

# 2024 SPRING-FORD Field Hockey

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>June</b>					
10	11 No workouts	12	13 No workouts	14	15
17	18 Turf Workouts: 8 - 9:15, lift@ 9:30	19	20 Turf Workouts: 8 - 9:15, lift@ 9:30	21	22
23	24 Turf Workouts: 8 - 9:15, lift@ 9:30	25	26 Turf Workouts: 8 - 9:15, lift@ 9:30	27	28
<b>July</b>					
1	2 Turf Workouts: 8 - 9:15, lift@ 9:30	3	4 No workouts	5	6
8	9 Turf Workouts: 8 - 9:15, lift@ 9:30	10	11 Turf Workouts: 8 - 9:15, lift@ 9:30	12	13
15	16 No workouts	17	18 No workouts	19	20
22	9 Turf Workouts: 8 - 9:15, lift@ 9:30	24	9 Turf Workouts: 8 - 9:15, lift@ 9:30	26	ALL PIAA paperwork should be turned in
<b>August</b>					
29	9 Turf Workouts: 8 - 9:15, lift@ 9:30	31	9 Turf Workouts: 8 - 9:15, lift@ 9:30	2	3
4	5 No workouts	6	7 No workouts	8	9

**Tryouts start on August 12th. These practices are mandatory to attend if you want to tryout. Summer workouts are voluntary. Please check google classroom and your email in case of cancellation due to weather**