Welcome 2019/2020 CHS Girls Lacrosse

**Coaching Staff**

Ashriel West - Varsity Head Coach

[westa12@fultonschools.org](mailto:westa12@fultonschools.org)

Elle Race - Varsity Assistant Head Coach

[Ellerace1119@gmaill.com](mailto:Ellerace1119@gmaill.com)

Sarah Serbinski - JV Head Coach

[sarahrichards12@yahoo.com](mailto:sarahrichards12@yahoo.com)

Ellie Dosch – JV Assistant Head Coach

[dosch@fultonschools.org](mailto:dosch@fultonschools.org)

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| **2019-2020 Board Members** | |
| Mark Miller | Co-President |
| Kristin McCabe | Co-President |
| Pam Trainer | Treasurer |
| Sarah McVay | Secretary |
| Kathy Gidley | Events |
| Heidi Hammond | Communications & Website |
| Melody Morash | Fundraising & Spirit Wear |

**Important Dates**

* Auto Bell Fundraiser (Reference Handout) Through October 28, 2019
* Umbrella Fundraiser (Reference Handout) Through October 28, 2019
* Registration [2020 Season Registration](https://www.hoochathletics.com/page/show/5343283-welcome-to-chs-2020-girls-lacrosse?subseason=647280) Through October 28, 2019
* Optional Winter Workouts with Coach Rico Begins November 4, 2019
* Mandatory conditioning with Coaches Jan 13, 15, & 16, 2020
* Tryouts January 21, 22, 23, 2020
* Teams Announced January 23, 2020
* Practice Begins/First Team Bonding Event January 24, 2020
* Kick Off Dinner January 29, 2020
  + Player Fees will be collected at this time
* Season Games Begin February 10, 2020 Varsity

February 26, 2020 JV

* Jr. Cougar Night April 2, 2020
* Senior Night April 15, 2020
* Playoffs Begin April 29 or 30, 2020
* Banquet/Awards May 17, 2020

Please note we will send out more detailed information of each event above closer to the date. This is just to allow you to plan accordingly for our upcoming season.

All registration information will be provided through our website and will be a good source to use throughout the season; just click the link below.

* [**Hooch Athletics - Girls Lacrosse**](https://www.hoochathletics.com/page/show/5343224-lacrosse-girls-2020-)

Please direct any additional questions for the board to our email address.

* [**hoochgirlslacrosse@gmail.com**](mailto:hoochgirlslacrosse@gmail.com)

**GO HOOCH!!**

**Strength, Speed & Agility**

Parents,

Our Pre-Season Strength, Speed & Agility will be offered by Coach Rico at Chattahoochee High School Field House.

This is a great opportunity for your player to get ready for the competitive 2020 spring lacrosse season. This is not mandatory, however if your player is not already involved in some type of conditioning, the coaches highly recommend participation.

All sessions will be from 4:00PM to 5:00PM

Please see the schedule and fee below.

* **Weeks of November 4th ,11th,18th – Monday, Wednesday & Thursday**
* **Week of December 2nd, 9th – Monday, Wednesday & Thursday**
* **Week of January 6th – Monday, Wednesday & Thursday**

If you are interested, please fill out this form and send to Pam Trainer at **5570 Millwick Dr., Johns Creek GA 30005**, along with a check made out to **CHS Girls Lacrosse in the amount of $100.00**. This fee covers all 6 weeks.

**Sign up and payment deadline is Thursday October 31, 2019.**

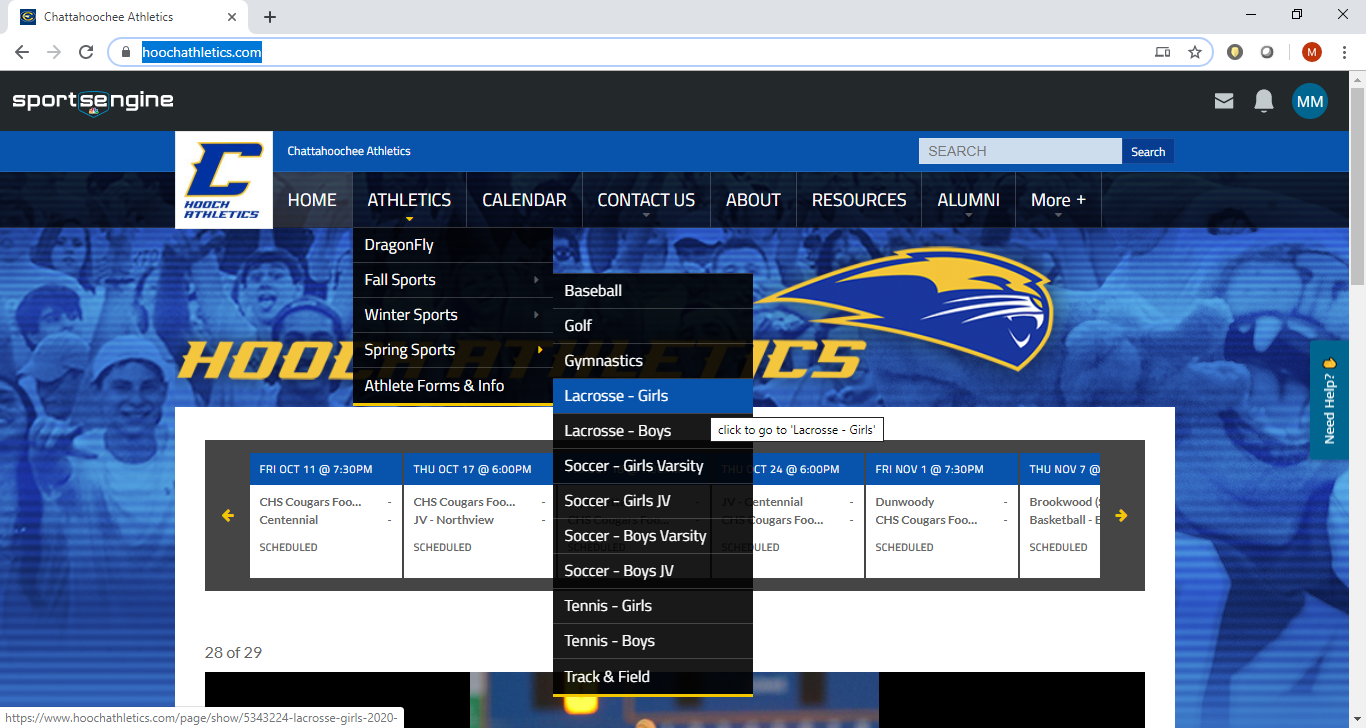
**By Thursday October 31, 2019**

PLAYER NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CHECK #\_\_\_\_\_\_\_\_\_\_\_ CASH \_\_\_\_\_\_\_\_\_\_\_\_\_\_ AMT.\_\_\_\_\_\_\_\_\_

Go to <https://www.hoochathletics.com/>



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