

Arrowhead Field Hockey

2025-26 Winter League

Join the AHS field hockey staff for a league full of skills instruction, drills, and scrimmages!

WHO: Girls in grades Kindergarten through 8th

WHEN:

- Sunday afternoons starting January 4th and concluding March 1st (no practice Feb 15th)
- Session 1: Grades K-4th from 2-3 PM
- Session 2: Grades 5th-8th from 3-4 PM

WHERE: Lake Country School Upper Gym

COST: \$75 if player already has an Arrowhead Field Hockey pinnie; \$100 if pinnie is needed

REQUIRED EQUIPMENT: shinguards (must come to the knee), mouth guard, athletic attire, gym shoes, water; sticks will be available to borrow

****Sign up is allowed up to the first day of league play!! Checks payable to Melissa Brengosz****



ARROWHEAD FIELD HOCKEY 2025-26
WINTER LEAGUE REGISTRATION FORM

Player name:

Grade and school:

Session number:

Primary email address:

Primary phone number:

Pinnie size (new players only; AXXS/AXS, AS/M, or AL/XL):

I approve of my child participating in this league and release the staff and Arrowhead High School of any liability. I also acknowledge that I must have adequate health insurance to cover any injuries that may result from this league.

PARENT SIGNATURE:

***Send completed form and payment to the following address:

Melissa Brengosz
288 N Lapham St
Oconomowoc, WI 53066