



Sponsored by the WM Community Services and Recreation, the Spring Academy is designed to get FIELD HOCKEY high school athletes working together in the off season as a TEAM! The team's dedication in the off season pays off BIG time IN SEASON!



- ★ **When/Where-** Turf Field (10 Sessions on Sundays, 4/7, 4/14 (HS back field), 4/21, 4/28, 5/5, 5/19, 6/2, 6/9, 6/23, 6/30); Time 10-12pm
- ★ **For Athletes 8th-11th Grade!!**
- ★ **Cost-** \$200 (includes a Gold FH Item)
- ★ **How to Register-**
  1. Go to [www.westmilford.org](http://www.westmilford.org), click on the Community Services and Recreation, then "REGISTER for PROGRAMS HERE." Once you are in community pass look for 2024 SPRING Programs.
  2. Call the Recreation Office (973-728-2860) for assistance, M-F, 8:30 a.m. – 4:30 p.m.

# WM Field Hockey

## Gold FH Spring Academy



**Bianca Cano**

- ★ WMHS Graduate 2017
- ★ Team Captain 2016, Most Dedicated
- ★ 4th leading goal scorer at WM
- ★ 1st Team All County and All Conference
- ★ Played at Mercy College
- ★ Youth WMFH Travel Coach

**Kelsie Murphy**

- ★ WMHS Graduate 2019
- ★ Team Captain 2018, Most Dedicated
- ★ 1st Team All County and All Conference
- ★ Played at William Paterson University
- ★ Head Ramapo College Coach



**Emily Sheridan**

- ★ WMHS Graduate 2020
- ★ 1st Team All County and All Conference
- ★ Played at Drew University
- ★ GOALIE

