Arrowhead Field Hockey

2024-25 Off-Season Opportunities

* **AHSFH Winter Open Gyms**
  + **TBD, DEPENDS ON ANTICIPATED ATTENDANCE**
  + **Sundays from December 8th through March 2nd (no open gyms on 12/29 or 2/16)**
    - **Time/Place: 1-2 PM at Lake Country School’s Upper Gym**
    - **Cost: $50 for 11 total sessions (to cover gym rental)**
    - **Registration form will be sent out if interest is there**
* Lift Field Hockey Club (liftfh.org)
  + More info TBA – likely a tournament hosted at Lake Country School
* Cheeseburners Field Hockey Club (cheeseburnersfieldhockey.com)
  + Practices are Mondays and Tuesdays starting November 4th and ending January 28th
  + Monday practices are held at Bayside Middle School from 7:45-9 PM and Tuesday practices are held at Delta Sports Performance from 7-8 PM
  + Cost is $565 for 21 sessions
  + More details and the link to register can be found here: <https://cheeseburnersfieldhockey.leagueapps.com/leagues/field-hockey/4400285-winter-one-202425>
* Windy City Field Hockey (windycityfieldhockey.com)
  + Can participate in the Academy program
  + Practices are Saturdays from 9-11 AM starting January 11th
  + Link to register here: <https://windycityfieldhockey.com/clinics/>
* Misc. Opportunities
  + USA Field Hockey Nexus Program
    - Takes place on various Saturdays/Sundays throughout the Spring (end of March to early May) at Lake Forest Academy in IL
    - If you participated last year, you’ll receive an invite to participate again this year
    - If interested, register here then send confirmation email to Jordy: <https://www.usafieldhockey.com/nexus/registration>
  + Warhawk Sports Performance
    - Held every day after school from 2:40-5 PM
  + Private Lessons
    - Contact Jordy ([jbrengosz@yahoo.com](mailto:jbrengosz@yahoo.com) or 262-361-2034) if interested

**\*If you have questions regarding what you can work on in the offseason, please schedule a meeting with your coach to discuss!\***