



Press Release
For Immediate Release

Longtime coach, athlete, motivational speaker, and recent cancer survivor Felicia Mycyk is set to host the second annual Zone Coverage All Girls Football Camp on Saturday, Sept. 24, 2022, at Walter Panek Park, Ambridge.

Contact: Felicia Mycyk, Marketing Planner and Camp Director, Zone Coverage Girls Football Camp, 724 264 5846. Event registration or general questions: Coach@zonecoveragecamp.com

[Images from Camp](#) taken by Rustbelt Mayberry Photography

Ambridge, PA - The one-day Zone Coverage Camp is the first of its kind for girls in Beaver County and teaches techniques, terminology, and fundamentals of tackle and flag football.

"Over the last few years, there has been an increase in getting women seen at the higher level of football; and I have seen a rise of girls who want to play," said Mycyk, a former Women's Football Alliance athlete. "My goal is to help build that confidence up in the girl who wants to play tackle or flag football, the cheerleader who wants a better understanding of what is happening on the field, or the girl who is just curious about the game. "

The camp is a non-contact introduction to tackle and flag football with drills, techniques, and basic terminology. Camp participants learn the fundamentals of football, emphasizing passing, catching, running, blocking, and Heads Up Form Tackling, and ending the camp with Flag football drills and games. Giving time to allow the girls to make new friends, have fun, encourage them to develop new skills, and build on self-confidence.

This year's camp will be held at Walter Panek Park on Breitenstein Road in Ambridge from 10 am to 2 pm and is open to all girls in grades k-12. Registration is \$20.

Coach Mycyk spent the 12 months battling cancer and, with the help of sponsors like Stacey Laurello, will offer to children whose guardians are cancer survivors, warriors undergoing treatment, or who lost a parent to cancer be able to attend at no cost.

"Having breast cancer was very difficult for my family and me," shared Coach Mycyk. "I valued my cancer-free moments of the war. However, during the worst moments in my battle, I wish my kids could have been busy having fun. I know what my family experienced, and I want to give the kids something to look forward to and allow them cancer-free moments."

Mycyk currently serves as the Head Coach for the Ambridge Flag Football team and Track and Field team and has worked football camps in the greater Pittsburgh area, hosted by former and current members of the Pittsburgh Steelers. She was previously awarded the "Be The Change" award by the Pennsylvania Governor's Conference for Women, honored as a Beaver County "Star," recognized as a female coach at the Black History Achievement Award Banquet, and

selected as one of 40 under 40 Rotary Legacy Zone Young Professional. She has also received the "Heart of a Lion" award by Lions Club International for her commitment to community service.

Mycyk understands that girls in Beaver County are playing football at the middle school and varsity levels, too, and some need an avenue to get into the game. The camp builds off the fact that more and more girls are playing. Many are playing flag football at NAIA schools. Locally this past spring the Pittsburgh Steelers helped school districts in the area launch a girls flag football pilot program. Their goal with along with the Philadelphia Eagles to have girls flag offered as a sanctioned high school sport.

A PIAA official came last year to share about referees' role on the football field and the equipment they carry and use.

"Each girl wanted to stay longer," Mycyk said of last year's camp. "What I do is give the girls who want to learn about football space to do so comfortably. I believe it's important."

Event partners include Ambridge Youth Football Association, RMU Gammas, Beatty Throws

Sponsors: Penny's Delight Restaurant, Stacey Laurello, Whitted Media, Rustbelt Mayberry Photography, Perfect 10 Gymnastic

Registration and more information are available at www.zonecoveragecamp.com

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