



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, 3/30, 4/6, 4/13 (HS back field), 4/27, 5/4, 5/18, 6/1, 6/8, 6/22, 6/29); Time 10-12pm
- ★ **For Athletes** 8th-11th Grade!!
- ★ **Cost-** \$175 (includes a Gold FH Item)
- ★ **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 2025 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

