

# Arrowhead Field Hockey

## 2024 Off-Season Opportunities

- **AHSFH Winter League**
  - Sundays from December 3<sup>rd</sup> through March 3<sup>rd</sup> (no practice on 12/24, 12/31, or 2/18)
    - Location: Lake Country School upper gym
    - Time: 3-4 PM
    - Cost: \$5 per Sunday session
- **Lift Field Hockey Club (liftfh.org)**
  - Winter league
    - Tuesdays from 7:30-9 PM and Saturdays from 5:30-7 PM at the Milwaukee Yard, starting December 5<sup>th</sup> and ending February 24<sup>th</sup>
    - Cost is \$430 (likely pro-rated due to late start)
    - More details and the link to register can be found here:  
<https://www.liftfh.org/winter>
  - **Cheeseburners Field Hockey Club (cheeseburnersfieldhockey.com)**
    - Indoor league
      - Tuesdays and Wednesdays from 7-8:15 PM at Delta Sports Performance, starting November 7<sup>th</sup> and ending February 28<sup>th</sup>
      - Register via Cheeseburners' website:  
<https://www.cheeseburnersfieldhockey.com/indoor-fall-23---winter-24.html>

Feel free to reach out to either Coach Melbs  
(brenkoszm@gmail.com) or Coach Jordy  
(jbrenkosz@yahoo.com) with any questions you have!