were sent home for disciplinary reasons. No refunds will be issued after that time. Please allow six to eight weeks for processing of any refunds.

Medical documentation may be required for refund. Please send refund requests to conferences@esu.edu with the name of your child and camp they participated in.

ESU Warrior Sports Camps have contingency plans in the event of inclement weather, however, indoor practice facilities may be limited.

SANDY MILLER
smiller@esu.edu
570-422-3101

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FIELD HOCKEY

Please print clearly in ink.

PARTICIPANT

ADDRESS

CITY/STATE/ZIP

HOME/CELL

EMERGENCY PHONE

EMAIL

GRADE ENTERING (FALL 2020)

AGE

DOB

SCHOOL/TEAM

COACH

POSITION

SELECT CAMP(S):

_____ JULY 19-22

_____ JULY 26-29

ROOM WITH: _____ (NO MULTIPLE ROOMMATE REQUEST)

COUPON CODE: _____ (REQUIRED FOR DISCOUNT)

T-SHIRT SIZE:

(PLEASE CIRCLE ONE)

S M L XL

**\$100 NON-REFUNDABLE DEPOSIT MUST
ACCOMPANY EACH REGISTRATION FORM**

MEDICAL INSURANCE INFORMATION:

COMPANY NAME

POLICY NUMBER

GROUP NUMBER

NAME OF PARENT/GUARDIAN

I hereby authorize the camp staff of East Stroudsburg University to act for my son/daughter in their best judgment in any emergency situation. I also authorize my son's/daughter's attendance in ESU Warrior Sport Camp. I certify that he/she is in good health, and is able to participate in all camp activities. I understand that the camp staff, first responders, and university will not be held responsible for any injuries that occur on the way to, during or on the way home from ESU.

Parent/Guardian Signature