



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 Pocono Medical Center, 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:
www.esu.edu/camps

DAILY SCHEDULE

- 7:00 a.m. Breakfast
- 9:00 a.m. Fundamentals & Competitions
- 11:30 a.m. Lunch
- 12:45 p.m. Free Time
- 2:00 p.m. Small Games & Strategies with Team
Defensive drills - Monday
Offensive drills - 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 www.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 community 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 www.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



ESU

FIELD HOCKEY

2019 SUMMER CAMP

2018 NCAA RUNNER-UP
2017 NCAA FINAL FOUR
2015 NCAA CHAMPIONS

JULY 21 - 24 | JULY 28 - JULY 31

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. This camp is 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, and snacks nightly
- 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
- 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 p.m.- 5:15 p.m.

2018 NCAA RUNNER-UP



CAMP DIRECTOR



SANDY MILLER
Field Hockey Head Coach

- Head Coach at ESU for 35 years
- 2018 NCAA DII Runner-up
- 2017 NCAA DII Final Four
- 2016 PSAC regular season champion and NCAA DII Tournament qualifier
- 2015 PSAC and NCAA DII Champions
- 10 NCAA Tournament Appearances
- 2000 NCAA DII Runner-up
- Qualified for NCAA Tournament in 1987, 1988, 1990, 2001, 2009, 2010, 2015, 2016, 2017 & 2018
- All-PSAC, All-America and Hall of Fame player at Lock Haven University
- NFHCA DII Coach of the Year 1993, 1994, 2001, 2015
- Level II USFHA Certified Coach

STAFF

KATIE ORD

ESU assistant coach for 8 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 High School

MAUREEN ORDNUNG

ESU Camp goalie 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 BOWEN

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, PSAC and NCAA DII Defensive Player of the Year

JANE KOENIGES

Former ESU and Ramapo assistant coach

JANE DORN-WILSON

Head coach at Pleasant Valley High School

COST

Register online at: www.esu.edu/camps

OVERNIGHT
\$445/player

COMMUTER
\$335/player

TEAM DISCOUNT

\$10 Team discount for 15 (or more) players from same team.

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

Register online at:
www.esu.edu/camps

FIELD HOCKEY

Please print clearly in ink.

CAMPER _____

ADDRESS _____

CITY/STATE/ZIP _____

HOME/CELL PHONE _____

EMERGENCY PHONE _____

EMAIL _____

GRADE ENTERING (FALL 2019) _____

AGE _____

DOB _____

SCHOOL/TEAM _____

COACH _____

POSITION _____

SELECT CAMP(S):

____ JULY 21 - 24

____ JULY 28 - JULY 31

____ OVERNIGHT

____ OVERNIGHT

____ COMMUTER

____ COMMUTER

ROOM WITH: _____

NO MULTIPLE ROOMMATE REQUESTS

COUPON CODE: _____

ADULT T-SHIRT SIZE: **S M L XL**
(please circle one)

\$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's 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 _____