



**Welcome Millikan Girls Lacrosse Athletes and Parents,**

**Coaching Staff Contact Information:**

Program Director & Boys Lacrosse Coach: Tom Sutfin (TSutfin@lbschools.net)

Girls Lacrosse Coach: Ariana Estrada (Arianaestrada32@gmail.com)

**Communication:** I (we) will be communicating through email or BAND (communication app) . I will be sending an invite code through email.

**Bad Weather:** If fields are closed all games and practices will be cancelled until further notice. We DO play and practice in the rain if conditions are safe for our players.

**Practices: TBA due to COVID-19**

Days: Monday - Friday

Attendance: 1:14PM (Start of per 7 via zoom)

Practice: 3:00pm - 5:00pm

Location: TBA

**Practice Uniforms:**

- Gold, Navy or White short or long sleeve
- Gold, Navy or White jacket
- Navy or Black shorts, athletic leggings or sweatpants

**Varsity Uniforms: Uniforms will be provided to each player before the first game.**

- Reversible Top
- Kilt (bottom)
- Personalized Jacket
- Personalized Pant
- Personalized Bag
- Navy & White Goalie Top
- Navy Goalie Shorts



**Junior Varsity Uniforms: Uniforms will be provided to each player before the first game.**

- White & Navy Top
- Bottom TBD
- Personalized Jacket
- Personalized Pant
- Personalized Bag
- Navy & White Goalie Top
- Navy Goalie Shorts

**Equipment: No earrings, jewelry or casts of any kind (including pierced ears with tape) other than medical or religious items can be worn to practice.**

- Mouth guard
- Running Shoes
- Cleats (**lacrosse or soccer ONLY**)
- Stick
- Goggles (**Lacrosse ONLY**)
- Water bottle
- Yellow Pinnies (Coach will be providing)

**Goalie Equipment: No earrings, jewelry or casts of any kind (including pierced ears with tape) other than medical or religious items can be worn to practice.**

- Mouth Guard
- Helmet (Coach will provide)
- Cleats (**lacrosse or soccer ONLY**)
- Running Shoes
- Stick
- Chest protector
- Shin guards
- Gloves
- Protective Pants