

# ***Girls Elite Tryout Information***

## ***Included:***

- 1 - LE uniform- Shirt, Shorts/Skirt
- 1- LE custom hair ties for game days
- 1- LE Backpack
- 1- LE Hair Stencil
- 1- LE socks
- 1- LE Bag Chain

## ***3 - Collegiate level practices weekly***

- 2 Currently playing- college level coaches
- Personal Trainer for speed and agility training weekly
- Capped team number to ensure quality training and playing time
- Improvement of Lax IQ, decisions under pressure, game flow for outcomes

## ***3 - A level tournaments***

- Edited summer film with communication to college coaches on your behalf from your club coordinator
- Tracking sessions with our recruiting coordinator for college- by appointment
- Informational Zoom meeting with Girls College Lacrosse Coach: recruiting information and QA session
- Informational Zoom meeting with 4 Girls College Lacrosse players(D1, D2, D3, NAIA) for Q/A session
- 3 guest coaching sessions

## ***Part of the Package***

- Media night with professional photographer
- 2 - Team Bonding Opportunities
- Inclusion on our recruiting webpage
- Creation of a recruiting link for social media
- Discounts on additional tournaments
- Team Banquet
- Letters of recommendation
- Mental health strengthen session

## ***What Happens Next***

- Team Roster Announcement will be made on by September 9 before 7pm
  - Registration on the website lakeeffectlax.com
  - Registration by 1/1/2024
  - Registration after 1/15/2025 results in a \$50 late fee
  - Registration with payment in full receives a \$50 discount
  - Registration with a payment plan: register no later than 1/14/2025

- 3 payments due on the 15th of each month
- Service fee \$50
- Once registration is completed join our Girls Elite '25 GameChanger App

Upcoming Dates:

12/20 ~ roster announcement

TBS- Secondary tryouts- in Dec during christmas break- REQUIRED!

TBA~meet Jesse @boldstregth free 1 hour training session 6pm

TBA- group training with Jesse \$20 each session (8 pre paid registered players to have)

TBA ~NAIA, D3, Club level team meet with team players

TBA~team Meet with College Coach

TBA~media night - photos by 219 collective

TBA~day at the dunes

TBA~team bonding outing to be announced

TBA- Banquet and awards