2021 Preseason B’ville Girls Lacrosse Information
Coaches at each level

- **Varsity**
  - Megan Tabor (Head Coach)
  - Meghan Witte (Assistant Coach)
  - Kristin Slemmer (Assistant Coach)

- **JV**
  - Meghan Metcalf (Head Coach)
  - Paul Mizer (Assistant Coach)

- **Freshman**
  - Candy Sweeney
  - Dave Schrader

- **Modified**
  - Jeanna Gates
  - Tom Manning
  - Emma Manning

Booster Club

- **President**
  - Nate Desimone

- **Treasurer**
  - Jill Czyz
Family ID

● For all levels, Family ID opens March 20
● The deadline to sign your daughter up is April 12
  ○ Family ID registration **COMPLETED BY THE DEADLINE** will be processed in time for the student athlete to **PARTICIPATE ON THE FIRST DAY OF TRYOUTS**, barring any unresolved medical concerns. Registrations received **AFTER THE DEADLINE DATES** will be reviewed in the order they are received. Late registration could **JEOPARDIZE THE ATHLETE’S APPROVAL FOR CLEARANCE IN TIME FOR TRYOUTS**.
  ○ **BOTTOM LINE . . . SIGN UP ON TIME**!

Please make sure you choose the correct school!!!

Link: [https://hello.familyid.com/home](https://hello.familyid.com/home)
Tryout Information

Tryouts for all levels (Modified - Varsity) are April 19 - April 21

- Modified - 7th & 8th graders
- Freshman - 8th & 9th graders
- JV - 9th & 10th graders
- Varsity - 10th - 12th grade

All tryout times have not been decided yet but check schedule galaxy as we get closer to see times and locations

JV and Varsity will try out together! Modified and Freshman may tryout together or separate. Check schedule galaxy for more info
What clothing do I need for tryouts?

- Indoor and outdoor clothing every day
  - We are hoping since we start so late we will not need to use gym space, but who knows!

- Have warm clothes every day just in case!
  - Hats, GLOVES (hands get cold very easily), sweatshirts, pants

- Cleats & Sneakers
  - If we are outside players need cleats for the field, but if we go inside they will need sneakers
    - Have BOTH everyday because you never know if we go inside!!
    - First Day EVERYONE definitely needs sneakers for the mile run

- GARBAGE BAGS!
  - We do not go inside because of rain. Garbage bags are good for putting bags and personal items in during practice if it rains
What equipment do I need for tryouts?

- **Girls Lacrosse Stick**
  - Girls do not have the same stick as boys so make sure it is a girls stick
  - If you have a backup, bring it in case your stick breaks at any point

- **Goggles**
  - The goggles requirements have changed. If you are using someone’s old pair it may not be legal for the 2021 season.
  - [Here is a link for what goggles are allowed](#)
    - Click US Lacrosse -> Eye and Face protect -> Eye Protection for women’s lacrosse

- **Mouthguard**
  - **YOU CANNOT HAVE A CLEAR MOUTHGUARD**; it must be colored
  - HAVE MULTIPLE JUST IN CASE!!

- **COVID Questionnaire Form**
  - **YOU NEED THIS EVERYDAY!!!!!!** [Here is a link to print some off](#)
How try outs look

**JV/Var:** Fitness testing - will do a 1.5 - 2 mile run and other sprint tests. We will be conditioning every day so you better be in shape for this level. We will do other skill specific drills and scrimmages to see who will help the team best. We are also looking at coachability and attitude at this level.

**Fresh/Mod:** Fitness testing - will do a 1 mile run and other fitness tests. We will do some basic skill drills and assess coachability as well.
What we are looking for at each level

- Upper levels: skills, speed, knowledge of the game, athletic ability, attitude, coach ability

- Lower levels: Same thing as above, but mostly athletic ability
  - Some good athletes have never played lacrosse before. You DO NOT need lacrosse experience. We can teach you the game but we cannot teach athleticism.
If you do get cut…..Don’t Give Up!!

We **try to not cut at the lower levels** and have not had to the past few years, but it all depends on how many athletes try out.

If you do get cut, you should attend summer camp or other events to improve your skills for the following year.

I have had players who have gotten cut one year, come back and make a team the following year so it CAN happen!!
Things to keep in mind….

- 7th graders are ONLY trying out for Modified
- 8th graders can make EITHER Modified or Freshman
- 9th graders can make EITHER Freshman or JV
  - I have only ever had 2 players make varsity as 9th graders. Typically they are starters or first off the bench to make varsity.
- 10th graders can make EITHER JV or Varsity
  - Remember sometimes it is not about skill, it is about what positions I have available on varsity to fill and how many people I have at each position. I try to not bring up a 10th grader unless I know they will play or need them to make a full team.
- 11th and 12th graders can ONLY make Varsity
If your daughter does make a team, make an account on Schedule Galaxy. You will be emailed and notified of schedule changes.

If you have any questions about tryouts please email Coach Tabor at mtabor@bville.org