

Arrowhead Field Hockey

Summer 2025 Opportunities

- Lift Field Hockey Club (liftfh.org)
 - Summer League
 - Sundays 5:30-7:30 PM at Brookfield Academy
 - June 8th, 15th, 22nd, 29th; July 13th, 20th, and 27th
 - Cost: \$200
 - Sign up via Lift's website (link above)
 - Sunset Skills Sessions
 - 6-7 PM on June 24th (Shooting and Scoring/Goalkeeping), June 30th (Defense), and July 10th (Midfield Play)
 - Cost: \$55/session
 - Sign up via Lift's website
- Cheeseburners Field Hockey Club (<https://www.cheeseburnersfieldhockey.com>)
 - Summer League
 - Most Mondays and Wednesdays from 6/2 to 7/30, 5:30-7 PM on Mondays and 5-6:30 PM on Wednesdays (exact dates listed on site linked below)
 - Cost: \$400
 - Register via this link: <https://cheeseburnersfieldhockey.leagueapps.com/leagues/field-hockey/4546521-summer-season-25>
 - Summer Camp
 - July 14th – 17th from 9-12:30 PM at Uihlein
 - Cost: \$400
 - Camp run by local coaches as well as international coaches
 - Register via the following link: <https://cheeseburnersfieldhockey.leagueapps.com/camps/4546490-summer-camp-25>
- Misc. Opportunities
 - Summer Conditioning
 - Warhawk Sports Performance/ACC
 - Mondays – Thursdays from June 16th to July 24th
 - 9-10:30 AM
 - Cost: \$150 per student
 - Registration must be done online via the AHS website
 - **VERY HIGHLY RECOMMENDED PARTICIPATION**
 - Contact Melbs/Jordy for more ideas outside of summer conditioning packet
 - Summer Open Field
 - Every Sunday night starting June 8th
 - 7 – 8 PM on the turf (EXCEPT FIRST ONE WILL BE 7:15-8:15 PM)
 - **VERY HIGHLY RECOMMENDED PARTICIPATION**
 - College field hockey camps
 - Northwestern, Iowa, Ball State, etc. offer summer camps- check respective websites for details

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2025 Important Dates

- Arrowhead Field Hockey Youth Camp
 - June 23rd – 25th
 - 9 – 12 PM
 - Please let Melbs or Jordy know if you're able to help out any or all camp dates!
 - Encourage friends/family members to attend camp!
- Summer Contact Days
 - June 30th from 6-8 PM
 - July 9th from 6-8 PM
 - July 15th from 6-8 PM
 - July 22nd from 6-8 PM
 - July 24th from 6-8 PM
 - **VERY HIGHLY RECOMMENDED PARTICIPATION, LET US KNOW ASAP WHICH DAYS YOU CAN ATTEND**
- Captains' Practice
 - August 4th through August 8th
 - 9 – 12 PM
 - **VERY HIGHLY RECOMMENDED PARTICIPATION**
- 2025 Tryouts
 - August 11th through August 13th
 - 9 – 12 PM
 - **MANDATORY PARTICIPATION**
- AHSFH Parent/Player Meeting
 - August 14th in SC Cafeteria (A/P room)
 - 6 PM (Varsity receive uniforms at 5:30, JV receives theirs after the meeting)
- 7 v 7 Playday (VARSITY ONLY)
 - August 16th
 - 10 AM at Brookfield Academy
- Gateway Classic (VARSITY ONLY)
 - August 29th through August 31st
 - Located at SportPort in St. Louis
 - Will leave Friday morning and return Sunday night
- Non-Conference Games
 - 9/13: Varsity vs Oak Park and Glenbard West @ Glenbard West, 10:30 AM and 1 PM
 - 9/19: Varsity vs Evanston, 6 PM on the turf
 - ****Looking to add one more non-conference game in August****
- Homecoming Parade (ALL TEAMS)
 - October 10th (TENTATIVE)
 - Usually around 4 PM, but decorating starts right after school
- State Championship (VARSITY ONLY)
 - October 18th at Uihlein, 2 PM

Questions? Contact Melbs (262-391-5069) or Jordy (262-361-2034) for more info!