



Bedford Recreation Department

12 Mudge Way, Bedford MA 01730

(781) 275 – 1392

(781) 687- 6156 (*fax*)

www.bedfordrecreation.org

Maria Posa and Shannon McSweeney

Maria Posa is currently a member of the Div. 1 #19 ranked Stanford University field hockey team. As a captain, she led the Weston High School team to the MA North Sectional Finals in 2009 and to win the Div. 1 MA State Championship in 2008. Posa was a two-time Boston Globe All-Scholastic including the 2008 Division 1 Player of the Year as well as a Regional All-American in 2009. She has been selected for the National Futures Tournament, Junior Olympics, Junior National Camp, Futures Elite, and Olympic Development Select. Posa gives private lessons and has volunteered at local field hockey camps. She has received innovative top-level coaching and will adapt this knowledge to suit younger players.

Shannon McSweeney will begin her freshman year as a goalkeeper on the Brown University field hockey team in the fall of 2011. She captained the Phillips Academy Andover field hockey team in 2010 and led them to the Semi-Finals of the New England Championship for prep schools. Shannon was a New England All-American in 2010 and has been selected for the National Futures Championship, Junior National Camp, Futures Elite, Olympic Development Select, and an alternate for Junior Olympics. McSweeney has experience with coaching youth clinics.