



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 (9 Sessions on Sundays, 4/2, 4/16, 4/23, 4/30, 5/7, 5/21, 6/4, 6/11, 6/25); Time 10-12pm

★ **For Athletes** 8th-11th Grade!!

★ **Cost-** \$200 (includes a Gold FH T-Shirt)

HS Athletes Receive a \$50 Discount from WMFH Booster Club!!

★ **How to Register-**

1. Go to www.westmilford.org, click on the Community Services and Recreation, then "REGISTER for PROGRAMS HERE." Once you are in community pass look for 2023 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
- ★ Youth WMFH Travel Coach

Emily Sheridan

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

