



Bangor Field Hockey

August 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 Meet the Coaches Night @ 7:00 PC Meeting @ 7:30	10	11	12
13 REST & HYDRATE	14 Meeting: 7:15 Practice 8 - 11 Practice 5-7	15 Practice 8-11 Practice 5-7	16 Practice 7-8 Practice 4-7:30	17 Practice 7-8 Practice 4 -7:30	18 Practice 8-11 Practice 4-6 BUIST TEAM DINNER - 6:15pm	19 Practice 8-11
20 OFF	21 Whitehall Playday	22 H-Easton Scrimmage @ 4:00pm	23 Practice 3:00-6:30	24 Practice 3:00-6:00 SLATERFEST	25 Practice 8-11	26 H - Saucon Valley @ 2:00pm CALANTONI TEAM DINNER - 5:00pm
27 OFF	28 First Day of School A - Wilson @ 4:00pm	29 Practice 3:00-5:00	30 A - Palisades @ 4:00pm	31 Practice 3:00-5:00		



Bangor Field Hockey

September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Picture Day @ 8:30am Practice 9:00-11:00 JONES TEAM DINNER 12:00pm	2 Practice 8-10
3 OFF	4 OFF Labor Day	5 A - Moravian @ 4:00	6 Practice 3:00-5:00	7 Practice 3:00-5:00	8 Practice 3:00-5:00	9 Youth Day H - Northern Lehigh @ 10:00
10 OFF	11 A - Palmerton @ 4:00	12 Practice 3:00-5:00	13 Senior Night H - Pen Argyl @ 4:00	14 Practice 3:00-5:00	15 Practice 3:00-5:00	16 Practice 8-10 ENGLE TEAM DINNER 12:00pm
17 OFF	18 Practice 3:00-5:00	19 H - Wilson @ 4:00	20 Practice 3:00-5:00	21 A - Salisbury @ 4:15	22 H - Southern Lehigh @ 4:00	23 Practice 8-10
24 OFF	25 Act 80 Day H - Lehigh @ 4:00	26 Practice 3:00-5:00	27 H - Moravian @ 4:00	28 Practice 3:00-5:00	29 H - Catasauqua @ 4:00	30 A - East Stroud South @ 11:00am



Bangor Field Hockey

October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 OFF	2 H - Pleasant Valley @ 4:00	3 A - Northwestern @ 6:15pm	4 Practice 3:00-5:00	5 A - Pen Argyl @ 4:00	6 Practice 3:00-5:00	7 A - Northampton @ 1:00pm
8 Leagues/Districts Begin	9 Act 80 Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

