

# 2022 SPRING-FORD Field Hockey

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>June</b>					
20	21 Voluntary Workouts: 8-9:30	22	23 Voluntary Workouts: 8-9:30	24	25
27	28 Voluntary Workouts: 8-9:30, lift @10	29	30 Voluntary Workouts: 8-9:30, lift @10		
<b>July</b>					
4	5 No workouts	6	7 No workouts	8	9
11	12 No workouts	13	14 No workouts	15	16
18	19 Voluntary Workouts: 8-9:30, lift @10	20	21 Voluntary Workouts: 8-9:30, lift @10	22	23
25	26 Voluntary Workouts: 8-9:30, lift @10	27	28 Voluntary Workouts: 8-9:30, lift @10	29	ALL PIAA paperwork should be turned in
<b>August</b>					
1	2 Voluntary Workouts: 8-9:30, lift @10	3	4 Voluntary Workouts: 8-9:30, lift @10	5	6
8	9 Voluntary Workouts: 8-9:30, lift @10	10	11 Voluntary Workouts: 8-9:30, lift @10	12	13

**Tryouts start on August 15th. These practices are mandatory to attend if you want to tryout. Summer workouts are voluntary. Please check classroom and your email in case of cancellation due to weather**