



Get a fun Gold FH item for enrolling!

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



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