



Sponsored by the WM Community Services and Recreation, the Winter 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-** Rec Center Gym #3 (Sundays, 1/5-2/23; 8:00-10:00am)
- ★ **PRACTICE** for grades 8-11
- ★ **Cost-** \$125 (\$10 sibling discount)
- ★ **How to Register-**
 1. Go to www.westmilford.org, click on the Community Services and Recreation, then "REGISTER HERE for PROGRAMS."
 - Once you are in community pass look for 2025 WINTER 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 Winter 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



Emily Sheridan

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

Kelsie Murphy



- ★ WMHS Graduate 2019
- ★ Team Captain 2018, Most Dedicated
- ★ 1st Team All County and All Conference
- ★ Head Coach at RAMAPO COLLEGE

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