



LACROSSE

Shakopee Girls Lacrosse 2024

Overview

- **Intro**
- **Tryouts/Practice Schedule**
- **Expectations**
- **Team Apparel**
- **Website Registration**
- **Volunteering**
- **Fundraising**

2024 Coaches

- Varsity Head Coach: Bailey Childs
 - Coach.Bchilds@gmail.com 952-378-0875
- Varsity Assistant: Sam Vikstrom
- JV Head Coach: Syd Allen
- 10A Head Coach: Talorie Dunsworth

Pre-Season Practices & Tryouts Expectations

Pre-Season Practice Dates: April 1st - April 3rd **Time:** 3-5pm @HS Turf

Try out Dates: April 4th & 5th **Time:** 3-5pm @HS Turf

Location: Shakopee High School Turf

- You are expected to attend tryouts, if you are missing, we won't have the ability to evaluate you as well as others.
- Any players missing the **entire first week** of lacrosse, may lose playing time in the first game. Depends on game readiness and catching up with the team. Makeup try out day is first practice Monday April 8th.
- **Expect to be evaluated on:** Attitude, coachability, fundamental skills, lacrosse IQ, and work ethic

Practice Schedule

Days: Monday - Friday

Times: Varsity: 3:15 - 5:00pm, JV: 3:15 - 4:45pm, 10A 3:15 - 4:30pm

Location: Shakopee High School Turf

Expectations:

- Ready to go at start time with all equipment on
- Have all gear, goggles, stick, mouth guard, cleats, tennis shoes, pinny
 - ALWAYS have back up items needed for indoor practice for bad weather
- Expected to attend every practice
 - Try to plan appointments outside of practice time
 - Any school related obligations are excused
 - **Player must let coaches know if they are going to be gone a week in advance (NOT PARENT)**
 - If sick, player must let coaches know ASAP (NOT PARENT)

Team Apparel

- White sweatshirt and grey sweatpants
- Multiple Options
- Team Store closes March 15th
- Royalty Store closes March 5th at 12AM

Registration

- You are **REQUIRED** to register through the athletics department on the school website to be eligible to play. Anyone who has not been cleared by the office, will not be allowed to participate at tryouts, practice, or games.
- A physical is required every 3 years
- DO NOT Give any physical documents to coaches
- Go to: Shakopee Athletics website
 - Hover over “Registration”
 - Click “Athletic Link”
 - [Click Here](#)

Association Youth Lacrosse

18U Team This Summer

- Practice twice a week
- 8 games
- 1 tournament at the end of July

12U, 14U, 10U Teams

- Family, Friends, Sisters, REGISTER!!!!

THANK YOU

Questions?