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 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!\***