2023-2024 Boys Lacrosse Off-season program.

IT IS VERY IMPORTANT THAT IF YOU ARE NOT ON THE BLAST ATHLETICS APP YOU NEED TO GO TO [**https://www.blastathletics.com/teams/77269/join**](https://www.blastathletics.com/teams/77269/join)to join (OR USE THE QR CODE ON THE BACK. ALL communication will be done via the blast athletics app in the off-season. I highly recommend downloading the app and have notifications sent to your phone. If we must cancel any sessions, a message will be put out via the Blast app. Working out on your own is fine but it is important to have a stick in your hands and working out together helps build team chemistry. All dates are subject to change. **If for any reason school is canceled or have a delay, morning sessions will be canceled.**

**Open gyms are** from 6:40 – 7: 50a.m every Monday Wednesday and Friday (See schedule). Agility, stick skills, and indoor box lacrosse. Players should bring their equipment. If you do not have a helmet, I will provide you with one. Along with a change of clothes for school and showering supplies. Some days we may be going outside so please dress accordingly. Two weeks prior to the season we will have open fields Tuesday and Thursday 3:30p.m. to 5:30p.m. along with our open gym morning sessions.

ALL LACROSSE PLAYERS ARE WELCOME BEGINNER OR EXPERIENCED. If you are unable to throw and catch, we will try and work with you on the wall pending amount of coaches present.

**February 23rd – equipment hand out and locker assignments are from 3:30-4:30p.m. immediately after school.**

**If you cannot attend that day – YOU MUST CLAIM YOUR LOCKER PRIOR TO February 23rd.**

**Try-outs will begin on February 26th** – **IN ORDER TO TRY OUT YOU MUST HAVE A PHYSICAL AND BE ACADEMICALLY ELIGIBLE!** Just because you made the team last year does not guarantee you a spot on the team this year. Players are expected to be changed and have all gear on by 3:35p.m. After the student athlete’s 3rd day of try-outs, the coaching staff will rate student athletes on stick skills, coachability, conditioning, etc. and student athletes will be assigned to a team (varsity or jv (developmental)) Student athletes that may need to develop more will be notified in person. Practice will be Monday – Saturday for the first three weeks (pending playday’s and scrimmages-see schedule) Saturday practices will be from 8-10a.m, players will get a rest/snack break between 10 a.m. and 11a.m. during this time they may also have a snack if they brought one (student athletes will not be permitted to leave campus during this time), then we will resume practice from 11a.m to 1:30p.m. These practices are **MANDATORY (and times are subject to change)!**

**USE THIS QR CODE TO SIGN UP FOR THE BLAST ATHLETICS APP.**

