

## Girls Lacrosse Spring Meeting Feb 12th 2024

Hi Ladies!

Practice jersey handout: Wednesday March 12th immediately after school in the back of the Haben, beyond the locker rooms

Tryout schedule:

**Thursday April 3rd**

Grades 7-9 2:30-4:00

Grades 10-12 12-2:30

**Friday April 4th:**

Grades 7-9 12-1:30

Grades 10-12 1:30-4:00

**Saturday April 1st:**

Grades 7-9 OFF

Grades 10-12 10:30-scrimmage schedule to be determined

**Monday April 7th:**

Grades 7-9: 3-4:30

Grades 10-12 3-5:30

*Parent-Athlete-Coach meeting at 6pm at school*

Saturday April 3rd scrimmages--stay tuned!

**Captains Practices at the Plymouth Dome!** It will cost: \$275-\$300 per player

- Tuesday, 2/25 4-6 PM
- Thursday, 2/27 4-6 PM half field
- Friday, 2/28 4-5 PM
- Tuesday, 3/4 4-6 PM half field
- Wednesday, 3/5 3-4 PM half field
- Thursday, 3/6 4-5 PM half field
- Friday, 3/14 3-5 PM full field
- Tuesday, 3/25: 3-5 full field
- Wednesday, 3/26 3-4 half field

Looking to get into shape before the season? Here is a sample plan:

Week 1: run 1.5-2 miles twice a week

Week 2: run 2 miles twice a week, mix in 2 300s

Week 3: run 1 mile 3 times a week, run 5 110s

Week 4: run 1 mile 3 -4 times, run 3 300s

Apparel: nothing is required, but we would prefer you buy a gray shirt for practice to keep in your bag

**Online Store is open ---**

- <https://www.bsnteamssports.com/>
- **Code: 1bsmqlx25**
- **Store will close on Wednesday, February 26th**

**Captains: Bailey Gray (12), Charlize Vang (12), Katie Kroft (11) and Jun Vang (11)**