



2024 Girls' Lacrosse Preseason Meeting

Welcome!

Important dates:

FINAL APPAREL STORE bsnteamssports.com and password: [2bsmg1x24](#)

- **Sunday March 3rd 12-1:30:** "Try it" Lacrosse clinic; as long as you haven't played before or are new to school we can work with you
- **Sunday March 10th 11-4:00** Evereve Fundraiser! 15% goes back to the program!
- **Wednesday March 13th:** Impact testing after school with Athletic Trainer, Beth Zook. Grades 10-12 FIRST to get practice jerseys
- **Wednesday March 13th:** Practice jersey handout is in the back of the Haben. We issue them for the year and bring them to EVERY practice.
- **April 1st:** season begins
- **April 6th:** Varsity scrimmages; 10-430
- **April 8th:** Parent Athlete Coach meeting at 6 PM

Tryout times:

- Monday April 1st: 7-9th grade; 3-4:30, 10-12th 4:30-6:30
- Tuesday April 2nd: 7-9th: 3-430, 10-12th 4-6:30
- Wednesday April 3rd: 7-9th: 6-7:30 10-12th 7:15-9:30

Captains practices: 3/26, 3/27 and 3/28 from 3-4:30 (Hopkins Pavilion)

Please start running to get in shape for the season AND to prevent injuries :)

We will run:

- ☐ 3 300s (10-12) target time is 60 seconds or under for each one. There are two minutes in between 300s for recovery
- ☐ "Kara run" restraining line back, midfield back, far restraining line back, far endline back. The target time is 2 minutes and under. Varsity runs this every day, it gets easier!
- ☐ 30 yard and 70 yard races
- ☐ *This year we'll introduce a stickwork component as well within a running drill.

X1. x X2.

*****each X has a ball, the little x is running between the two passing and catching. The little x faces X1 and receives a pass, returns it and then runs to touch X1 stick before turning around and receiving a pass from X2 and doing the same thing. We will go for 60 seconds and switch, doing both right and left hand.