

Tryout Process Explained

PROCESS

Each participant will be given a tryout number upon registration with the Booster Club. Upon check-in before the first tryout session; players will receive a jersey with the corresponding number. Coaches will be evaluating based on these numbers so it is extremely important that each player has their jersey for each session. Jerseys will be turned in to the team after the last tryout session.

GROUPS

During the 3 sessions players will be assigned a specific group (Navy/White). These groups will tryout at different times and players MUST participate with their assigned group. The first tryout day the groups will be evenly divided by grades so we have a mix of 9-12 graders at each session giving a fair tryout process. Tryout groups will change for each session and players will start to get moved to sessions with similar talent level. We will be posting these groups to the Rebels website on this page. Groups for the following session will be posted by 10:00p the night before. It is important for players & families to check the website frequently throughout the season.

CUTS

We do not cut 9th, 10th, & 11th graders. We try to make as few cuts as possible. The coaching staff does not take making cuts lightly and we do most of our evaluating on players that we feel are in danger of getting let go. Seniors that have a very small chance of making the varsity team or seeing playing time at any point during the season are the athletes that we look at when making cuts.

EVALUATIONS

We as a coaching staff are looking at several areas of a player's game when evaluating, but here are the main ones that we will be focusing on below. If you can demonstrate these things below during the tryout process you will put yourself in a great position to make the Varsity roster.

- 1.) Stick Skills** - Can you pass and catch the ball consistently with both hands, and get it out of your stick quickly. Do you have good shooting/throwing mechanics and are you accurate with your passing/shooting. Do you throw clean and controlled checks as a defenseman and can you make the long throws as a goalie.
- 2.) Lacrosse I.Q.** - Do you show that you understand basic skills and concepts of lacrosse. Are you seeing the 2 on 1's develop in the drills and making the correct passes offensively. Defensively are you positioning yourself properly and are you playing team defense helping out your partners. Are you being loud in the net and helping your defense out by calling when to check or body.
- 3.) Effort** - We do not walk on the lacrosse field and the time to rest is when you get to your spot in line. We want hard workers and players who hustle all the time. This is a huge emphasis and if you are walking you can bet we are noticing.
- 4.) Toughness** - We are looking for the players who aren't afraid to go down for a ground ball, or put a guy on his back (post up) and drive him to the net. Defensively we are not talking about blowing someone up with a big hit, but are looking for tough hard nosed play. The teams that come with their hard hats on normally leave happy.
- 5.) Athleticism** - Are you an athlete? Have you been working hard in the off-season to improve your strength and speed. We will find out who has been working and who hasn't.