The Hamilton Field Hockey recently returned from an exciting trip abroad to Seville, Spain and Lisbon, Portugal. For eight days steeped in Spanish and Portuguese culture, the team explored the cities and cultural artifacts, played competitive field hockey, and spent some time volunteering.

The Continentals hit the field at the Jamor Complex Center where they competed against three Portuguese club teams and left with wins against The Portuguese and Lisbon Select Teams. The trip was culturally enriching, competitive and allowed for some fun and team bonding! Thank you Zag Sports for the wonderful opportunity!

Check out our Facebook to see more photos and videos of us surfing and our other adventures!

@HamiltonCollegeWomensFieldHockey