

WHSFH Coaches, MS & HS ADs, and Commissioner,

Tonight (03/15), sees the conclusion of what has been a successful Cheeseburners indoor field hockey season [at Bayside Middle School]. Over the course of said season, we've had the privilege of coaching athletes from established school programs and have started to gain traction in other schools that do not currently offer this sport. In total, we have provided developmental and playing opportunities to athletes from seven regional schools.

Along with regular training sessions, we have promoted additional education for our players and coaches using the NFHS Learn site with a focus on the completion of the 'Officiating Field Hockey' and 'Coaching Field Hockey' course. I am very pleased to announce that we had no fewer than six players complete and pass the officiating course and two the coaching course (with an additional player currently mid-way through the content).

From the beginning of April, we return outdoors, bringing new experiences for our players which includes out-state competition.

Spring Season 2023 1st thru 8th Grade

It would be greatly appreciated if you could help distribute the following program information to middle and elementary school athletes:

Running Saturday, April 1, thru' Sunday, June 4, 2023, our 'outdoor' program is open to players of all abilities for U-10 (1st-4th Grade) and U-14 (5th-8th Grade) age groups.

Being mindful of other spring sports, and as with our previous offerings, we're able to support both FULL or HALF season options if needed.

SPRING 2023 - SIGN UP TODAY

In addition to out-of-state playing opportunities, and access to High Performance Training Sessions (where applicable), spring sees us move to a new location.

From April, 2023, Cheeseburners Field Hockey shall call <u>Uihlein Soccer Park</u> their home.

Spring Schedule

Uihlein Soccer Park, Milwaukee, WI

April

Sa 1 – 9:00am-10:30am, Su 2 - 9:00am-10:30am Sa *8 – 10:30am-12:00pm, Tu 18 – 5:30pm-7:00pm Sa 22 – AIM 7-v-7 Tournament, St. Louis, MO M 24 – 5:30pm-7:00pm

May

M 1 - 5:30pm-7:00pm, W 3 - 5:30pm-7:00pm Su 7 - 9:00am-10:30am, Tu 9 - 5:30pm-7:00pm Su *14 - 9:00am-10:30am, W 17 - 5:30pm-7:00pm Sa 20 - 9:00am-10:30am, W 24 - 5:30pm-7:00pm Su *28 - 9:00am-10:30am, W 31 - 5:30pm-7:00pm

June

Sa *3 – 9:00am-10:30am

*Indicates dates where sessions could be canceled based on tournament participation.

**Please note that only one of these dates may be impacted - the field/coaching costs for which are not included in your season fees and would be available to you at no extra cost if our tournament bids were unsuccessful.

That is a total of:

Mondays - 2, Tuesdays - 2, Wednesdays - 4
Saturdays - 4, Sundays - 4
15-16 x 1.5hr sessions (see below)

We will also look to schedule games locally and regionally where possible - these *could* replace some of the training sessions shown above.

SPRING 2023 - SIGN UP TODAY

Also in spring, we see the return of <u>Coach Lauren</u>. Buffington played Division 1 Field Hockey at Central Michigan University where she started all four years and was voted Captain as a sophomore. In High School, she was a four-year starter at Arrowhead and where she was awarded First Team All-State Offense and First Team All-State Defense. Lauren joins Coaches Degsy, Meredith, and Blythe.

Don't miss out as we continue to build solid foundations in the field hockey community.

See you on the field!

Best,
Derek 'Degsy' Aspinall
Club President & Director of Coaching



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