

# **Bishop Stang High School Names Kara LeBlanc Caron Head Field Hockey Coach**

Bishop Stang High School is pleased to announce the hiring of Kara LeBlanc Caron, '92 for the position of Head Field Hockey Coach. Bishop Stang Athletic Director Dennis Golden remarked, "We are thrilled to have Kara Caron head our Field Hockey program. We believe Coach Caron will bring tremendous commitment and enthusiasm to this already proud program. Coach Caron understands the mission of our school, and she has a clear understanding of the role that the Field Hockey program plays here. She is a positive person, and we look forward to her making a strong and sustained impact on our students."

Upon entering Bishop Stang in 1988, Coach Caron developed a passion for the sport, to add to her love of basketball, which she had played throughout her youth. Field Hockey became Caron's sport of first choice by the time she graduated from Bishop Stang in 1992. Caron continued playing field hockey at Simmons College in Boston. She was captain of her college teams in 1993, 1994, and in 1995. Caron earned a Bachelor of Science in Nutrition in 1996, and a Master's degree in Nutrition and Health Promotion in 1997. She spent most of her professional career working as a community nutritionist in various roles. Some of these have included teaching college level nutrition courses in the Nursing Program at UMass Dartmouth, and working as a state nutrition coordinator for the Rhode Island Department of Health, overseeing nutrition programs there.

Kara is married to Michael Caron, also Bishop Stang Class of 1992, and has three daughters ages 10, 13 and 15. She has enjoyed coaching middle school field hockey in the town of Dartmouth for the past four years, and is excited to escalate

her coaching to the high school level. Stressing fitness, Caron looks to merge a crossfit style of strength and conditioning, with her nutrition background, to help improve the players in as many areas as possible.

When asked about her feelings concerning leading the Bishop Stang Field Hockey Program, Caron said "I am thrilled to return to the Stang Community. It is where I started my field hockey experience, and I look forward to giving back to the girls. I am excited to instill a sense of family that will bring success, on and off the field, for years to come."